

NZIFSA – 2020 Pair Skating – SHORT PROGRAMME ELEMENTS –

Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
<p>Advanced Novice</p> <p>Time: 2:20 (+/- 10 sec)</p> <p>Falls: -0.5</p> <p>Components: SS / TR / PE / IN</p>	<ul style="list-style-type: none"> One lift of Groups 1-4 <ul style="list-style-type: none"> One arm holds not allowed One twist lift <ul style="list-style-type: none"> Single or double <p>Maximum: Level 3</p>	<ul style="list-style-type: none"> One solo jump <ul style="list-style-type: none"> Double 	<ul style="list-style-type: none"> One solo spin combo <ul style="list-style-type: none"> Min 6 revs No change of foot <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"> One step sequence <ul style="list-style-type: none"> Fully utilises the ice surface <p>Maximum: Level 3</p>
<p>Junior</p> <p>Time: 2:40 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> One lift with hip lift take-off (Group Three) One twist lift <ul style="list-style-type: none"> Double or triple 	<ul style="list-style-type: none"> One solo jump <ul style="list-style-type: none"> 2Lz or 2A One double or triple Loop throw jump 	<ul style="list-style-type: none"> One solo spin combination <ul style="list-style-type: none"> Only 1 change of foot Min 5 revs per foot 	<ul style="list-style-type: none"> One forward inside death spiral 	<ul style="list-style-type: none"> One step sequence <ul style="list-style-type: none"> Fully utilises the ice surface
<p>Senior</p> <p>Time: 2:40 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> One lift with hip lift take-off (Group Three) One twist lift <ul style="list-style-type: none"> Double or triple 	<ul style="list-style-type: none"> One solo jump <ul style="list-style-type: none"> Double or triple One double or triple throw jump 	<ul style="list-style-type: none"> One solo spin combination <ul style="list-style-type: none"> Only 1 change of foot Min 5 revs per foot 	<ul style="list-style-type: none"> One forward inside death spiral 	<ul style="list-style-type: none"> One step sequence <ul style="list-style-type: none"> Fully utilises the ice surface