

## NZIFSA – 2026/27 Adult Ice Dance – RHYTHM DANCE ELEMENTS

Grade	Lift Elements	PD Element	Twizzles	Step / Choreo Sequences
<p><b>SILVER RHYTHM DANCE</b></p> <p>Time: 2:20 +/- 10</p> <p><b>Falls: -0.5</b></p> <p>Component factor: 1.33</p> <p>Theme is “Rhythm and Waltz”.</p>	<ul style="list-style-type: none"> <li>• 1 Short Lift</li> <li>- Max 8 Sec</li> </ul>	<ul style="list-style-type: none"> <li>• One sequence of Westminster Waltz</li> <li>- Any style</li> <li>- Minimum 160 BPM in 3/4 or 6/4</li> <li>- Step 1 skated of 1WW Judges left side.</li> <li>- 1WW (Steps #1-12) followed by 2WW (Steps #12-22)</li> <li>- Variation of Holds through permitted except Hand in Hand.</li> <li>- Tracking between partners optional.</li> <li>- <b>Judged without Key points</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1 Set of Sequential Twizzles</li> <li>- Max two steps between</li> <li>- Min 2 twizzles each partner</li> <li>- No contact between twizzles</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Choreo sequence</li> <li>- Utilizing at least half the ice</li> <li>- Can be any step sequence including 2 freeskating movements (e.g. spirals, in Bauers, spread eagles) among steps and turns.</li> <li>- In or out of hold</li> <li>- Max 2 arm lengths apart</li> </ul>
<p><b>GOLD RHYTHM DANCE</b></p> <p>Time: 2:20 +/- 10</p> <p><b>Falls: -1.0</b></p> <p>Component factor: 1.33</p> <p>Theme is “Rhythm and Waltz”.</p>	<ul style="list-style-type: none"> <li>• 1 Short Lift</li> <li>- Max 8 Sec</li> </ul>	<ul style="list-style-type: none"> <li>• One sequence of Westminster Waltz</li> <li>- Any style</li> <li>- Minimum 160 BPM in 3/4 or 6/4</li> <li>- Step 1 skated of 1WW Judges left side.</li> <li>- 1WW (Steps #1-12) followed by 2WW (Steps #12-22)</li> <li>- Variation of Holds through permitted except Hand in Hand.</li> <li>- Tracking between partners optional.</li> <li>- <b>Judged without Key points</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1 Set of Sequential Twizzles</li> <li>- Max two steps between</li> <li>- Min 2 twizzles each partner</li> <li>- No contact between twizzles</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Choreo sequence</li> <li>- Utilizing at least half the ice</li> <li>- Can be any step sequence including 2 freeskating movements (e.g. spirals, in Bauers, spread eagles) among steps and turns.</li> <li>- In or out of hold</li> <li>- Max 2 arm lengths apart</li> </ul>

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Grade	Lift Elements	PD Element	Twizzles	Step / Choreo Sequences
<p><b>ELITE RHYTHM DANCE</b></p> <p>Time: 2:50 +/- 10</p> <p><b>Falls: -1.0</b></p> <p>Component factor: 1.33</p> <p>Theme is “<b>Rhythm and Waltz</b>”.</p>	<ul style="list-style-type: none"> <li>• 1 Short Lift</li> <li>- Max 8 Sec</li> </ul>	<ul style="list-style-type: none"> <li>• One sequence of Westminster Waltz</li> <li>- Any style</li> <li>- Minimum 160 BPM in 3/4 or 6/4</li> <li>- Step 1 skated of 1WW Judges left side.</li> <li>- 1WW (Steps #1-12) followed by 2WW (Steps #12-22)</li> <li>- Variation of Holds through permitted except Hand in Hand.</li> <li>- Tracking between partners optional.</li> <li>- <b>Judged with Key points</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1 Set of Sequential Twizzles</li> <li>- Max one step between</li> <li>- Min 2 twizzles each partner</li> <li>- No contact between twizzles</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Step Sequence</li> <li>- Not touching Style B</li> <li>- Midline or diagonal</li> <li>- Max 2 arm lengths apart</li> <li>- Touching ice permitted (less than 5 seconds)</li> <li>- One stop permitted not touching (less than 5 seconds)</li> <li>- Loops and retrogressions not permitted</li> </ul>