

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

Grade	Edge Elements	Spin Elements/PD Elements	Twizzles	Step / Choreo Sequences
<p>SILVER SOLO FREE DANCE</p> <p>Time: 1:50 +/- 10</p> <p>Falls: -0.5</p> <p>Component Factor: 1.0</p> <p>Scoring as per Int Novice</p> <p>Max Level 2</p>	<ul style="list-style-type: none"> • One Short Edge Element <ul style="list-style-type: none"> - Held in position for min 3, max 8 sec 	<ul style="list-style-type: none"> • Max one Dance Spin <ul style="list-style-type: none"> - Flying spin or entry is illegal - With or without change(s) of foot 	<ul style="list-style-type: none"> • One set of Sequential Twizzles <ul style="list-style-type: none"> - Max 1 step in between 	<ul style="list-style-type: none"> • One Choreo Character Steps <ul style="list-style-type: none"> - 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: <ul style="list-style-type: none"> - Sliding movement - Spinning movement - Twizzling movement
<p>GOLD SOLO FREE DANCE</p> <p>Time: 2:20 +/- 10</p> <p>Falls: -1.0</p> <p>Component Factor: 1.33</p> <p>Scoring as per Adv Novice</p> <p>Max Level 3</p>	<ul style="list-style-type: none"> • One Short Edge Element <ul style="list-style-type: none"> - Held in position for min 3, max 8 sec 	<ul style="list-style-type: none"> • Max one Dance Spin <ul style="list-style-type: none"> - Flying spin or entry is illegal - With or without change(s) of foot 	<ul style="list-style-type: none"> • One set of Sequential Twizzles <ul style="list-style-type: none"> - Max 1 step in between 	<ul style="list-style-type: none"> • Max one Step Sequence <ul style="list-style-type: none"> - 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: <ul style="list-style-type: none"> - Character steps - Sliding movement - Spinning movement - Twizzling movement

<p>ELITE SOLO FREE DANCE</p> <p>Time: 3:00 +/- 10</p> <p>Falls: -1.0</p> <p>Component Factor: 2.0</p> <p>Scoring as per Junior</p>	<ul style="list-style-type: none"> • One Combination Edge Element <ul style="list-style-type: none"> - Max 13 sec <p>Or</p> <ul style="list-style-type: none"> • Two different Short Edge Elements <ul style="list-style-type: none"> - max 8 sec - Spiral type can be repeated once with different position 	<ul style="list-style-type: none"> • Max one Dance Spin <ul style="list-style-type: none"> - Flying spin or entry is illegal - With or without change(s) of foot 	<ul style="list-style-type: none"> • One Solo Twizzle series <ul style="list-style-type: none"> - 2 – 4 Steps between 	<ul style="list-style-type: none"> • Max one Step Sequence <ul style="list-style-type: none"> - Serpentine, Midline, Diagonal or Circular - Style B - Stops, Loops, Retrogression not permitted - Must be different pattern to Choreo Character steps • One Foot Turn Sequence <ul style="list-style-type: none"> - 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: <ul style="list-style-type: none"> - Character steps - Sliding movement - Spinning movement - Twizzling movement
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