

NZIFSA – 2024/25 Pair Skating – SHORT PROGRAMME ELEMENTS

Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
Advanced Novice Time: 2:20 (+/- 10 sec) Falls: -0.5 Components: SS / TR / PE / IN	<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 Maximum: Level 3	<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 Maximum: Level 3	<ul style="list-style-type: none"> One death spiral Maximum: Level 3	<ul style="list-style-type: none"> One step sequence <ul style="list-style-type: none"> Fully utilises the ice surface Maximum: Level 3
Junior Time: 2:40 (+/- 10 sec) Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> <u>Any hand to hand lift take-off (Group Four)</u> 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"> 2F or 2A One double or triple <u>Salchow throw</u> 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 Jump entry permitted 	<ul style="list-style-type: none"> One backward <u>outside</u> death spiral 	<ul style="list-style-type: none"> One step sequence <ul style="list-style-type: none"> Fully utilises the ice surface
Senior Time: 2:40 (+/- 10 sec) Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> <u>Any hand to hand lift take-off (Group Four)</u> 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 Jump entry permitted 	<ul style="list-style-type: none"> One backward <u>outside</u> death spiral 	<ul style="list-style-type: none"> One step sequence <ul style="list-style-type: none"> Fully utilises the ice surface