

# Pair Test Requirements

This chart reflects the rules currently in place for the 2023-24 season. Underlined changes are in effect for tests taken on or after July 1, 2023.



| Level  | Lifts  | Twist Lift  | Throw Jump   | Solo Jump  | Jump Sequence/Combination   | Spin(s)   | Death Spiral/Pivot Figure  | Choreographic Sequence   | Notes   |
|--|--|---|--|--|---|---|--|--|---|
| <b>Standard and Skate United Bronze Pair Test</b><br><br>2:30 +/- 10 seconds     | <b>1 Lift</b><br><br>Lift may be chosen from Group 1 or Group 2<br><br>Variations of the woman's position, no-handed and one-handed lifts, combination lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, the release of the woman's hands in a Group 1 lift are not a violation of this rule.<br><br>Min 1 rev. by man (no max.)   | N/A   | <b>1 Throw Jump</b><br><br>Chosen from any single, throw double Salchow or throw double loop | <b>1 Solo Jump</b><br><br>Must be single or double | <b>1 Jump Sequence or Jump Combination</b><br><br>Must consist of two jumps<br><br>Must be singles or doubles | <b>1 solo spin, solo spin combination AND 1 pair spin</b><br><br><b>1 solo spin or combo</b><br>- May begin with flying entry<br>- Change of foot and change of position optional<br>- Min 5 revs. by both partners<br><br><b>1 pair spin</b><br>- No flying entry<br>- No change of foot<br>- Optional change of position<br>- Min 3 revs. total   | <b>1 Pivot Figure</b><br><br>Min. of 1/2 rev. by the man in pivot position                 | <b>1 Choreographic Sequence</b><br><br>Must be clearly visible | Extra elements may be added without penalty<br><br>See rule section 7100 for definitions and descriptions of elements |
| <b>Standard and Skate United Pre-Silver Pair Test</b><br><br>3:15 +/- 10 seconds | <b>2 different Lifts</b><br><br>Must be from different groups, selected from Groups 1-4, with at least one from Group 1 or 2<br><br>Variations of the woman's position, no-handed and one-handed lifts, combination lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, the release of the woman's hands in a Group 1 lift or in a platter lift after the lift extension has been achieved are not violations of this rule.<br><br>Min 1 rev. by man (no max.) | <b>1 Twist Lift</b><br><br><u>Single only</u><br><br><u>Take off must be flip or Lutz</u> | <b>1 Throw Jump</b><br><br>Must be single or double  | <b>1 Solo Jump</b><br><br>Must be single or double | <b>1 Jump Sequence or Jump Combination</b><br><br>Must consist of two jumps<br><br>Must be singles or doubles | <b>1 solo spin or solo spin combination AND 1 pair spin</b><br><br><b>1 solo spin or combo</b><br>- May begin with flying entry<br>- Change of foot and change of position optional<br>- Min 5 revs. by both partners<br>- Both partners must achieve a basic position for min. 2 revs.<br><br><b>1 pair spin</b><br>- No flying entry<br>- No change of foot and<br>- Optional change of position<br>- Min 5 revs. total | <b>1 Death Spiral or Pivot Figure</b><br><br>Min. of 1/2 rev. by the man in pivot position | <b>1 Choreographic Sequence</b><br><br>Must be clearly visible | Extra elements may be added without penalty<br><br>See rule section 7100 for definitions and descriptions of elements |

