

NZIFSA – 2019 Pair Skating – FREE PROGRAMME ELEMENTS – V2

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

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Advanced Novice Max 7 elements Time: 3:00 (+/- 10s) Falls: -0.5 Components: SS / TR / PE / IN	<ul style="list-style-type: none"> Two different lifts 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 Maximum: Level 3	<ul style="list-style-type: none"> One throw jump <ul style="list-style-type: none"> Double One solo jump <ul style="list-style-type: none"> Double 	<ul style="list-style-type: none"> One pair spin combination <ul style="list-style-type: none"> Min 6 revs Maximum: Level 3	<ul style="list-style-type: none"> One death spiral Maximum: Level 3	N/A
Junior Max 10 elements Time: 3:30 (+/- 10s) Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> Two different lifts <ul style="list-style-type: none"> Not all from same group One twist lift 	<ul style="list-style-type: none"> Two different throw jumps One solo jump <ul style="list-style-type: none"> Cannot repeat jumps of greater than 2 revs One jump combination or sequence <ul style="list-style-type: none"> Combo may be 2 or 3 jumps 	<ul style="list-style-type: none"> One pair spin combination <ul style="list-style-type: none"> At least 1 change of foot At least 2 positions each Min 8 revs 	<ul style="list-style-type: none"> One death spiral 	<ul style="list-style-type: none"> One choreographic sequence
Senior Max 11 elements Time: 4:00 (+/- 10s) Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> Three different lifts <ul style="list-style-type: none"> Not all from same group One twist lift 	<ul style="list-style-type: none"> Two different throw jumps One solo jump <ul style="list-style-type: none"> Cannot repeat jumps of greater than 2 revs One jump combination or sequence <ul style="list-style-type: none"> Combo may be 2 or 3 jumps 	<ul style="list-style-type: none"> One pair spin combination <ul style="list-style-type: none"> At least 1 change of foot At least 2 positions each Min 8 revs 	<ul style="list-style-type: none"> One death spiral <ul style="list-style-type: none"> Different from SP 	<ul style="list-style-type: none"> One choreographic sequence