



## Øvelsesutvalg Parløp 2020/2021

**IMPORTANT NOTICE: DO NOT attempt elements or levels of elements not in accordance with the pair's skating ability**

Basic	Free Skate
<b>Content</b>	Max 1 Group 1 Lift Max 1 Group 2 Lift Max 1 Single Twist Max 1 Single or Double Solo Jump Max 1 Solo Spin in one position <u>or</u> 1 Pair Spin <ul style="list-style-type: none"> <li>- if Solo Spin without change of foot (5) or with change of foot (8)</li> <li>- if Pair Spin (5)</li> </ul> Max 1 Pivot Figure Max 1 Step Sequence
<b>Clarifications</b>	<i>Lifts:</i> - one arm holds not allowed - full extension of the lifting arm of the partner is not required
<b>No. Elements/ Max Level</b>	7/2
<b>Norwegian Rules</b>	Lifts from Group 3-5 are not allowed and will be given No Value if executed
<b>Deduction Fall</b>	0,5 points per fall by each partner
<b>Time/Music</b>	3 minutes +/-10 seconds
<b>Warm-up</b>	4 minutes, max 4 pairs
<b>Components</b>	General factor is 1,0 SS: 2,0 PE: 2,0

Novice	Short Program	Free Skate
<b>Content</b>	Max 1 Group 1-4 Lift Max 1 Single <u>or</u> Double Twist Max 1 Solo double jump Max 1 Solo Spin combo with no change of foot (6) Max 1 Death Spiral Max 1 Step Sequence	Max 2 different lifts from Group 1-4 Max 1 Single <u>or</u> Double Twist Max 1 Double Throw Max 1 Solo double jump Max 1 Pair Spin (6) Max 1 Death Spiral
<b>Clarifications</b>	<i>Lifts:</i> - one arm holds not allowed	<i>Lifts:</i> - one arm holds not allowed - in group 1 and 2 full extension of the lifting arm of the partner is not required
<b>No. Elements/ Max Level</b>	6/3	7/3
<b>Norwegian Rules</b>	Lifts from Group 5 are not allowed and will be given No Value if executed	Lifts from Group 5 are not allowed and will be given No Value if executed
<b>Deduction Fall</b>	0,5 points per fall by each partner	0,5 points per fall by each partner
<b>Time</b>	2:20 minutes +/-10 seconds	3 minutes +/-10 seconds
<b>Warm-up</b>	4 minutes, max 4 pairs	5 minutes, max 4 pairs
<b>Components</b>	General factor is 0,8 SS: 1,0 TR: 1,0 PE: 1,0 IN: 1,0	General factor is 1,6 SS: 1,0 TR: 1,0 PE: 1,0 IN: 1,0



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Junior	Short Program	Free Skate
<b>Content</b>	Max 1 Group 3 Lift Max 1 Double <u>or</u> Triple Twist Max 1 Double <u>or</u> Triple Loop Throw Max 1 2Lz <u>or</u> 2A Max 1 Solo Spin with change of foot (5+5) Max 1 Forward Inside Death Spiral Max 1 Step Sequence	Max 2 different Lifts Max 2 different Throws Max 1 Twist Max 1 Solo Jump Max 1 Solo Jump Combination/Sequence Max 1 Pair Spin with change of foot (8) Max 1 Death Spiral Max 1 Choreographic Sequence
<b>Clarifications</b>	<i>Forward Inside Death Spiral:</i> - Any variation of the Man's position, skating direction or edge is allowed as long as he keeps the pivot position as described and the Lady circles around him on an inside edge	<i>Lifts:</i> - not all from the same group, with full extension of the lifting arm/s <i>Jump combination/Sequence:</i> - may consist of two or three jumps
<b>No. Elements/ Max Level</b>	7/4	10/4
<b>Deduction Fall</b>	1,0 points per fall by each partner	1,0 points per fall by each partner
<b>Time</b>	2 minutes 40 seconds +/-10 seconds	3 minutes 30 seconds +/-10 seconds
<b>Warm-up</b>	6 minutes, max 4 pairs	6 minutes, max 4 pairs
<b>Components</b>	General factor is 0,8 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0	General factor is 1,6 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0

