

Pair Test Requirements

This chart was updated July 8, 2024, to include the adult and adaptive singles test requirements, which are no longer in the rulebook.



Level	Lifts	Twist Lift	Throw Jump	Solo Jump	Jump Sequence/Combination	Spin(s)	Death Spiral/Pivot Figure	Choreographic Sequence	Notes
Standard and Skate United Bronze 2:40 maximum	1 Lift Lift may be chosen from Group 1 or Group 2 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. Min 1 rev. by man (no max.)	N/A	1 Throw Jump Chosen from any single, throw double Salchow or throw double loop	1 Solo Jump Must be single or double	1 Jump Sequence or Jump Combination Must consist of two jumps Must be singles or doubles	1 solo spin, solo spin combination AND 1 pair spin 1 solo spin or combo - May begin with flying entry - Change of foot and change of position optional - Min 5 revs. by both partners 1 pair spin - No flying entry - No change of foot - Optional change of position - Min 3 revs. total	1 Pivot Figure Min. of 1/2 rev. by the man in pivot position	1 Choreographic Sequence Must be clearly visible	Extra elements may be added without penalty See rule section 7100 for definitions and descriptions of elements An IJS Protocol may be used for test credit. See TN 294.
Standard and Skate United Pre-Silver 3:15 maximum	2 different Lifts Must be from different groups, selected from Groups 1-4, with at least one from Group 1 or 2 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. Min 1 rev. by man (no max.)	1 Twist Lift Single only Take off must be flip or Lutz	1 Throw Jump Must be single or double	1 Solo Jump Must be single or double	1 Jump Sequence or Jump Combination Must consist of two jumps Must be singles or doubles	1 solo spin or solo spin combination AND 1 pair spin 1 solo spin or combo - May begin with flying entry - Change of foot and change of position optional - Min 5 revs. by both partners - Both partners must achieve a basic position for min. 2 revs. 1 pair spin - No flying entry - No change of foot and - Optional change of position - Min 5 revs. total	1 Death Spiral or Pivot Figure Min. of 1/2 rev. by the man in pivot position	1 Choreographic Sequence Must be clearly visible	Extra elements may be added without penalty See rule section 7100 for definitions and descriptions of elements An IJS Protocol may be used for test credit. See TN 294.

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Standard and Skate United Silver 3:30 maximum	2 different Lifts Must be from different groups, with at least one from Groups 3, or 4 Full extension of the lifting arm(s) required Min 1 rev. by man (no max.) Carry lifts and lifts with a carry feature are NOT permitted	1 Twist Lift Must be single or double Take off must be flip or Lutz	2 different Throw Jumps Must be single, double or triple	1 Solo Jump Must be single, double or triple If double Axel or triple must be different from jumps executed in the jump sequence / combination	1 Jump Sequence or Jump Combination Must -consist of two or three jumps Must be singles, doubles or triples 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	1 Pair Spin Combination Both partners must change feet and position at least once, not necessarily at the same time Min. 8 revs. total	1 Death Spiral Min. of 1 full rev. by the man in pivot position	1 Choreographic Sequence Must be clearly visible	Extra elements may be added without penalty See rule section 7100 for definitions and descriptions of elements An IJS Protocol may be used for test credit. See TN 294.
Standard and Skate United Pre-Gold 3:30 maximum	2 different Lifts Not all from the same group Full extension of the lifting arm(s) required Min 1 rev. by man (no max.) Both lifts may include a carry feature Carry lifts (one-half revolution exit/entry) are permitted and are not counted in the number of overhead lifts	1 Twist Lift Must be double, triple or quad Take off may be toe loop, flip, Lutz or Axel	2 different Throw Jumps Must be double, triple or quad	1 Solo Jump Must be double, triple or quad If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination	1 Jump Sequence or Jump Combination Must consist of two or three jumps At least one must be double, triple or quad 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	1 Pair Spin Combination 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) Must have at least 1 change of position and at least 2 different basic positions or their variations by each partner Min. 8 revs. total	1 Death Spiral Min. of 1 full rev. by the man in pivot position	1 Choreographic Sequence Must be clearly visible	Extra elements may be added without penalty See rule section 7100 for definitions and descriptions of elements An IJS Protocol may be used for test credit. See TN 294.

