

NZIFSA – 2025/26 ADULT – Pair Skating – Free Skating only v2

Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
BRONZE Max 5 elements Time: 2:00 (+/- 10 seconds) Falls: -0.5 Component factor: 2.00	N/A	Only single jumps (excluding Axel) permitted - One solo jump - One jump combination - Max 2 jumps	- One pair spin - Min 3 revs - Combination spin not permitted Maximum: Level Basic	- One pivot figure - At least 1 revolution in pivot position by the man	- One choreographic sequence - A least half the ice surface - Fixed Base value Marked on GOE only
SILVER ISU Adult Max 7 elements Time: 2:20 (+/- 10 seconds) Falls outside element: -0.5 Component factor: 2.00	- One lift - Chosen from Group 1 or 2 - Minimum of ½ a revolution for man. - Man's lifting hand(s) should be above his shoulder line. - Variations of lady's position, no-handed and one-handed lifts and combination lifts not permitted. - Twist lifts not permitted.	Only single jumps (excluding Axel) permitted - One solo jump - One throw jump - One jump combination - Max 2 jumps	- One pair spin - No change of foot Maximum: Level 1	- One pivot figure - At least 1 revolution in pivot position by the man	- One choreographic sequence - Fully utilising the ice surface - Fixed Base value Marked on GOE only

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Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
GOLD ISU Intermediate Time: 2:40 (+/- 10 seconds) Falls: -1.0 Component factor: 2.67	- Two different lifts - Chosen from Group 1 or 2 - Min ½ revolution for man & 1 revolution for lady Man's lifting hand(s) should be above his shoulder line. Variations of lady's position, no-handed, one-handed, and combination lifts are not permitted Twist lifts are not permitted Both lifts can be from same group if takeoff and/or hold is different.	- One throw jump - Only single jumps permitted - One solo jump - Only single jumps permitted - One jump combination or sequence - Max 3 jumps - Only single jumps permitted	- One pair spin - Min 4 revs - OR - One pair combination spin - Min 6 revs - Must have change of foot by both partners - Flying entry permitted Maximum: Level 2	- One pivot figure or death spiral - In pivot figures at least 1 revolution in pivot position by the man - In death spirals at least ¾ revolution in pivot position by the man	- One step sequence - Fully utilising the ice surface Maximum: Level 2

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Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
ELITE ISU Masters Elite Time: 3:30 (+/- 10 seconds) Falls: -1.0 Component factor: 2.67	- Three different lifts - One may be a twist lift - Two or more lifts may be from the same group if the takeoff and/or hold is different each time. - In lifts of Group 1 and Group 2, the man's lifting hand(s) should be above his shoulder line. - In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory.	- Two throw jumps - Single or double - One solo jump - Single, double or triple - One jump combination or sequence - Max 3 jumps	- One pair spin - Min 4 revs OR - One pair combination spin - Min 6 revs - Must have change of foot by both partners - Flying entry permitted - One solo spin - Min 5 revs for spin with no change of foot - Min 8 revs (4+4) with change of foot	- One pivot figure or death spiral - In pivot figures at least 1 revolution in pivot position by the man - In death spirals at least $\frac{3}{4}$ revolution in pivot position by the man	- One step sequence - Fully utilising the ice surface