Senior	Short Program	Free Skate
<b>Content</b>	Max 1 Group 3 Lift Max 1 Double <u>or</u> Triple Twist Max 1 Double <u>or</u> Triple Throw Max 1 Double <u>or</u> Triple Solo Jump Max 1 Solo Spin with change of foot (5+5) Max 1 Forward Inside Death Spiral Max 1 Step Sequence	Max 3 different Lifts Max 2 different Throws Max 1 Twist Max 1 Solo Jump Max 1 Jump Combination/Sequence Max 1 Pair Spin with change of foot (5+5) Max 1 Death Spiral Max 1 Choreographic Sequence
<b>Clarifications</b>	<i>Forward Inside Death Spiral:</i> - Any variation of the Man's position, skating direction or edge is allowed as long as he keeps the pivot position as described and the Lady circles around him on an inside edge	<i>Lifts:</i> - not all from the same group, with full extension of the lifting arm/s - at least one lift must not be from Group 5 - if 2 of Group 5 Lifts are executed, the take-offs have to be of different abbreviation <i>Jump combination/Sequence:</i> - may consist of two or three jumps <i>Death Spiral:</i> - different from the death spiral of the Short Program
<b>No. Elements/ Max Level</b>	7/4	11/4
<b>Deduction Fall</b>	1,0 points per fall by each partner	1,0 points per fall by each partner
<b>Time</b>	2 minutes 40 seconds +/-10 seconds	4 minutes +/-10 seconds
<b>Warm-up</b>	6 minutes, max 4 pairs	6 minutes, max 4 pairs
<b>Components</b>	General factor is 0,8 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0	General factor is 1,6 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0



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Veteran	Free Skate
<b>Content</b>	Max 1 Lift from Group 1 or 2 Max 1 Throw Max 1 Solo Jump Max 1 Jump Combination/Sequence Max 1 Pair Spin Max 1 Pivot Figure Max 1 Choreographic Sequence
<b>Clarifications</b>	<i>Lifts:</i> - Only Group 1-2 is allowed - The man's lifting hand(s) should be above his shoulder line - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted <i>Throws &amp; Jumps:</i> - Only single jumps are allowed - Axel type jumps are not allowed - Only two listed jumps allowed in jump combination/sequence <i>Twist:</i> - Not allowed <i>Pivot Figure:</i> - At least one revolution in pivot position by the man is required - Position of the lady optional
<b>No. Elements/ Max Level</b>	7/1
<b>Deduction Fall</b>	0,5 points per fall by each partner
<b>Time/Music</b>	2 minutes 20 seconds +/-10 seconds
<b>Warm-up</b>	6 minutes, max 4 pairs
<b>Components</b>	General factor is 1,2 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0

### Clarifications:

<b>General Recommendations</b>	Pair skating consists of two persons skating in unison who perform their movements in harmony with each other  <u>DO NOT attempt elements or levels of elements not in accordance with the pair's skating ability</u>
<b>Illegal Elements</b>	somersault type jumps lifts with wrong holds
<b>Music</b>	Instrumental and vocal music are allowed
<b>Lifts</b>	<i>Group 1</i> - Armpit Hold position <i>Group 2</i> - Waist Hold position <i>Group 3</i> - Hand to Hip or upper part of the leg (above the knee) position <i>Group 4</i> - Hand to Hand position (Press Lift type) <i>Group 5</i> - Hand to Hand position (Lasso Lift type)  Group 1; lift where Lady's head remains up and she does not pass the man's shoulder - possible grips to allow more variety, Hand to Armpit, Hand to Arm, Hand to Waist or Hand to Hand.  Groups 3–5; full extension of the lifting arm(s) is mandatory  Minimum of one revolution of the Man is required
<b>Twist</b>	<i>Short Program:</i> A twist lift take off by the Lady is limited to either a Lutz or a Flip  <i>Free Skating:</i> A Lutz, Flip, Toe loop or Axel take-off by the Lady is accepted