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Standard and Skate United Gold 4:00 maximum	3 different Lifts All lifts must have different abbreviations If two Group 5 lifts are executed, each must have a different take off Full extension of the lifting arm(s) required Min 1 rev. by man (no max.) All lifts may include a carry feature Carry lifts (one-half revolution exit/entry) are permitted and are not counted in the number of overhead lifts	1 Twist Lift Must be double, triple or quad Take off may be toe loop, flip, Lutz or Axel	2 different Throw Jumps Must be double, triple or quad	1 Solo Jump Must be double, triple or quad If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination	1 Jump Sequence or Jump Combination Must consist of two or three jumps, At least two must be doubles, triples or quads 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	1 Pair Spin Combination 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) Must have at least 1 change of position and at least 2 different basic positions or their variations by each partner Min. 8 revs. total	1 Death Spiral Min. of 1 full rev. by the man in pivot position	1 Choreographic Sequence Must be clearly visible	Extra elements may be added without penalty See rule section 7100 for definitions and descriptions of elements An IJS Protocol may be used for test credit. See TN 294.

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Adult Bronze 2:30 maximum	1 Lift One must be from Group 1 or a Group 2 waist lift Minimum one-half revolution by the man (no maximum). Full extension is optional for Group 2 waist lift. Variations of the woman's position, no-handed, one-handed, overhead, twist, carry and combination lifts and lifts that include a carry feature are not permitted; however, if a pair executes a Group 1 lift, the release of the woman's hands after the lift extension has been achieved is not a violation of this rule.	Not Permitted	1 Throw Jump (Optional) Single*	1 Solo Jump Single*	1 Jump Sequence or Jump Combination Consisting of a waltz jump and a single jump or two single jumps* *No Single Axels or multi-rotation jumps are permitted (in combination or sequences, or as solo jumps or throw jumps)	1 Solo Spin or Solo Spin Combination AND 1 Pair Spin Solo spin/combination: Min. 3 revs. if no change of foot and min. 5 revs if spin changes feet Pair spin: Min. 3 revs. total with optional change of position. Both spins: Min. two revs. in each position by both partners	1 Pivot Figure Hand hold and pivot position are optional Attempt must be identifiable	1 Choreographic Sequence Must be clearly visible AND Stroking in unison, both forward and backward, clockwise and counterclockwise	Extra elements may be added without penalty See rule section 7100 for definitions and descriptions of elements

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Adult Silver 2:50 maximum	2 different Lifts One must be from Group 1; the other may be a different lift from Group 1, a lift from Group 2 or a single twist lift. Minimum one-half revolution by the man (no maximum). Full extension is optional for Group 2 waist lift. Variations of the woman's position, no-handed, one-handed, overhead, carry and combination lifts and lifts that include a carry feature are not permitted; however, if a pair executes a Group 1 lift, the release of the woman's hands after the lift extension has been achieved is not a violation of this rule.	See Lifts	1 Throw Jump Single*	1 Solo Jump Single*	1 Jump Sequence or Jump Combination Consisting of two single jumps* *Single Axels are permitted. No multi-rotation jumps (in combination or sequences, or as solo jumps or throw jumps)	1 Solo Spin or Solo Spin Combination AND 1 Pair Spin or Pair Spin Combination For both spins: Min. 3 revs. if no change of foot and min. 5 revs if spin changes feet Min. two revs. in each position by both partners	1 Death Spiral or Pivot Figure Pivot position not required Skaters may choose position and hand hold Attempt must be identifiable	1 Choreographic Sequence Must be clearly visible AND Stroking in unison illustrating mirror and/or shadow skating, footwork, connecting moves such as turns in the field, spirals, pivots and basic dance steps	Extra elements may be added without penalty See rule section 7100 for definitions and descriptions of elements

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Adult Gold 3:40 maximum	3 different Lifts One may be a twist lift (no limit to the number of revolutions) If lifts are from the same group, they must be different (e.g. one star and one platter both from Group 3) Minimum one-half revolution by the man (no maximum) Variations of the woman's position, no-handed, one-handed and combination lifts are permitted. Carry lifts and lifts that include a carry are not permitted	See Lifts	2 different Throw Jumps Must have different IJS codes No limit on number of revolutions	1 Solo Jump Single, double or triple jumps permitted	1 Jump Sequence or Jump Combination Single, double or triple jumps permitted Max two jumps	1 Solo Spin or Solo Spin Combination AND 1 Pair Spin or Pair Spin Combination For both spins: Min. 4 revs. if no change of foot and min. 6 revs if spin changes feet Min. two revs. in each position by both partners If pair spin combination, must have at least one change of position and one change of foot by each partner	1 Death Spiral Min. of one-half revolution by the man in pivot position Woman's edge optional Hand hold should be a regular one-hand hold	1 Choreographic Sequence Must be clearly visible AND Connecting moves, skating skills, footwork, stroking in good unison and mirror and/or shadow skating	Extra elements may be added without penalty See rule section 7100 for definitions and descriptions of elements

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