

### **Adult Bronze Pair Test**

The adult bronze pair test must consist of a program with a variety of moves and connecting steps skated to music, in good form with some degree of pair unison. The pair must utilize the ice surface while demonstrating the basic moves of pair skating. The following elements are required:

#### **Jumps:**

1. One jump (single)
2. One jump combination or sequence of jumps (half and single jumps)

#### **Spins:**

1. One pair spin with no changes of position or change of foot such as an upright pair spin or a pair camel spin (minimum three revolutions in position)
2. One solo spin (minimum three revolutions in position)

**Lifts:** One lift such as a waltz or half flip (no overhead lifts)

**Pivot spiral:** One pivot spiral in which the man attains the pivot position while the lady circles around him in a spiral position (hand hold and pivot positions are optional)

#### **Steps:**

1. Stroking in unison, both forward and backward, clockwise and counterclockwise
2. Footwork and connecting moves such as spirals, spread eagles, etc., utilizing at least one-half the ice surface

Extra elements may be added without penalty.

Duration: Not to exceed 2:00 to music of the skaters' choice.

### **TR 39.08 Adult Silver Pair Test**

The adult silver pair test must consist of a program skated rhythmically and in harmony with the music. The pair should show a moderate degree of pair unison with good form and flow, while fully utilizing the ice surface. The pair is expected to demonstrate the fundamentals of pair skating including synchronized connecting movements, mirror and/or shadow skating. The following elements are required:

#### **Jumps:**

1. One jump (single)
2. One jump combination or sequence (half and single jumps) No Axel or multi-rotation jumps

#### **Spins:**

1. One pair spin with no change of position or change of foot (minimum three revolutions in position)
2. One solo spin with one change of position (minimum four revolutions total)

**Lifts:** Two different lifts such as a waist loop, Lutz or waltz (no overhead lifts).

**Death or pivot spiral:** One death-type spiral (hand hold, pivot and lady's edge are optional), or pivot spiral in which the man attains a pivot position while the lady circles around him in spiral position.

#### **Steps:**

1. Stroking in unison illustrating mirror and/or shadow skating, footwork, connecting moves such as turns in the field, spirals, pivots and basic dance steps
2. One serpentine, circular or straight line step sequence or spiral sequence

Extra elements may be added without penalty.

Duration: Not to exceed 2:30 to music of the skaters' choice.

### **Adult Gold Pair Test**

The adult gold pair test must consist of a program with connecting moves and footwork to be skated rhythmically and in harmony to the music. The pair should demonstrate partner relationship, unison, good flow and form. The program should utilize the full ice surface and be skated with expression in time to the music. The following elements are required:

#### **Jumps:**

1. One single or double jump
2. One jump combination or sequence utilizing single or multi-rotation jumps

#### **Spins:**

1. One pair spin such as pair sit, pair camel or pair combination spin (minimum four revolutions in position)
2. One solo spin combination with change of foot and/or change of position (minimum five revolutions total)

**Lifts:** Three different lifts — all lifts may be selected from Group 1; or one lift may be selected from Groups 2–4, and/or one may be a single twist lift

**Death spiral:** One death-type spiral with the pivot position attained by the man (lady's edge optional). Hand hold should be a regular one-hand hold.

**Throw:** One single throw jump

**Steps:**

1. Connecting moves, moves-in-the-field, footwork, stroking in good unison and mirror and/or shadow skating
2. One serpentine, circular or straight-line step sequence or spiral sequence

Extra elements may be added without penalty.