

2024-2025 Adult Pairs Free Skating Requirements – This chart has been updated with the changes from U.S. Figure Skating Governing Council that will go into effect July 1, 2024.



2024-25	LIFTS	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	PIVOT FIGURE or DEATH SPIRAL	STEP SEQUENCE	*ADDITIONAL ELEMENT
<p>CHAMPIONSHIP MASTERS PAIRS & MASTERS PAIRS & ADULT GOLD PAIRS</p> <p>3:40 maximum</p>	<p>Max 2* different</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>Max 2 different</p> <p>Must have different IJS codes</p> <p>No limit on number of revolutions</p>	<p>Max 1</p> <p>Single, double or triple jumps permitted</p>	<p>Max 1</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>Max 1</p> <ul style="list-style-type: none"> • Min 4 revs by both partners if spin does not have a change of foot • Min 6 revs by both partners if spin has a change of foot • Min 2 revs in each position 	<p>Max 1*</p> <p>Pair spin:</p> <ul style="list-style-type: none"> • Min 4 revs by both partners • Optional change of position • Min 2 revs in each position by both partners <p>Or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> • Min 6 revs total by both partners • Min 1 change of position by each partner • Min 1 change of foot by each partner • Min 2 revs in each position by both partners 	<p>Max 1*</p> <p>Regular one-hand to one-hand hold required</p> <p>At least ½ revolution with man in full pivot position</p>	<p>Max 1</p> <p>One choreographic sequence</p> <ul style="list-style-type: none"> • Must be clearly visible <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>Max 1</p> <p>May choose to perform one additional element from:</p> <ul style="list-style-type: none"> • Pair spin if not already performed • Pair spin combination if not already performed • Pivot figure/ death spiral (max two per program, different IJS codes) • Lift (max three per program, must be different) <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 max. • 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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ADULT SILVER PAIRS 2:50 maximum	<p>Max 2 different</p> <p>One must be from Group 1</p> <p>Other lift may be from Group 1 with a different take off or from Group 2 or may be a single twist lift</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>Variation of lady's position, no-handed, one-handed, overhead, carry and combination lifts, and lifts that include a carry feature are not permitted</p>	<p>Max 1</p> <p>Single throw jumps only</p> <p>Single Axel throw jumps permitted</p>	<p>Max 1</p> <p>Single jumps only</p> <p>Single Axel jumps permitted</p>	<p>Max 1</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(s) immediately followed by an Axel-type jump</p>	<p>Max 1</p> <ul style="list-style-type: none"> • 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 	<p>Max 1</p> <p>Pair spin:</p> <ul style="list-style-type: none"> • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners <p>or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> • Min 5 revs total by both partners • Min 2 revs in each position by both partners 	<p>Max 1</p> <p>Pivot position not required</p> <p>Choice of position and hand hold</p> <p>Attempt must be identifiable</p>	<p>Max 1</p> <p>One choreographic sequence</p> <ul style="list-style-type: none"> • Must be clearly visible <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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 • 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

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<p>ADULT BRONZE PAIRS</p> <p>2:30 maximum</p>	<p>Max 1</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 not permitted</p>	<p>Max 1 (optional)</p> <p>Single throw jumps only</p> <p>Single Axel, double or triple throw jumps not permitted</p>	<p>Max 1</p> <p>Single jumps only</p> <p>Single Axel, double or triple jumps not permitted</p>	<p>Max 1</p> <p>Single jumps only</p> <p>Single Axel, double or triple jumps not 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>Max 1</p> <ul style="list-style-type: none"> 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 	<p>Max 1</p> <p>Pair spin:</p> <ul style="list-style-type: none"> Min 3 revs by both partners Optional change of position Min 2 revs in each position by both partners <p>Pair spin combinations not permitted</p>	<p>Max 1</p> <p>Pivot figure:</p> <ul style="list-style-type: none"> Pivot position not required Choice of position and hand hold Attempt must be identifiable <p>Death spirals not permitted</p>	<p>Max 1</p> <p>One choreographic sequence</p> <ul style="list-style-type: none"> Must be clearly visible <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>CENTENNIAL PAIRS</p> <p>2:50 maximum</p>	<p>Max 2 different</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>Max 1</p> <p>Single throw jumps only</p> <p>Single Axel throw jumps permitted</p>	<p>Max 1</p> <p>Single jumps only</p> <p>Single Axel jumps permitted</p>	<p>Max 1</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 (waltz) jump</p>	<p>Max 1</p> <ul style="list-style-type: none"> 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 	<p>Max 1</p> <p>Pair spin:</p> <ul style="list-style-type: none"> Min 3 revs by both partners Optional change of position Min 2 revs in each position by both partners <p>or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> Min 5 revs total by both partners Min 2 revs in each position by both partners 	<p>Max 1</p> <p>Pivot position not required</p> <p>Choice of position and hand hold</p>	<p>Max 1</p> <p>One choreographic sequence</p> <ul style="list-style-type: none"> Must be clearly visible <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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