

## NZIFSA – 2026/27 ADULT – Pair Skating – Free Skating only

Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
<p><b>BRONZE</b> Max 5 elements <b>Time:</b> 2:00 (+/- 10 seconds) <b>Falls outside element: -0.5</b> <b>Component factor:</b> 2.00</p>	N/A	<p><b>Only single jumps (excluding Axel) permitted</b></p> <ul style="list-style-type: none"> <li>• One solo jump</li> <li>• One jump combination                             <ul style="list-style-type: none"> <li>- Max 2 jumps</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One pair spin                             <ul style="list-style-type: none"> <li>- Min 3 revs</li> <li>- Combination spin not permitted</li> </ul> </li> </ul> <p><b>Maximum: Level Basic</b></p>	<ul style="list-style-type: none"> <li>• One pivot figure                             <ul style="list-style-type: none"> <li>- At least 1 revolution in pivot position by the man</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One choreographic sequence                             <ul style="list-style-type: none"> <li>- A least half the ice surface</li> <li>- Fixed Base value</li> </ul> </li> </ul>
<p><b>SILVER</b> ISU Adult Max 7 elements <b>Time:</b> 2:20 (+/- 10 seconds) <b>Falls outside element: -0.5</b> <b>Component factor:</b> 2.00</p>	<ul style="list-style-type: none"> <li>• One lift                             <ul style="list-style-type: none"> <li>- Chosen from Group 1 or 2</li> <li>- Minimum of ½ a revolution for man.</li> <li>- Man's lifting hand(s) should be above his shoulder line.</li> <li>- Variations of lady's position, no-handed and one-handed lifts and combination lifts <b>not</b> permitted.</li> <li>- Twist lifts <b>not</b> permitted.</li> </ul> </li> </ul>	<p><b>Only single jumps (excluding Axel) permitted</b></p> <ul style="list-style-type: none"> <li>• One solo jump</li> <li>• One throw jump</li> <li>• One jump combination                             <ul style="list-style-type: none"> <li>- Max 2 jumps</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One pair spin                             <ul style="list-style-type: none"> <li>- No change of foot</li> </ul> </li> </ul> <p><b>Maximum: Level 1</b></p>	<ul style="list-style-type: none"> <li>• One pivot figure                             <ul style="list-style-type: none"> <li>- At least 1 revolution in pivot position by the man</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One choreographic sequence                             <ul style="list-style-type: none"> <li>- Fixed Base value</li> </ul> </li> </ul>

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<p><b>GOLD</b> ISU Intermediate</p> <p>Max 8 elements</p> <p><b>Time:</b> 2:40 (+/- 10 seconds)</p> <p><b>Falls:</b> -1.0</p> <p><b>Component factor:</b> 2.67</p>	<ul style="list-style-type: none"> <li>• Two different lifts               <ul style="list-style-type: none"> <li>- Chosen from Group 1 or 2</li> <li>- Min ½ revolution for man &amp; 1 revolution for lady</li> </ul> </li> </ul> <p>Man's lifting hand(s) should be above his shoulder line.</p> <p>Variations of lady's position, no-handed, one-handed, and combination lifts are not permitted</p> <p>Twist lifts are not permitted</p> <p>Both lifts can be from same group if takeoff and/or hold is different.</p>	<ul style="list-style-type: none"> <li>• One throw jump               <ul style="list-style-type: none"> <li>- Only single jumps permitted</li> </ul> </li> <li>• One solo jump               <ul style="list-style-type: none"> <li>- Only single jumps permitted</li> </ul> </li> <li>• One jump combination or sequence               <ul style="list-style-type: none"> <li>- Max 3 jumps</li> <li>- Only single jumps permitted</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One pair spin               <ul style="list-style-type: none"> <li>- Min 4 revs</li> </ul> </li> <li><b>OR</b></li> <li>• One pair combination spin               <ul style="list-style-type: none"> <li>- Min 6 revs</li> <li>- Must have change of foot by both partners</li> <li>- Flying entry permitted</li> </ul> </li> </ul> <p><b>Maximum: Level 2</b></p>	<ul style="list-style-type: none"> <li>• One pivot figure or death spiral               <ul style="list-style-type: none"> <li>- In pivot figures at least 1 revolution in pivot position by the man</li> <li>- In death spirals at least ¾ revolution in pivot position by the man</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One step sequence               <ul style="list-style-type: none"> <li>- Fully utilising the ice surface</li> </ul> </li> </ul> <p><b>Maximum: Level 2</b></p>

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<p><b>ELITE</b> ISU Masters Elite</p> <p>Max 11 elements</p> <p><b>Time:</b> 3:30 (+/- 10 seconds)</p> <p><b>Falls:</b> -1.0</p> <p><b>Component factor:</b> 2.67</p>	<ul style="list-style-type: none"> <li>• Three different lifts               <ul style="list-style-type: none"> <li>- One may be a twist lift</li> <li>- Two or more lifts may be from the same group if the takeoff and/or hold is different each time.</li> </ul> </li> <li>- In lifts of Group 1 and Group 2, the man's lifting hand(s) should be above his shoulder line.</li> <li>- In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory.</li> </ul>	<ul style="list-style-type: none"> <li>• Two throw jumps               <ul style="list-style-type: none"> <li>- Single or double</li> </ul> </li> <li>• One solo jump               <ul style="list-style-type: none"> <li>- Single, double or triple</li> </ul> </li> <li>• One jump combination or sequence               <ul style="list-style-type: none"> <li>- Max 3 jumps</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One pair spin               <ul style="list-style-type: none"> <li>- Min 4 revs</li> </ul> </li> <li style="text-align: center;"><b>OR</b></li> <li>• One pair combination spin               <ul style="list-style-type: none"> <li>- Min 6 revs</li> <li>- Must have change of foot by both partners</li> <li>- Flying entry permitted</li> </ul> </li> <li>• One solo spin               <ul style="list-style-type: none"> <li>- Flying entry optional</li> <li>- Min 5 revs for spin with no change of foot</li> <li>- Min 8 revs (4+4) with change of foot</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One pivot figure or death spiral               <ul style="list-style-type: none"> <li>- In pivot figures at least 1 revolution in pivot position by the man</li> <li>- In death spirals at least ¾ revolution in pivot position by the man</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One step sequence               <ul style="list-style-type: none"> <li>- Fully utilising the ice surface</li> </ul> </li> </ul>