

# ICE SKATING AUSTRALIA

# 2023 / 2024 Pairs Free Skate Elements (23 July, 2023)

<p><b>PRE-NOVICE</b> 2:00 +/- 10 sec Max Level 2 to be called for elements with features</p> <p><b>Components</b> <b>C, P, SS</b></p> <p>ISA 319 Fall Deduction one partner 0.5 both partners 1.0 in same element</p>	<p><b>Lifts</b> <b>Max 1</b></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><b>Throw Jump</b></p> <p>Single</p>	<p><b>Solo Jump</b> <b>Max 1</b></p> <p>Single</p>	<p><b>Solo Spin</b> <b>Max 1</b> No change of foot, change of position optional. Min 3 revs in total</p> <p><b>OR</b></p> <p><b>Pair Spin</b> <b>Max 1</b> No change of foot, change of position optional. Min 3 revs in total</p> <p>May not commence with a jump.</p>	<p><b>Death Spiral or Pivot Figure Spiral</b> <b>Max 1</b></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><b>Step Sequence</b> <b>Max 1</b></p> <p>Fully utilizing the</p> <p>Ice surface</p>
<p><b>BASIC NOVICE</b> 3:00 +/- 10 sec Max Level 2 to be called for elements with features</p> <p><b>Components</b> <b>C, P, SS</b> IJS Level - ISU Basic Novice Pair</p> <p>ISU Communication <u>2562</u> Fall Deduction one partner 0.5 both partners 1.0 in same element</p>	<p><b>Lifts</b> <b>Max 2</b></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><u><b>Throw Jump</b></u></p> <p><u>Single</u></p>	<p><b>Solo Jump</b> <b>Max 1</b></p> <p>Single or Double</p>	<p><b>Solo Spin</b> <b>Max 1</b> Without change of foot Min 5 revs, No change position With change of foot Min 8 revs in total</p> <p><b>OR</b></p> <p><b>Pair Spin</b> <b>Max 1</b> No change of foot or no change of position. Min 5 revs in total</p>	<p><b>Pivot Figure</b> <b>Max 1</b></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><b>Step Sequence</b> <b>Max 1</b></p> <p>Fully utilizing the ice surface</p>

<p><b>ADVANCED NOVICE</b></p> <p>3:00 +/- 10 sec</p> <p>Max Level 3 <b>Components C, P, SS</b></p> <p>IJS Level – ISU Advanced Novice Pair</p> <p><b>ISU Communication 2562</b> Fall Deduction one partner 0.5 both partners 1.0 in same element</p>	<p><b>Lifts Max 2</b></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><b>Throw Jump Max 1</b></p> <p>Double</p>	<p><b>Solo Jump Max 1</b></p> <p>Double</p>	<p><b>Pair Spin Combination Max 1</b></p> <p>Min 6 revs in total</p>	<p><b>Death Spiral Max 1</b></p> <p>marked according to ISU rules</p>	<p><b>Choreographic Sequence Max 1</b></p> <p>Must contain two different movements by both partners</p>	
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<p><b>JUNIOR</b></p> <p>3.30 +/-10 sec</p> <p>IJS Level - ISU Junior Pair</p> <p><b>ISU Rule 621 2023/24</b></p>	<p><b>Lifts Max 2</b></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>All lifts may include a carry but in junior its not a level feature.</p>	<p><b>Twist Lift Max 1</b></p> <p>No limit to number of revs</p>	<p><b>Throw Jump Max 2</b></p> <p>Different</p>	<p><b>Solo Jump Max 1</b></p> <p>No limit on the number of revs</p>	<p><b>Jump Combination / Sequence Max 1</b></p> <p>One jump combo or seq can contain 3 jumps, jump sequence consists of 2 or 3 jumps the 2<sup>nd</sup> or 3<sup>rd</sup> jump must be axel type jump.</p>	<p><b>Pair Spin Combination Max 1</b></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><b>Death Spiral Max 1</b></p> <p>Both partners must execute min 1 rev with man in full pivot posn</p>	<p><b>Choreographic Sequence Max 1</b></p> <p>Must contain two different movements by both partners</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
<b>SENIOR</b>  4:00 +/- 10 sec  IJS Level - ISU Senior Pair  ISU Rule 621 2023/24	Not all lifts from same group	No limit to number of revs	Different	No limit on the number of revs		Pair Spin Combo	Different from the Death Spiral of the short Program. <u>Not Forward Inside</u>	Must contain two different movements by both partners
	Full extension of lifting arms				Min 8 revs			
	Min 1 rev man  If 2 Group 5 lifts are executed each must have different abbreviation   All lifts may include a carry but only first time attempted receives a level feature.				At least 1 chg of posn and 1 chg of foot by each partner (3 revs before and after chg of foot)			
					One jump combo or seq can contain 3 jumps, jump sequence consists of 2 or 3 jumps the 2 <sup>nd</sup> or 3 <sup>rd</sup> jump must be axel type jump.			