

**2022-2023 Adult Pairs Free Skating Requirements** – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2022.



2021-22	LIFTS	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	PIVOT FIGURE or DEATH SPIRAL	STEP SEQUENCE	*ADDITIONAL ELEMENT
<p><b>CHAMPIONSHIP MASTERS PAIRS &amp; MASTERS PAIRS &amp; ADULT GOLD PAIRS</b></p> <p><b>3:40 maximum</b></p>	<p><b>Max 2* different</b></p> <p>One may be a twist lift with no limit on the number of revolutions</p> <p>If lifts are from the same group, they must be different (e.g. one star and one platter, both from Group 3)</p> <p>Min ½ rev and max 3½ revs by man required</p> <p>Variations of the lady's position, no-handed, one-handed and combination lifts are permitted</p> <p>Carry lifts and lifts that include a carry feature are not permitted</p>	<p><b>Max 2 different</b></p> <p>Must have different IJS codes</p> <p>No limit on number of revolutions</p>	<p><b>Max 1</b></p> <p>Single, double or triple jumps permitted</p>	<p><b>Max 1</b></p> <p>Single, double or triple jumps permitted</p> <p>Max two jumps in jump combination</p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p>	<p><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Min 4 revs by both partners if spin does not have a change of foot</li> <li>• Min 6 revs by both partners if spin has a change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1*</b></p> <p>Pair spin:</p> <ul style="list-style-type: none"> <li>• Min 4 revs by both partners</li> <li>• Optional change of position</li> <li>• Min 2 revs in each position by both partners</li> </ul> <p>Or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> <li>• Min 6 revs total by both partners</li> <li>• Min 1 change of position by each partner</li> <li>• Min 1 change of foot by each partner</li> <li>• Min 2 revs in each position by both partners</li> </ul>	<p><b>Max 1*</b></p> <p>Regular one-hand to one-hand hold required</p> <p>At least ½ revolution with man in full pivot position</p>	<p><b>Max 1</b></p> <p>One choreographic sequence</p> <ul style="list-style-type: none"> <li>• Must be clearly visible</li> </ul> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</p>	<p><b>Max 1</b></p> <p>May choose to perform one additional element from:</p> <ul style="list-style-type: none"> <li>• Pair spin if not already performed</li> <li>• Pair spin combination if not already performed</li> <li>• Pivot figure/ death spiral (max two per program, different IJS codes)</li> <li>• Lift (max three per program, must be different)</li> </ul> <p>Except for lifts, additional elements must have an IJS code that is different from that of any other program element.</p>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

**6.0 System Penalties:** • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.  
 • 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

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<b>ADULT SILVER PAIRS</b>  <b>2:50 maximum</b>	<b>Max 2 different</b>  One <b>must</b> be from Group 1  Other lift may be from Group 1 with a different take off or from Group 2 or may be a single twist lift  Full extension is optional for Group 2 waist lift  Min ½ rev and max 3½ revs by man required  Variation of lady's position, no-handed, one-handed, overhead, carry and combination lifts, and lifts that include a carry feature are <b>not</b> permitted	<b>Max 1</b>  Single throw jumps only  Single Axel throw jumps permitted	<b>Max 1</b>  Single jumps only  Single Axel jumps permitted	<b>Max 1</b>  Single jumps only  Single Axel jumps permitted  Max two jumps in jump combination  Jump sequence is any listed jump immediately followed by an Axel-type jump	<b>Max 1</b>  • Min 3 revs by both partners if spin does not have a change of foot • Min 5 revs by both partners if spin has a change of foot • Min 2 revs in each position	<b>Max 1</b>  Pair spin: • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners  or  Pair spin combination: • Min 5 revs total by both partners • Min 2 revs in each position by both partners	<b>Max 1</b>  Pivot position <b>not</b> required  Choice of position and hand hold  Attempt must be identifiable	<b>Max 1</b>  One choreographic sequence • Must be clearly visible  Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such
<b>ADULT BRONZE PAIRS</b>  <b>2:30 maximum</b>	<b>Max 1</b>  May be from Group 1 or a Group 2 waist lift  Min ½ rev and max 3½ revs by man required  Full extension is optional for Group 2 waist lift  Variations of the lady's position, no-handed, one-handed, overhead, twist, carry and combination lifts, and lifts that include a carry feature are <b>not</b> permitted	<b>Max 1 (optional)</b>  Single throw jumps only  Single Axel, double or triple throw jumps <b>not</b> permitted	<b>Max 1</b>  Single jumps only  Single Axel, double or triple jumps <b>not</b> permitted	<b>Max 1</b>  Single jumps only  Single Axel, double or triple jumps <b>not</b> permitted  Max two jumps in jump combination  Jump sequence is any listed jump immediately followed by an Axel-type ( <b>waltz</b> ) jump	<b>Max 1</b>  • Min 3 revs by both partners if spin does not have a change of foot • Min 5 revs by both partners if spin has a change of foot • Min 2 revs in each position	<b>Max 1</b>  Pair spin: • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners  Pair spin combinations <b>not</b> permitted	<b>Max 1</b>  Pivot figure: • Pivot position <b>not</b> required • Choice of position and hand hold • Attempt must be identifiable  Death spirals <b>not</b> permitted	<b>Max 1</b>  One choreographic sequence • Must be clearly visible  Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such

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<b>CENTENNIAL PAIRS</b>  <b>2:50 maximum</b>	<p><b>Max 2 different</b></p> <p>Lifts may be from Group 1 or Group 2 or one may be a single twist lift</p> <p>*If from the same group, each must have different take off (for example, one Lutz lift and one Axel lift, both from Group 1)</p> <p>Full extension is optional for Group 2 waist lift</p> <p>Min ½ rev and max 3½ revs by man required</p> <p>Variations of the lady's position, no-handed, one-handed, overhead, carry and combination lifts, and lifts that include a carry feature are not permitted</p>	<p><b>Max 1</b></p> <p>Single throw jumps only</p> <p>Single Axel throw jumps permitted</p>	<p><b>Max 1</b></p> <p>Single jumps only</p> <p>Single Axel jumps permitted</p> <p>Single Axel jumps permitted</p>	<p><b>Max 1</b></p> <p>Single jumps only</p> <p>Single Axel jumps permitted</p> <p>Max two jumps in jump combination</p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p>	<p><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Min 3 revs by both partners if spin does not have a change of foot</li> <li>• Min 5 revs by both partners if spin has a change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1</b></p> <p>Pair spin:</p> <ul style="list-style-type: none"> <li>• Min 3 revs by both partners</li> <li>• Optional change of position</li> <li>• Min 2 revs in each position by both partners</li> </ul> <p>or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> <li>• Min 5 revs total by both partners</li> <li>• Min 2 revs in each position by both partners</li> </ul>	<p><b>Max 1</b></p> <p>Pivot position <b>not</b> required</p> <p>Choice of position and hand hold</p>	<p><b>Max 1</b></p> <p>One choreographic sequence</p> <ul style="list-style-type: none"> <li>• Must be clearly visible</li> </ul> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</p>

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