

ICE SKATING AUSTRALIA

2022 / 2023 Pairs Free Skate Elements (25th July, 2022)

<p>PRE-NOVICE 2:00 +/- 10 sec Max Level 2 to be called for elements with features</p> <p>Components <u>C, P, SS</u></p> <p><u>ISA 319</u> Fall Deduction one partner 0.5 both partners 1.0 in same element</p>	<p>Lifts Max 1</p> <p>One lift selected from Group 1 or Group 2</p> <p>One arm holds are not allowed (full extension of the lifting arm of the partner is not required).</p> <p>Min 1 rev by man</p>		<p>Throw Jump</p> <p>Single</p>	<p>Solo Jump Max 1</p> <p>Single</p>	<p>Solo Spin Max 1 No change of foot, change of position optional. Min 3 revs in total</p> <p>OR</p> <p>Pair Spin Max 1 No change of foot, <u>change of position optional.</u> Min 3 revs in total</p> <p>May not commence with a jump.</p>	<p>Death Spiral or Pivot Figure Spiral Max 1</p> <p>Regular 1-hand to 1-hand hold required.</p> <p>In death or pivot figure position, both partners must execute min 1/2 rev with man in pivot position.</p> <p>Pivot Figure not eligible for features.</p>	<p>Step Sequence Max 1</p> <p>Fully utilizing the Ice surface</p>
<p>BASIC NOVICE 3:00 +/- 10 sec Max Level 2 to be called for elements with features</p> <p>Components <u>C, P, SS</u> IJS Level - ISU Basic Novice Pair</p> <p><u>ISU Communication 2489</u> Fall Deduction one partner 0.5 both partners 1.0 in same element</p>	<p>Lifts Max 2</p> <p>Two different lifts one from Group 1 and one from Group 2</p> <p>One arm holds are not allowed (full extension of the lifting arm of the partner is not required).</p> <p>Min 1 rev by man</p>	<p>Twist Lift Max 1</p> <p>Twist Lift (Single)</p>		<p>Solo Jump Max 1</p> <p>Single or Double</p>	<p>Solo Spin Max 1 Without change of foot Min 5 revs. No change position With change of foot Min 8 revs in total</p> <p>OR</p> <p>Pair Spin Max 1 No change of foot <u>or</u> no change of position. Min 5 revs in total</p>	<p>Pivot Figure Max 1</p> <p>Regular 1-hand to 1-hand hold required.</p> <p>In pivot figure position, both partners must execute min 1/2 rev with man in pivot position.</p> <p>Pivot Figure not eligible for features.</p>	<p>Step Sequence Max 1</p> <p>Fully utilizing the ice surface</p>

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<p>ADVANCED NOVICE</p> <p>3:00 +/- 10 sec</p> <p>Max Level 3 Components C, P, SS</p> <p>IJS Level – ISU Advanced Novice Pair</p> <p>ISU Communication 2489 Fall Deduction one partner 0.5 both partners 1.0 in same element</p>	<p>Lifts Max 2</p> <p>Two different lifts of Groups 1 to 4, one arm holds not allowed. In group 1 and 2 full extension of the lifting arm of the partner is not required.</p> <p>Min 1 rev by man</p>	<p>Twist Lift Max 1</p> <p>Single or Double</p>	<p>Throw Jump Max 1</p> <p>Double</p>	<p>Solo Jump Max 1</p> <p>Double</p>	<p>Pair Spin Combination Max 1</p> <p>Min 6 revs in total</p>	<p>Death Spiral Max 1</p> <p>marked according to ISU rules.</p>	
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<p>JUNIOR</p> <p>3.30 +/-10 sec</p> <p>IJS Level - ISU Junior Pair</p> <p>ISU Rule 621 2022/23</p>	<p>Lifts Max 2</p> <p>Both lifts can't be from the same group</p> <p>Full extension of lifting arms</p> <p>Min 1 rev by man</p> <p><u>All lifts may include a carry but in junior its not a level feature.</u></p>	<p>Twist Lift Max 1</p> <p>No limit to number of revs</p>	<p>Throw Jump Max 2</p> <p>Different</p>	<p>Solo Jump Max 1</p> <p>No limit on the number of revs</p>	<p>Jump Combination / Sequence Max 1</p> <p><u>One jump combo or seq can contain 3 jumps, jump sequence consists of 2 or 3 jumps the 2nd or 3rd jump must be axel type jump.</u></p>	<p>Pair Spin Combination Max 1</p> <p>Min 8 revs</p> <p>At least 1 change of position by each partner and 1 change of foot by both partners.</p>	<p>Death Spiral Max 1</p> <p>Both partners must execute min 1 rev with man in full pivot posn</p>	<p>Choreographic Sequence Max 1</p> <p><u>Must contain two different movements by both partners</u></p>
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	Lifts Max 3	Twist Lift Max 1	Throw Jump Max 2	Solo Jump Max 1	Jump Combination / Sequence Max 1	Pair Spin Max 1	Death Spiral Max 1	Choreographic Sequence Max 1
SENIOR 4:00 +/- 10 sec IJS Level - ISU Senior Pair ISU Rule 621 2022/23	Not all lifts from <u>same group</u> Full extension of lifting arms Min 1 rev man <u>If 2 Group 5 lifts are executed each must have different abbreviation</u> All lifts may include a carry but only first time attempted receives a level feature.	No limit to number of revs	Different	No limit on the number of revs	One <u>jump combo or seq can contain 3 jumps, jump sequence consists of 2 or 3 jumps the 2nd or 3rd jump must be axel type jump.</u>	Pair Spin Combo Min 8 revs At least 1 chg of posn and 1 chg of foot by each partner (3 revs before and after chg of foot)	Different from the Death Spiral of the short Program. Not Backward <u>Inside</u> Both partners must execute min 1 rev with man in full pivot position	-- . . . <u>Must contain two different movements by both partners</u>

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