

NZIFSA – 2026/27 Pair Skating – FREE PROGRAMME ELEMENTS

Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
Elementary Max 4 elements Time: Max 2:00 Falls Outside Element: -0.5 (- 1.0 if both skaters) Component factor:	N/A	- One solo jump or jump combination/sequence (combo may only have 2 jumps)	- One solo spin or solo spin combination - Min 4 revs Maximum: Level 1	- One pivot figure	- One choreographic sequence - A least one spiral each - Fixed Base value - Marked on GOE only
Juvenile Max 5 elements Time: 2:15 (+/- 10s) Falls Outside Element: -0.5 (- 1.0 if both skaters) Component factor:	N/A	- One solo jump	- One solo spin or solo spin combination - Min 4 revs - One pair spin or pair spin combination - Min 3 revs Maximum: Level 2	- One pivot figure	- One choreographic sequence - A least one spiral each - Fixed Base value - Marked on GOE only
Pre Novice Max 6 elements Time: 2:30 (+/- 10s) Falls Outside Element: -0.5 (- 1.0 if both skaters) Component factor:	N/A	- One solo jump - One jump combination or sequence - One single throw jump	- One solo spin or solo spin combination - Min 4 revs - One pair spin or pair spin combination - Min 3 revs Maximum: Level 2	N/A	- One choreographic sequence - A least one spiral each - Fixed Base value - Marked on GOE only

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<p>Basic Novice <i>Max 7 elements</i> Time: 3:00 (+/- 10s) Falls: -0.5 Component factor: 1.33</p>	<ul style="list-style-type: none"> - Two different lifts of Groups 1-2 - One arm holds not allowed - <u>If from same group, take-off needs to be different</u> <p style="text-align: center;">Maximum: Level 2</p>	<ul style="list-style-type: none"> - One throw jump <ul style="list-style-type: none"> - Single - 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 <p style="text-align: center;">Maximum: Level 2</p>	<ul style="list-style-type: none"> - One pivot figure 	<ul style="list-style-type: none"> - Max 1 Step Sequence <ul style="list-style-type: none"> - Fully utilises the ice surface - <u>Min 2 difficult turns & steps on clean edges for level basic</u> - <u>Twizzles need at least 2 revs</u> <p style="text-align: right;">Maximum: Level 2</p>
<p>Advanced Novice <i>Max 7 elements</i> Time: 3:00 (+/- 10s) Falls: -0.5 Component factor: 2.13</p> <p>Bonus Applies 1 Bonus point for Level 2 or higher Death Spiral</p>	<ul style="list-style-type: none"> - Two different lifts of Groups 1-2 <ul style="list-style-type: none"> - Full extension of lifting arms not required <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> - Two different lifts of Groups 1-4 <p><u>If from same group, take-off needs to be different</u></p> <p>One arm holds not allowed</p> <p style="text-align: center;">Maximum: Level 3</p>	<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 <p style="text-align: center;">Maximum: Level 3</p>	<ul style="list-style-type: none"> - One death spiral <p style="text-align: center;">Maximum: Level 3</p>	<ul style="list-style-type: none"> - One choreographic sequence <ul style="list-style-type: none"> - At least two different skating movements by both partners

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Junior Max 9 elements Time: 3:30 (+/- 10s) Falls: -1.0 Component factor: 2.67	<ul style="list-style-type: none"> - Two different lifts <ul style="list-style-type: none"> - Not all from same group - All have different abbreviations - With full extension of lifting arms - One twist lift 	<ul style="list-style-type: none"> - Two different throw jumps - One solo jump - One jump combination or sequence <ul style="list-style-type: none"> - Combo may be 2 or 3 jumps <p>Jumps with more than 2 revs must be different between Solo, Combo or Seq. However Combo or Seq can include 2 same such jumps.</p>	<ul style="list-style-type: none"> - <u>One choreographic pair spin</u> <ul style="list-style-type: none"> - <u>Min 3 revs executed on 1 or 2 blades by at least 1 partner</u> - <u>Lifting optional</u> - <u>No full extension of arms if lifting higher than shoulder</u> 	<ul style="list-style-type: none"> - One death spiral 	-
Senior Max 10 elements Time: 4:00 (+/- 10s) Falls: -1.0 Component factor: 2.67	<ul style="list-style-type: none"> - <u>Two</u> different lifts <ul style="list-style-type: none"> - Not all from same group - All have different abbreviations - With full extension of lifting arms - One twist lift - <u>One choreographic pair lift</u> <ul style="list-style-type: none"> - <u>Min 1 rotation</u> 	<ul style="list-style-type: none"> - Two different throw jumps - One solo jump - One jump combination or sequence <ul style="list-style-type: none"> - Combo may be 2 or 3 jumps <p>Jumps with more than 2 revs must be different between Solo, Combo or Seq. However Combo or Seq can include 2 same such jumps.</p>	<ul style="list-style-type: none"> - <u>One choreographic pair spin</u> <ul style="list-style-type: none"> - <u>Min 3 revs executed on 1 or 2 blades by at least 1 partner</u> - <u>Lifting optional</u> - <u>No full extension of arms if lifting higher than shoulder</u> 	<ul style="list-style-type: none"> - One death spiral <ul style="list-style-type: none"> - Different from SP 	-