

NZIFSA – 2025/26 Pair Skating – SHORT PROGRAMME ELEMENTS

Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
Advanced Novice Time: 2:20 (+/- 10 sec) Falls: -0.5 Component factor: 1.07 Bonus Applies 1 Bonus point for Level 2 or higher Death Spiral	- One lift of Groups 1-4 - One arm holds not allowed - One twist lift - Single or double Maximum: Level 3	- One solo jump - Double	- One solo spin combo - Min 5 revs per foot (6 revs without change of foot) - With or without change of foot Maximum: Level 3	One death spiral Maximum: Level 3	- One step sequence - Fully utilises the ice surface Maximum: Level 3
Junior Time: 2:40 (+/- 10 sec) Falls: -1.0 Component factor: 2.67	<u>Any Lasso Lift take-off (Group Five)</u> - One twist lift - Double or triple	- One solo jump 2Lo or 2A - One throw jump - double or <u>triple Toe loop or Flip/Lutz</u>	- One solo spin combination - Only 1 change of foot - Min 5 revs per foot - Jump entry permitted	One backward <u>inside</u> death spiral	- One step sequence - Fully utilises the ice surface
Senior Time: 2:40 (+/- 10 sec) Falls: -1.0 Component factor: 2.67	<u>Any Lasso Lift take-off (Group Five)</u> - One twist lift - Double or triple	- One solo jump - Double or triple - One throw jump - Double or triple	- One solo spin combination - Only 1 change of foot - Min 5 revs per foot - Jump entry permitted	One backward <u>inside</u> death spiral	- One step sequence - Fully utilises the ice surface