

NZIFSA – 2024/25 Pair Skating – FREE PROGRAMME ELEMENTS

Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
Elementary Max 4 elements Time: Max 2:00 Falls: -0.5 Components: SS / PE	N/A	<ul style="list-style-type: none"> - One solo jump or jump combination/sequence (combo may only have 2 jumps) 	<ul style="list-style-type: none"> - One solo spin or solo spin combination <ul style="list-style-type: none"> - Min 4 revs Maximum: Level 1	<ul style="list-style-type: none"> - One pivot figure 	<ul style="list-style-type: none"> - One choreographic sequence <ul style="list-style-type: none"> - A least one spiral each - Fixed Base value - Marked on GOE only
Juvenile Max 5 elements Time: 2:15 (+/- 10s) Falls: -0.5 Components: SS / PE	N/A	<ul style="list-style-type: none"> - One solo jump 	<ul style="list-style-type: none"> - One solo spin or solo spin combination <ul style="list-style-type: none"> - Min 4 revs - One pair spin or pair spin combination <ul style="list-style-type: none"> - Min 3 revs Maximum: Level 2	<ul style="list-style-type: none"> - One pivot figure 	<ul style="list-style-type: none"> - One choreographic sequence <ul style="list-style-type: none"> - A least one spiral each - Fixed Base value - Marked on GOE only
Pre Novice Max 6 elements Time: 2:30 (+/- 10s) Falls: -0.5 Components: SS / PE	N/A	<ul style="list-style-type: none"> - One solo jump - One jump combination or sequence - One single throw jump 	<ul style="list-style-type: none"> - One solo spin or solo spin combination <ul style="list-style-type: none"> - Min 4 revs - One pair spin or pair spin combination <ul style="list-style-type: none"> - Min 3 revs Maximum: Level 2	N/A	<ul style="list-style-type: none"> - One choreographic sequence <ul style="list-style-type: none"> - A least one spiral each - Fixed Base value - Marked on GOE only
Basic Novice Max 7 elements Time: 3:00 (+/- 10s) Falls: -0.5 Components: SS / PE	<ul style="list-style-type: none"> - Two different lifts of Groups 1-2 <ul style="list-style-type: none"> - One arm holds not allowed Maximum: Level 2	<ul style="list-style-type: none"> - <u>One throw jump</u> <ul style="list-style-type: none"> - <u>Single</u> - One solo jump <ul style="list-style-type: none"> - Single or double 	<ul style="list-style-type: none"> - One solo spin in one position <ul style="list-style-type: none"> - With (8 revs) or without change of foot (5 revs) OR - One pair spin <ul style="list-style-type: none"> - Min 5 revs Maximum: Level 2	<ul style="list-style-type: none"> - One pivot figure 	<ul style="list-style-type: none"> - One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface Maximum: Level 2

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Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
<p>Advanced Novice Max 7 elements Time: 3:00 (+/- 10s) Falls: -0.5 Components: SS / TR / PE / IN</p>	<ul style="list-style-type: none"> - Two different lifts of Groups 1-2 <ul style="list-style-type: none"> - Full extension of lifting arms not required <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> - Two different lifts of Groups 3-4 <p>One arm holds not allowed</p> <p>Maximum: Level 3</p>	<ul style="list-style-type: none"> - One throw jump <ul style="list-style-type: none"> - Double - One solo jump <ul style="list-style-type: none"> - Double 	<ul style="list-style-type: none"> - One pair spin combination <ul style="list-style-type: none"> - Min 6 revs <p>Maximum: Level 3</p>	<ul style="list-style-type: none"> - One death spiral <p>Maximum: Level 3</p>	<ul style="list-style-type: none"> - <u>One choreographic sequence</u> <ul style="list-style-type: none"> - <u>At least two different skating movements by both partners</u>
<p>Junior Max 10 elements Time: 3:30 (+/- 10s) Falls: -1.0 Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> - Two different lifts <ul style="list-style-type: none"> - Not all from same group - With full extension of lifting arms - One twist lift 	<ul style="list-style-type: none"> - Two different throw jumps - One solo jump - One jump combination or sequence <ul style="list-style-type: none"> - Combo may be 2 or 3 jumps <p><u>Jumps with more than 2 revs must be different between Solo, Combo or Seq. However Combo or Seq can include 2 same such jumps.</u></p>	<ul style="list-style-type: none"> - One pair spin combination <ul style="list-style-type: none"> - At least 1 change of foot - At least 2 positions each - Min 8 revs 	<ul style="list-style-type: none"> - One death spiral 	<ul style="list-style-type: none"> - One choreographic sequence <ul style="list-style-type: none"> - Include at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of two revolutions, spins, small lifts etc

<p>Senior Max 11 elements Time: 4:00 (+/- 10s) Falls: -1.0 Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> - Three different lifts <ul style="list-style-type: none"> - Not all from same group - With full extension of lifting arms - One twist lift 	<ul style="list-style-type: none"> - Two different throw jumps - One solo jump - One jump combination or sequence <ul style="list-style-type: none"> - Combo may be 2 or 3 jumps <p><u>Jumps with more than 2 revs must be different between Solo, Combo or Seq. However Combo or Seq can include 2 same such jumps.</u></p>	<ul style="list-style-type: none"> - One pair spin combination <ul style="list-style-type: none"> - At least 1 change of foot - At least 2 positions each - Min 8 revs 	<ul style="list-style-type: none"> - One death spiral <ul style="list-style-type: none"> - Different from SP 	<ul style="list-style-type: none"> - One choreographic sequence <ul style="list-style-type: none"> - Include at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of two revolutions, spins, small lifts etc
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