

**2023-2024 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, 2023.



2023-24	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, onehanded 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 three jumps in jump combination or sequence</p> <p>Jump sequence is any listed jump(s) 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>

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**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>  <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>	<b>Max 1</b>  Pair spin: <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> or  Pair spin combination: <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>	<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 <ul style="list-style-type: none"> <li>• Must be clearly visible</li> </ul> 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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	Max 1	Max 1 (optional)	Max 1	Max 1	Max 1	Max 1	Max 1	Max 1
<p><b>ADULT BRONZE PAIRS</b></p> <p><b>2:30 maximum</b></p>	<p>May be from Group 1 or a Group 2 waist lift</p> <p>Min ½ rev and max 3½ revs by man required</p> <p>Full extension is optional for Group 2 waist lift</p> <p>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</p>	<p>Single throw jumps only</p> <p>Single Axel, double or triple throw jumps <b>not</b> permitted</p>	<p>Single jumps only</p> <p>Single Axel, double or triple jumps <b>not</b> permitted</p>	<p>Single jumps only</p> <p>Single Axel, double or triple jumps <b>not</b> permitted</p> <p>Max two jumps in jump combination</p> <p>Jump sequence is any listed jump immediately followed by an Axel-type (waltz) jump</p>	<p>• Min 3 revs by both partners if spin does not have a change of foot</p> <p>• Min 5 revs by both partners if spin has a change of foot</p> <p>• Min 2 revs in each position</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>Pair spin combinations <b>not</b> permitted</p>	<p>Pivot figure:</p> <ul style="list-style-type: none"> <li>• Pivot position <b>not</b> required</li> <li>• Choice of position and hand hold</li> <li>• Attempt must be identifiable</li> </ul> <p>Death spirals <b>not</b> permitted</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>CENTENNIAL PAIRS</b></p> <p><b>2:50 maximum</b></p>	<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 ex, 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>Single throw jumps only</p> <p>Single Axel throw jumps permitted</p>	<p>Single jumps only</p> <p>Single Axel jumps permitted</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>• Min 3 revs by both partners if spin does not have a change of foot</p> <p>• Min 5 revs by both partners if spin has a change of foot</p> <p>Min 2 revs in each position</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>Pivot position <b>not</b> required</p> <p>Choice of position and hand hold</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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