

## NZIFSA – 2021 Pair Skating – FREE PROGRAMME ELEMENTS –

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

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Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
<b>Advanced Novice</b> Max 7 elements Time: 3:00 (+/- 10s) Falls: -0.5 Components: SS / TR / PE / IN	<ul style="list-style-type: none"> <li>• Two different lifts of Groups 1-4                             <ul style="list-style-type: none"> <li>- One arm holds not allowed</li> </ul> </li> <li>• One twist lift                             <ul style="list-style-type: none"> <li>- Single or double</li> </ul> </li> </ul> <p style="text-align: center;">Maximum: Level 3</p>	<ul style="list-style-type: none"> <li>• One throw jump                             <ul style="list-style-type: none"> <li>- Double</li> </ul> </li> <li>• One solo jump                             <ul style="list-style-type: none"> <li>- Double</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One pair spin combination                             <ul style="list-style-type: none"> <li>- Min 6 revs</li> </ul> </li> </ul> <p style="text-align: center;">Maximum: Level 3</p>	<ul style="list-style-type: none"> <li>• One death spiral</li> </ul> <p style="text-align: center;">Maximum: Level 3</p>	N/A
<b>Junior</b> Max 10 elements Time: 3:30 (+/- 10s) Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> <li>• Two different lifts                             <ul style="list-style-type: none"> <li>- Not all from same group</li> </ul> </li> <li>• One twist lift</li> </ul>	<ul style="list-style-type: none"> <li>• Two different throw jumps</li> <li>• One solo jump                             <ul style="list-style-type: none"> <li>- Cannot repeat jumps of greater than 2 revs</li> </ul> </li> <li>• One jump combination or sequence                             <ul style="list-style-type: none"> <li>- Combo may be 2 or 3 jumps</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One pair spin combination                             <ul style="list-style-type: none"> <li>- At least 1 change of foot</li> <li>- At least 2 positions each</li> <li>- Min 8 revs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One death spiral</li> </ul>	<ul style="list-style-type: none"> <li>• One choreographic sequence</li> </ul>
<b>Senior</b> Max 11 elements Time: 4:00 (+/- 10s) Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> <li>• Three different lifts                             <ul style="list-style-type: none"> <li>- Not all from same group</li> </ul> </li> <li>• One twist lift</li> </ul>	<ul style="list-style-type: none"> <li>• Two different throw jumps</li> <li>• One solo jump                             <ul style="list-style-type: none"> <li>- Cannot repeat jumps of greater than 2 revs</li> </ul> </li> <li>• One jump combination or sequence                             <ul style="list-style-type: none"> <li>- Combo may be 2 or 3 jumps</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One pair spin combination                             <ul style="list-style-type: none"> <li>- At least 1 change of foot</li> <li>- At least 2 positions each</li> <li>- Min 8 revs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One death spiral                             <ul style="list-style-type: none"> <li>- Different from SP</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One choreographic sequence</li> </ul>