

NZIFSA – 2019 Pair Skating – SHORT PROGRAMME ELEMENTS –

Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
<p>Advanced Novice</p> <p>Time: 2:20 (+/- 10 sec)</p> <p>Falls: -0.5</p> <p>Components: SS / TR / PE / IN</p>	<ul style="list-style-type: none"> • One lift 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 <p>Maximum: Level 3</p>	<ul style="list-style-type: none"> • One solo jump <ul style="list-style-type: none"> - Double 	<ul style="list-style-type: none"> • One solo spin combo <ul style="list-style-type: none"> - Min 6 revs - No change of foot <p>Maximum: Level 3</p>	<ul style="list-style-type: none"> • One death spiral <p>Maximum: Level 3</p>	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface <p>Maximum: Level 3</p>
<p>Junior</p> <p>Time: 2:40 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> • One lift with lasso lift take-off (Group Five) • One twist lift <ul style="list-style-type: none"> - Double or triple 	<ul style="list-style-type: none"> • One solo jump <ul style="list-style-type: none"> - 2Lo or 2A • One double or triple Toeloop/Flip/Lutz throw jump 	<ul style="list-style-type: none"> • One solo spin combination <ul style="list-style-type: none"> - Only 1 change of foot - Min 5 revs per foot 	<ul style="list-style-type: none"> • One backward inside death spiral 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface
<p>Senior</p> <p>Time: 2:40 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> • One lift with lasso lift take-off (Group Five) • One twist lift <ul style="list-style-type: none"> - Double or triple 	<ul style="list-style-type: none"> • One solo jump <ul style="list-style-type: none"> - Double or triple • One double or triple throw jump 	<ul style="list-style-type: none"> • One solo spin combination <ul style="list-style-type: none"> - Only 1 change of foot - Min 5 revs per foot 	<ul style="list-style-type: none"> • One backward inside death spiral 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface