



Øvelsesutvalg Parløp 2021/2022

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

Basic	Free Skate
Content	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 - if Solo Spin without change of foot (5) or with change of foot (8) - if Pair Spin (5) Max 1 Pivot Figure Max 1 Step Sequence
Clarifications	<i>Lifts:</i> - one arm holds not allowed - full extension of the lifting arm of the partner is not required
No. Elements/ Max Level	7/2
Norwegian Rules	Lifts from Group 3-5 are not allowed and will be given No Value if executed
Deduction Fall	0,5 points per fall by each partner
Time/Music	3 minutes +/-10 seconds
Warm-up	4 minutes, max 4 pairs
Components	General factor is 1,0 SS: 2,0 PE: 2,0

Novice	Short Program	Free Skate
Content	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
Clarifications	<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
No. Elements/ Max Level	6/3	7/3
Norwegian Rules	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
Deduction Fall	0,5 points per fall by each partner	0,5 points per fall by each partner
Time	2:20 minutes +/-10 seconds	3 minutes +/-10 seconds
Warm-up	4 minutes, max 4 pairs	5 minutes, max 4 pairs
Components	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
Content	Max 1 Group 4 Lift Max 1 Double <u>or</u> Triple Twist Max 1 Double <u>or</u> Triple Salchow Throw Max 1 2F or 2A Max 1 Solo Spin combination with change of foot (5+5) Max 1 Backward Outside 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
Clarifications	Backward Outside Death Spiral: - 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 outside edge	Lifts: - not all from the same group, with full extension of the lifting arm/s Jump combination/Sequence: - may consist of two or three jumps
No. Elements/ Max Level	7/4	10/4
Deduction Fall	1,0 points per fall by each partner	1,0 points per fall by each partner
Time	2 minutes 40 seconds +/-10 seconds	3 minutes 30 seconds +/-10 seconds
Warm-up	6 minutes, max 4 pairs	6 minutes, max 4 pairs
Components	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
Content	Max 1 Group 4 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 combination with change of foot (5+5) Max 1 Backward Outside 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
Clarifications	Backward Outside Death Spiral: - 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 outside edge	Lifts: - 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 Jump combination/Sequence: - may consist of two or three jumps Death Spiral: - different from the death spiral of the Short Program
No. Elements/ Max Level	7/4	11/4
Deduction Fall	1,0 points per fall by each partner	1,0 points per fall by each partner
Time	2 minutes 40 seconds +/-10 seconds	4 minutes +/-10 seconds
Warm-up	6 minutes, max 4 pairs	6 minutes, max 4 pairs
Components	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
Content	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
Clarifications	<i>Lifts:</i> - Only Group 1-2 are allowed - The man must rotate at least ½ revolution during the lifting phase - 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 & 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
No. Elements/ Max Level	7/1
Deduction Fall	0,5 points per fall by each partner
Time/Music	2 minutes 20 seconds +/-10 seconds
Warm-up	6 minutes, max 4 pairs
Components	General factor is 1,2 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0

Clarifications:

General Recommendations	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>
Illegal Elements	somersault type jumps lifts with wrong holds
Music	Instrumental and vocal music are allowed
Lifts	<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. (For Veteran only ½ revolution is required)
Twist	<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

Please check ISU Communications, ISU Regulation and ISU Technical Handbook for details. **Changes may occur according to ISU changes/ or printing error.**