

NZIFSA – 2020 ADULT – Pair Skating – Free Skating only

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 Components: SS / TR / PE / CH / IN	N/A	Only single jumps (excluding Axel) permitted <ul style="list-style-type: none"> • One solo jump • One jump combination <ul style="list-style-type: none"> - Max 2 jumps 	<ul style="list-style-type: none"> • One pair spin <ul style="list-style-type: none"> - Min 3 revs - Combination spin not permitted Maximum: Level Basic 	<ul style="list-style-type: none"> • One pivot figure <ul style="list-style-type: none"> - At least 1 revolution in pivot position by the man 	<ul style="list-style-type: none"> • One choreographic sequence <ul style="list-style-type: none"> - A least half the ice surface - Fixed Base value - Marked on GOE only
SILVER Max 7 elements Time: 2:20 (+/- 10 seconds) Falls: -0.5 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> • One lift <ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> • One solo jump • One throw jump • One jump combination <ul style="list-style-type: none"> - Max 2 jumps 	<ul style="list-style-type: none"> • One pair spin <ul style="list-style-type: none"> - Combination spin not permitted Maximum: Level 1 	<ul style="list-style-type: none"> • One pivot figure <ul style="list-style-type: none"> - At least 1 revolution in pivot position by the man 	<ul style="list-style-type: none"> • One choreographic sequence <ul style="list-style-type: none"> - 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
<p>GOLD</p> <p>Time: 2:40 (+/- 10 seconds)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> • Two different lifts <ul style="list-style-type: none"> - Chosen from Group 1 or 2 - Min ½ revolution for man & 1 revolution for lady <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>	<ul style="list-style-type: none"> • One throw jump <ul style="list-style-type: none"> - Only single jumps permitted • One solo jump <ul style="list-style-type: none"> - Only single jumps permitted • One jump combination <ul style="list-style-type: none"> - Max 3 jumps <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • One jump sequence <p>Only single jumps permitted</p>	<ul style="list-style-type: none"> • One pair spin <ul style="list-style-type: none"> - Min 4 revs <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • One pair combination spin <ul style="list-style-type: none"> - Min 6 revs <p style="text-align: center;">Maximum: Level 2</p>	<ul style="list-style-type: none"> • One pivot figure or death spiral <ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface <p style="text-align: center;">Maximum: Level 2</p>
<p>ELITE</p> <p>Time: 3:30 (+/- 10 seconds)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> • Three different lifts <ul style="list-style-type: none"> - One may be a twist lift 	<ul style="list-style-type: none"> • Two throw jumps <ul style="list-style-type: none"> - Single or double • One solo jump <ul style="list-style-type: none"> - Single, double or triple • One jump combination <ul style="list-style-type: none"> - Max 3 jumps <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • One jump sequence 	<ul style="list-style-type: none"> • One pair spin <ul style="list-style-type: none"> - Min 4 revs <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • One pair combination spin <ul style="list-style-type: none"> - Min 6 revs <ul style="list-style-type: none"> • One solo spin <ul style="list-style-type: none"> - Min 5 revs for spin with no change of foot - Min 8 revs (4+4) with change of foot 	<ul style="list-style-type: none"> • One pivot figure or death spiral <ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - At least half the ice surface