



Definitions

July 1, 2024

JUVENILE TWIST LIFT (JTw)

Definition: A hand-to-waist lift where Athlete A is lifted into the air on the take-off. At the top of the lift, Athlete A may or may not be released by Athlete B. **NO** rotation is performed by Athlete A and a split position is optional. Athlete B will assist Athlete A with their landing. Partners may give each other assistance only through: hand-to-waist.

These positive features and reductions are extracted from [ISU Communication 2623](#) with reference to Twist Lifts. The list below has been edited to match the Skate Canada program requirements.

Guidelines for +GOEs: JTw
For +1: 1 bullet / For +2: 2 bullets / For +3: 3 bullets / For + 4: 4 bullets / For + 5: 5 or more bullets
FOR + 4 and +5, THE FIRST THREE bullets highlighted in bold must be present
1) good split position of Athlete A in air position
2) good position of the Athlete B with full extension of the arms
3) effortless throughout
4) good take-off and exit
5) very good speed and flow
6) element matches the music

Guidelines for establishing GOE reductions for errors: JTw	
Fall	-5
Serious problems on the catch	-3 to -4
Slight problems on the catch	-1 to -2
Skater A lands on two feet	-2 to -3
Touch down with the free foot	-1
Poor height or distance	-1 to -3
Poor take-off (poor speed, serious scratching, no toe-pick)	-1 to -3
Weak landing (poor speed, bad positions)	-1 to -2
Long preparation	-1 to -2

GROUP 1 LIFT

Lift where Athlete A's head remains up and Athlete A is lower than Athlete B's shoulder. Possible grips are hand to armpit, hand to arm, hand to wrist or hand to hand.