

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

Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
<b>BRONZE</b> Max 5 elements <b>Time:</b> 2:00 (+/- 10 seconds) <b>Falls:</b> -0.5 <b>Component factor:</b> 2.00	N/A	<b>Only single jumps (excluding Axel) permitted</b> <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> <b>Maximum: Level Basic</b>	<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> <li><b>Marked on GOE only</b></li> </ul> </li> </ul>
<b>SILVER</b> ISU Adult Max 7 elements <b>Time:</b> 2:20 (+/- 10 seconds) <b>Falls:</b> -0.5 <b>Component factor:</b> 2.00	<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>	<b>Only single jumps (excluding Axel) permitted</b> <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> <li>Change of position may be used for level feature</li> </ul> </li> </ul> <b>Maximum: Level 1</b>	<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>Fully utilising the ice surface</li> <li>Fixed Base value</li> <li><b>Marked on GOE only</b></li> </ul> </li> </ul>

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<b>GOLD</b> ISU Intermediate  <b>Time:</b> 2:40 (+/- 10 seconds) <b>Falls:</b> -1.0 <b>Component factor:</b> 2.67	<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>A different take-off counts as a different lift</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>OR</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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Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
<b>ELITE</b> ISU Masters Elite  <b>Time:</b> 3:30 (+/- 10 seconds) <b>Falls:</b> -1.0 <b>Component factor:</b> 2.67	<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> <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>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>