

LEVELS OF DIFFICULTY, PAIR SKATING, SEASON 2025/26

Number of features for Levels: 1 for Level 1, 2 for Level 2, 3 for Level 3, 4 for Level 4

Twist Lifts	<ol style="list-style-type: none"> 1) Woman's split position (each leg at least 45° from the body axis and Woman's legs are straight or almost straight) 2) Catching the woman at the side of the waist without her hand(s)/arm(s)/any part of upper body touching the man 3) Woman's position in the air with arm(s) above the head (minimum one full revolution) 4) Difficult take-off: turns, steps, movements, small lifts immediately preceding the take-off and executed with continuous flow; or difficult exit: may be executed before the landing of the woman or immediately after it 5) Man's arms sideways, being straight or almost straight, reaching at least shoulder level after release of the woman
Lifts	<ol style="list-style-type: none"> 1) Seniors: Difficult variation of the take-off and difficult landing variety Juniors: Difficult variation of the take-off or difficult landing variety 2) 1 change of hold and/or woman's position (1 rev. of the man before and after the change, counts twice if repeated) 3) Difficult variation of the woman (1 full revolution) 4) Difficult carry (only for Senior Free Skating) 5) Seniors: Difficult one-hand-hold of the man (2 full revolutions in total not counting parts shorter than 1 rev.) Juniors: one-hand-hold of the man (2 full revolutions in total not counting parts shorter than 1 rev.) 6) Additional revolutions of the man with one-hand-hold after 2 revs in 5) (only in Free Skating and only in one lift) 7) Change of rotational direction by the man (1 rev. before and after the change, counts only once per program) <p>Features 1), 2), 3), 5) must be significantly different from lift to lift and if similar, will only count first time attempted. All the features can be counted if executed in the first 4 revolutions.</p>
Step Seq.	<ol style="list-style-type: none"> 1) Minimum variety (Level 1), simple variety (Level 2), variety (Levels 3–4) of difficult turns and steps of both partners throughout (compulsory) 2) Rotations in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction 3) Use of body movements for at least 1/3 of the pattern 4) Not separating at least half of the pattern (changes of holds are allowed) 5) Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) executed by both partners with continuous flow within the sequence. One of the combinations must be executed in a hold. Only the first two combinations can be counted.
Death Spirals	<ol style="list-style-type: none"> 1) Difficult entry (immediately preceding the death spiral) or exit (see clarification) 2) Full revolution(s) of the woman when both partners are in "low" positions (counts as many times as performed)
Solo Spins	<ol style="list-style-type: none"> 1) Difficult variations (count as many times as performed with limitations specified below) 2) Change of foot executed by jump 3) Jump within a spin without changing feet 4) Difficult change of position on the same foot 5) Difficult entrance and/or difficult exit 6) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback, Biellmann or difficult variation of an upright position 7) Both directions immediately following each other in sit, camel, Layback or difficult variation of an upright position 8) Clear increase of speed in camel, sit, Layback, Biellmann or difficult variation of an upright position (except in crossfoot spin) 9) At least 6 rev. without changes in pos./variation, foot and edge (camel, Layback, difficult variation of any basic position or for combinations only non-basic position) 10) Difficult blade feature in camel, sit, Layback, Biellmann or difficult variation of an upright position <p>Features 2 to 10 and any category of difficult spin variation count only once per program (first time attempted). If 6 revs are executed on both feet, any one of these executions can be taken in favor of the Skaters. In any spin with change of foot the maximum number of features attained on one foot is two (2).</p>
Pair Spins	<ol style="list-style-type: none"> 1) 3 difficult variations of positions of partners, 2 of which can be in non-basic position (each variation of each partner counts separately, each partner must have at least one difficult variation) 2) Difficult entrance or any flying entrance by one or both partners 3) Difficult exit 4) Both directions immediately following each other 5) At least 6 revolutions without any changes in position/variation and foot (camel, sit, difficult upright) 6) Lifting the woman while man on 1 foot for at least 2 revolutions

ELEMENTS REQUIREMENTS (see also changes and clarifications on the next page)

Solo and Pair Spin combinations

The base values of spin combinations with only 2 basic positions (at least 2 revolutions in each of these positions) are reflected in the SOV table.

Jump elements

Both partners must fulfill requirements for jump elements in Single Skating. If these requirements are not fulfilled by one or both partners, signs and GOE reductions are the same.

Changes and clarifications for Technical Elements for season 2025/26

Pair Skating

Jumps and Throw Jumps:

Downgraded (<<): Missing rotation of half a revolution or more.

Underrotated (<): Missing rotation of more than a quarter revolution but less than half a revolution. The jump will receive 80% of the base value and Judges will reduce GOE.

Landed on the quarter (q): Technical panel will indicate this with a sign "q". The jump will receive full base value and Judges will reduce GOE.

