

## NZIFSA – 2025/26 Pair Skating – FREE PROGRAMME ELEMENTS

Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
<b>Elementary</b> Max 4 elements <b>Time:</b> Max 2:00 <b>Falls:</b> -0.5 <b>Component factor:</b>	N/A	<ul style="list-style-type: none"> <li>- One solo jump or jump combination/sequence (combo may only have 2 jumps)</li> </ul>	<ul style="list-style-type: none"> <li>- One solo spin or solo spin combination <ul style="list-style-type: none"> <li>- Min 4 revs</li> </ul> </li> </ul> <b>Maximum: Level 1</b>	<ul style="list-style-type: none"> <li>- One pivot figure</li> </ul>	<ul style="list-style-type: none"> <li>- One choreographic sequence <ul style="list-style-type: none"> <li>- A least one spiral each</li> <li>- Fixed Base value</li> <li>- <b>Marked on GOE only</b></li> </ul> </li> </ul>
<b>Juvenile</b> Max 5 elements <b>Time:</b> 2:15 (+/- 10s) <b>Falls:</b> -0.5 <b>Component factor:</b>	N/A	<ul style="list-style-type: none"> <li>- One solo jump</li> </ul>	<ul style="list-style-type: none"> <li>- One solo spin or solo spin combination <ul style="list-style-type: none"> <li>- Min 4 revs</li> </ul> </li> <li>- One pair spin or pair spin combination <ul style="list-style-type: none"> <li>- Min 3 revs</li> </ul> </li> </ul> <b>Maximum: Level 2</b>	<ul style="list-style-type: none"> <li>- One pivot figure</li> </ul>	<ul style="list-style-type: none"> <li>- One choreographic sequence <ul style="list-style-type: none"> <li>- A least one spiral each</li> <li>- Fixed Base value</li> <li>- <b>Marked on GOE only</b></li> </ul> </li> </ul>
<b>Pre Novice</b> Max 6 elements <b>Time:</b> 2:30 (+/- 10s) <b>Falls:</b> -0.5 <b>Component factor:</b>	N/A	<ul style="list-style-type: none"> <li>- One solo jump</li> <li>- One jump combination or sequence</li> <li>- One single throw jump</li> </ul>	<ul style="list-style-type: none"> <li>- One solo spin or solo spin combination <ul style="list-style-type: none"> <li>- Min 4 revs</li> </ul> </li> <li>- One pair spin or pair spin combination <ul style="list-style-type: none"> <li>- Min 3 revs</li> </ul> </li> </ul> <b>Maximum: Level 2</b>	N/A	<ul style="list-style-type: none"> <li>- One choreographic sequence <ul style="list-style-type: none"> <li>- A least one spiral each</li> <li>- Fixed Base value</li> <li>- <b>Marked on GOE only</b></li> </ul> </li> </ul>

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Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
<b>Basic Novice</b> <i>Max 7 elements</i> <b>Time:</b> 3:00 (+/- 10s) <b>Falls:</b> -0.5 <b>Component factor:</b> <b>1.33</b>	<ul style="list-style-type: none"> <li>- Two different lifts of Groups 1-2</li> <li>- One arm holds not allowed</li> </ul> <b>Maximum: Level 2</b>	<ul style="list-style-type: none"> <li>- One throw jump <ul style="list-style-type: none"> <li>- Single</li> </ul> </li> <li>- One solo jump <ul style="list-style-type: none"> <li>- Single or double</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- One solo spin in one position <ul style="list-style-type: none"> <li>- With (8 revs) or without change of foot (5 revs)</li> </ul> </li> <li><b>OR</b></li> <li>- One pair spin <ul style="list-style-type: none"> <li>- Min 5 revs</li> </ul> </li> </ul> <b>Maximum: Level 2</b>	<ul style="list-style-type: none"> <li>- One pivot figure</li> </ul>	<ul style="list-style-type: none"> <li>- One step sequence <ul style="list-style-type: none"> <li>- Fully utilises the ice surface</li> </ul> </li> </ul> <b>Maximum: Level 2</b>
<b>Advanced Novice</b> <i>Max 7 elements</i> <b>Time:</b> 3:00 (+/- 10s) <b>Falls:</b> -0.5 <b>Component factor:</b> <b>2.13</b> <b>Bonus Applies</b> <b>1 Bonus point for Level 2 or higher Death Spiral</b>	<ul style="list-style-type: none"> <li>- Two different lifts of Groups 1-2</li> <li>- Full extension of lifting arms not required</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>- Two different lifts of Groups <u>1-4</u></li> </ul> <p><b>One arm holds not allowed</b></p> <b>Maximum: Level 3</b>	<ul style="list-style-type: none"> <li>- One throw jump <ul style="list-style-type: none"> <li>- Double</li> </ul> </li> <li>- One solo jump <ul style="list-style-type: none"> <li>- Double</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- One pair spin combination <ul style="list-style-type: none"> <li>- Min 6 revs</li> </ul> </li> </ul> <b>Maximum: Level 3</b>	<ul style="list-style-type: none"> <li>- One death spiral</li> </ul> <b>Maximum: Level 3</b>	<ul style="list-style-type: none"> <li>- One choreographic sequence <ul style="list-style-type: none"> <li>- At least two different skating movements by both partners</li> </ul> </li> </ul>

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Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
<b>Junior</b> Max 10 elements <b>Time:</b> 3:30 (+/- 10s) <b>Falls:</b> -1.0 <b>Component factor:</b> <b>2.67</b>	<ul style="list-style-type: none"> <li>- Two different lifts <ul style="list-style-type: none"> <li>- Not all from same group</li> <li>- All have different abbreviations</li> <li>- With full extension of lifting arms</li> </ul> </li> <li>- One twist lift</li> </ul>	<ul style="list-style-type: none"> <li>- Two different throw jumps</li> <li>- One solo jump</li> <li>- One jump combination or sequence <ul style="list-style-type: none"> <li>- Combo may be 2 or 3 jumps</li> </ul> </li> </ul> <p><b>Jumps with more than 2 revs must be different between Solo, Combo or Seq. However Combo or Seq can include 2 same such jumps.</b></p>	<ul style="list-style-type: none"> <li>- One pair spin combination <ul style="list-style-type: none"> <li>- At least 1 change of foot of both partners</li> <li>- At least 1 change of position of both partners</li> <li>- Min 8 revs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- One death spiral</li> </ul>	<ul style="list-style-type: none"> <li>- One choreographic sequence <ul style="list-style-type: none"> <li>- Include at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of two revolutions, spins, small lifts etc</li> </ul> </li> </ul>
<b>Senior</b> Max 11 elements <b>Time:</b> 4:00 (+/- 10s) <b>Falls:</b> -1.0 <b>Component factor:</b> <b>2.67</b>	<ul style="list-style-type: none"> <li>- Three different lifts <ul style="list-style-type: none"> <li>- Not all from same group</li> <li>- All have different abbreviations</li> <li>- With full extension of lifting arms</li> </ul> </li> <li>- One twist lift</li> </ul>	<ul style="list-style-type: none"> <li>- Two different throw jumps</li> <li>- One solo jump</li> <li>- One jump combination or sequence <ul style="list-style-type: none"> <li>- Combo may be 2 or 3 jumps</li> </ul> </li> </ul> <p><b>Jumps with more than 2 revs must be different between Solo, Combo or Seq. However Combo or Seq can include 2 same such jumps.</b></p>	<ul style="list-style-type: none"> <li>- One pair spin combination <ul style="list-style-type: none"> <li>- At least 1 change of foot of both partners</li> <li>- At least 1 change of position of both partners</li> <li>- Min 8 revs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- One death spiral <ul style="list-style-type: none"> <li>- Different from SP</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- One choreographic sequence <ul style="list-style-type: none"> <li>- Include at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of two revolutions, spins, small lifts etc</li> </ul> </li> </ul>