



Technical Notification 256

Dated: September 10, 2020

Re: Pairs – Group 1 Lifts

In accordance with the 2020-21 season ISU Judging System Technical Handbook for Pair Skating, new hold variations will be permitted in the Group 1 lift category to allow for greater variety. To be considered a Group 1 lift, the lady's head remains up, and she is lower than the man's shoulder. Possible grips now include hand to armpit, hand to arm, hand to waist, or hand to hand. Lifts which fit this definition will be identified and called as 1Li and assigned a level. (This information can also be found on page 21 of the ISU Judging System Technical Handbook for Pair Skating.)

If a team clearly attempts a Group 4 lift, with a hand-to-hand hold, where the man's arms pass significantly above his shoulder line, the lift will be identified as a Group 4 lift.

Some examples of Group 1 lifts:

Hand-to-Armpit Hold
(Lutz lift, Axel lift, etc.)



Hand-to-Hand Hold



Hand-to-Hand Hold



(Pictured: Dalila DeLaura and Mervin Tran)