

ADULT	LIFT (Max 1)	THROW JUMP (Max 1)	SOLO JUMP (Max 1)	SPIN ELEMENT (Max 1)	PIVOT FIGURE (Max 1)	CHOREOGRAPHIC SEQUENCE (Max 1)
<p>Max 2:30</p> <p>IJS Level – Adult Pair</p> <p>Maximum level of difficulty is 1</p> <p>Program Components Factor 1.6</p> <p>Deduction per fall 0.5 for 1 skater 1.0 for both skaters</p>	<ul style="list-style-type: none"> • Only Group 1 or Group 2 permitted • Minimum ½ revolution for the man • Man’s lifting hand(s) should be above his shoulder line. • The following are NOT permitted: <ul style="list-style-type: none"> ○ Variations of the lady’s position ○ No handed lifts ○ One handed lifts ○ Combination lifts ○ Lifts from Groups 3,4 or 5 ○ Twist lifts 	<ul style="list-style-type: none"> • Single throw jump only • Axel type, double and triple jumps are NOT permitted 	<ul style="list-style-type: none"> • Single jumps only • Axel type, double and triple jumps are NOT permitted 	<ul style="list-style-type: none"> • Pair Spin only • Pair combination spin is NOT permitted. • Minimum of 2 revs in each position to be counted. 	<ul style="list-style-type: none"> • Position is optional • Minimum 1 revolution by the man 	<ul style="list-style-type: none"> • Must fully utilise the ice surface • Pattern is not restricted • A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
			<p>JUMP COMBINATION OR SEQUENCE (Max 1)</p>			
			<ul style="list-style-type: none"> • As for solo jump AND • Jump combo to have two listed jumps only. • Jump sequence may have any number of jumps. 			

MASTERS and ELITE MASTERS	LIFTS (Max 3 different)	THROW JUMPS (Max 2)	SOLO JUMP (Max 1)	PAIR SPIN ELEMENT (Max 1)	SOLO SPIN ELEMENT (Max 1)	DEATH SPIRAL or PIVOT FIGURE (Max 1)
<p>Max 3:40</p> <p>IJS Level – Adult Masters Pair</p> <p>Maximum level of difficulty is 4</p> <p>Program Components Factor 1.6</p> <p>Deduction per fall 1.0 for 1 skater 2.0 for both skaters</p>	<ul style="list-style-type: none"> • One may be a twist lift. • In lifts of groups 1 and 2, the man’s lifting hand should be above ho shoulder line • In lifts of Groups 3, 4 and 5, full extension of the lifting arm(s) is mandatory. 	<ul style="list-style-type: none"> • Single or double only • Triple jumps are NOT permitted 	<ul style="list-style-type: none"> • Single, double or triple jump permitted 	<ul style="list-style-type: none"> • Pair Spin (minimum 4 revolutions) <p>OR</p> <ul style="list-style-type: none"> • Pair combination spin <ul style="list-style-type: none"> ○ minimum 6 revolutions ○ Must have a change of foot by both partners with minimum 3 revolutions on each foot. ○ minimum 1 change of position by both partners. • Minimum of 2 revs in each position to be counted. 	<ul style="list-style-type: none"> • Flying spin with no change of foot after landing, min 5 revs. • Spin with only one position and no change of foot, min 5 revs. • Spin combo with no change foot, 5 revs. • Spin combo with change of foot or spin in one position with change of foot, min 4 revs per foot. • Min of 2 revs in each position to be counted • Combination spin must have 2 different basic positions. 	<ul style="list-style-type: none"> • Position is optional. • Minimum 3/4 revolution by the man in death spiral position. • Minimum 1 revolution in pivot position by man in the pivot figure.
			<p>JUMP COMBINATION OR SEQUENCE (Max 1)</p>			<p>STEP SEQUENCE (Max 1)</p>
			<ul style="list-style-type: none"> • As above AND • Jump combo may have up to three listed jumps. • Jump sequence may have any number of jumps. 			<ul style="list-style-type: none"> • Must fully utilise the ice surface • Only the first attempt of StSq will contribute to the technical score.