Less than a quarter missing: No sign will indicate this. The jump will receive full base value and Judges will reduce GOE.

Jump sequences:

A jump sequence consists of two or three jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value.

Lifts:

In Juniors the simple variation of the take-off and simple landing variety is no longer a feature. In order to get feature for the take off and landing, difficult variation of the take-off or difficult landing variety must be executed.

In lifts with one arm hold the second point of contact can only be given if it is not used for support. This applies for Senior only.

Difficult take-off must be executed before full extension of the arms.

In Group 5 Reverse Lasso Lift (5RLi) when both partners skate forwards, this is considered as a difficult variation of take-off.

Twist lifts:

The difficult exit may be executed before the landing of the woman or immediately after it.

Solo Spins:

Feature 5: Difficult entrance and/or difficult exit: Only one of them can be accepted as a level feature in the solo spin.

Exit: The exit out of the spin is defined as the last phase of the spin and includes the phase immediately following the spin. **Difficult exit:** Any movement or jump that makes the exit significantly more difficult. The exit must have a significant impact on the balance, control and execution of the spin.

Windmill (illusion) is considered as a difficult movement for a feature only if it reaches close to a split position (at least 135 degrees). It can be awarded as a feature for spins only once in a program. Windmill is no longer considered as a difficult entry or exit.

Clear increase of speed is counted in camel, sit, Layback, Biellmann or difficult variation of an upright position (except in crossfoot spin).

Difficult blade feature: using the blade in a way that has a significant impact on the balance, control and execution of the spin. The feature must be executed in camel, sit, Layback, Biellmann or difficult variation of an upright position. The position must be maintained throughout the whole feature and can be achieved for example by spinning on the heel or toe of the blade. The feature must be performed in control inside the spin and spinning must continue after the feature. The difficult blade feature is not considered as a difficult exit.

Death spirals:

Death spiral has a Level and value if both partners execute at least 1 rev in the death spiral position (knees of the man clearly bent, his toe anchored and arm fully extended; Woman's head must reach, at least briefly, the level of her skating knee). For a higher Level both woman and man must stay in the "low" position for 1 or more full revs.

Woman's "low" position: for inside Death Spirals, the lowest hip or buttock and head should not be higher than her skating knee; for outside Death Spirals – head should not be higher than her skating knee. **Man's "low" pivot position:** buttocks not higher than the knee of the pivot foot. Any part of the Death Spiral with a higher woman's or man's position is not valid for Level features 2.

Entry, exit: The difficult entry position must be performed while at least one of the partners is on the entry curve and the woman and/or the man are moving from a difficult entry position directly and without delay to a Death Spiral position. The feature is awarded only if the low position is reached by both partners within 1 revolution after the man's toe is fixed on the ice. Exit: starts when the man bends his "holding" arm at the elbow; ends: when the woman comes to vertical position. Difficult entry and/or exit is one feature and only one of them will count as a level feature. The exit must have a significant impact on the balance, control and execution of the death spiral.

In the final position while the Woman is performing the actual death spiral, both the Man and the Woman must execute a minimum of one revolution with the knees of the Man clearly bent and in full pivot position. For a possible higher Level, the Man should stay in a low pivot position (this is when the lower part of his buttocks is not higher than the upper part of the knee of the pivot foot). The Woman simultaneously must skate on a clean edge with her head close to the ice surface, however she must not touch the ice with her head or assist herself with the free hand or any part of the body. The Woman's body weight is supported by the force of the spiraling edge and the hold of the Man. The Man must be in a centered position with a fully extended arm.

Any kind of position is counted as a feature if Skaters' hold lasts for at least one revolution.

Pair Spin Combination:

Difficult exit – exiting in a lift or spinning movement, an innovative move that makes the exit significantly more difficult. The exit must have a significant impact on the balance, control and execution of the pair spin combination.

Lifting the woman while the man is on 1 foot is a level feature when executed for at least 2 revolutions in a fixed position. If the woman is in a difficult position during the lift, it will be counted as a difficult variation. When the woman is lifted, the definition of an upright position is based on the position of the torso and not the legs.

If executing both lifting of the woman and difficult exit, the woman must be set down before the difficult exit.

Pair Spin Combination can be started with a jump. Any flying entry can be considered as a feature. If one or both partners do not execute 3 revolutions before or after the change of foot, the PCoSp will be marked with a "V". If there are less than 3 revolutions on both feet by one or both partners, the spin will have "No Value".

Step sequences:

Two different combinations of 3 difficult turns: One of the combinations must be executed in a hold. Only the first two combinations can be counted.

Choreographic sequences:

A Choreographic Sequence consists of at least two different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, small lifts etc. Steps and turns may be used to link the two or more different movements together.