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|--|---|---|--|--|---|--|---|--|---|
| <b>Standard and Skate United Silver Pair Test</b><br><br>3:30 +/- 10 seconds   | <b>2 different Lifts</b><br><br>Must be from different groups, with at least one from Groups 3, or 4<br><br>Full extension of the lifting arm(s) required<br><br>Min 1 rev. by man (no max.)<br><br>Carry lifts and lifts with a carry feature are NOT permitted  | <b>1 Twist Lift</b><br><br>Must be single or double<br><br>Take off must be flip or Lutz                      | <b>2 different Throw Jumps</b><br><br>Must be single, double or triple | <b>1 Solo Jump</b><br><br>Must be single, double or triple<br><br>If double Axel or triple must be different from jumps executed in the jump sequence / combination      | <b>1 Jump Sequence or Jump Combination</b><br><br>Must-consist of two <u>or</u> <u>three</u> jumps<br><br>Must be singles, doubles or triples<br><br>All jumps executed with more than two revs. (double Axel and all triple jumps) must be of a different nature (different name); however, the jump combination or sequence can include two same such jumps           | <b>1 Pair Spin Combination</b><br><br>Both partners must change feet and position at least once, not necessarily at the same time<br><br>Min. 8 revs. total  | <b>1 Death Spiral</b><br><br>Min. of 1 full rev. by the man in pivot position | <b>1 Choreographic Sequence</b><br><br>Must be clearly visible | Extra elements may be added without penalty<br><br>See rule section 7100 for definitions and descriptions of elements |
| <b>Standard and Skate United Pre-Gold Pair Test</b><br><br>3:30 +/- 10 seconds | <b>2 different Lifts</b><br><br>Not all from the same group<br><br>Full extension of the lifting arm(s) required<br><br>Min 1 rev. by man (no max.)<br><br>Both lifts may include a carry feature<br><br>Carry lifts (one-half revolution exit/entry) are permitted and are not counted in the number of overhead lifts | <b>1 Twist Lift</b><br><br>Must be double, triple or quad<br><br>Take off may be toe loop, flip, Lutz or Axel | <b>2 different Throw Jumps</b><br><br>Must be double, triple or quad   | <b>1 Solo Jump</b><br><br>Must be double, triple or quad<br><br>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination | <b>1 Jump Sequence or Jump Combination</b><br><br>Must consist of two or three jumps<br><br>At least <u>one</u> must be double, triple or quad<br><br>All jumps executed with more than two revs. (double Axel and all triple and quad jumps) must be of a different nature (different name); however, the jump combination or sequence can include two same such jumps | <b>1 Pair Spin Combination</b><br><br>Must have at least 1 change of foot by each partner, not necessarily at the same time (min. 3 revs. before and after change of foot)<br><br>Must have at least 1 change of position and at least 2 different basic positions or their variations by each partner<br><br>Min. 8 revs. total | <b>1 Death Spiral</b><br><br>Min. of 1 full rev. by the man in pivot position | <b>1 Choreographic Sequence</b><br><br>Must be clearly visible | Extra elements may be added without penalty<br><br>See rule section 7100 for definitions and descriptions of elements |

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| Level  | Lifts  | Twist Lift   | Throw Jump  | Solo Jump   | Jump Sequence/Combination   | Spin(s)  | Death Spiral   | Choreographic Sequence  | Notes  |
|--|--|--|---|---|---|--|--|---|--|
| <b>Standard and Skate United Gold Pair Test</b><br><br>4:00 +/- 10 seconds | <p><b>3 different Lifts</b></p> <p><u>All lifts must have different abbreviations</u></p> <p>If two Group 5 lifts are executed, each must have a different take off</p> <p>Full extension of the lifting arm(s) required</p> <p>Min 1 rev. by man (no max.)</p> <p>All lifts may include a carry feature</p> <p>Carry lifts (one-half revolution exit/entry) are permitted and are not counted in the number of overhead lifts</p> | <p><b>1 Twist Lift</b></p> <p>Must be double, triple or quad</p> <p>Take off may be toe loop, flip, Lutz or Axel</p> | <p><b>2 different Throw Jumps</b></p> <p>Must be double, triple or quad</p> | <p><b>1 Solo Jump</b></p> <p>Must be double, triple or quad</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p> | <p><b>1 Jump Sequence or Jump Combination</b></p> <p>Must consist of two or three jumps,</p> <p>At least two must be doubles, triples or quads</p> <p>All jumps executed with more than two revs. (double Axel and all triple and quad jumps) must be of a different nature (different name); however, the jump combination or sequence can include two same such jumps</p> | <p><b>1 Pair Spin Combination</b></p> <p>Must have at least 1 change of foot by each partner, not necessarily at the same time (min. 3 revs before and after change of foot)</p> <p>Must have at least 1 change of position and at least 2 different basic positions or their variations by each partner</p> <p>Min. 8 revs. total</p> | <p><b>1 Death Spiral</b></p> <p>Min. of 1 full rev. by the man in pivot position</p> | <p><b>1 Choreographic Sequence</b></p> <p>Must be clearly visible</p> | <p>Extra elements may be added without penalty</p> <p>See rule section 7100 for definitions and descriptions of elements</p> |

For adult bronze through adult gold pair test requirements, please see rules 7531 (adult gold), 7541 (adult silver) and 7551 (adult bronze) and 6561.

Test Requirements