

## NZIFSA – 2026/27 Adult Ice Dance - FREE DANCE ELEMENTS

Grade	Lift Elements	Spin Elements/PD Elements	Twizzles	Step / Choreo Sequences
<b>BRONZE FREE DANCE</b> Time: 1:50 +/- 10 Falls: -0.5 Component Factor: 2.0	<ul style="list-style-type: none"> <li>Max one Short Lift                             <ul style="list-style-type: none"> <li>Max 8 sec</li> </ul> </li> </ul> Maximum: Level 1	<ul style="list-style-type: none"> <li>Max one Dance Spin (No Combination)</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>One choreo sequence                             <ul style="list-style-type: none"> <li>utilizing at least half the ice</li> </ul> </li> </ul>
<b>SILVER FREE DANCE</b> Time: 2:30 +/- 10 Falls: -0.5 Component Factor: 2.0	<ul style="list-style-type: none"> <li>Max one Short Lift                             <ul style="list-style-type: none"> <li>Max 8 sec</li> </ul> </li> </ul> Maximum: Level 2	<ul style="list-style-type: none"> <li>Max one Dance Spin                             <ul style="list-style-type: none"> <li>With or without change(s) of foot</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Max one set of Synchronized Twizzles                             <ul style="list-style-type: none"> <li>At least 2 twizzles each partner</li> <li>2 – 4 Steps between</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Max one Straight line or one Curve Step Sequence in hold                             <ul style="list-style-type: none"> <li>Style B</li> <li>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</li> </ul> </li> </ul>
<b>GOLD / ELITE FREE DANCE</b> Time: 3:00 +/- 10 Falls: -1.0 Components Factor: 2.0	<ul style="list-style-type: none"> <li>Two different Short Lifts up to 8 sec</li> </ul> OR <ul style="list-style-type: none"> <li>One Combination lift up to 13 sec</li> </ul>	<ul style="list-style-type: none"> <li>Max one Dance Spin                             <ul style="list-style-type: none"> <li>With or without change(s) of foot</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Max one set of Synchronized Twizzles                             <ul style="list-style-type: none"> <li>At least 2 twizzles each partner</li> <li>2 – 4 Steps between</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Max one Straight line or one Curve Step Sequence in hold                             <ul style="list-style-type: none"> <li>Style B</li> <li>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</li> </ul> </li> </ul>