



2025 REVISED LIFT REFERENCE CHART

Effective 2/1/25

Replaces Page 330 in the 2024 Handbook

EVENTS	ADAGIO LIFTS	DANCE LIFTS	GROUP LIFTS	Gliding / Stationary / Rotational Lifts
Pair 1	No	No	N/A	Yes
Pair 2-6 / Bronze / Silver / Gold	No	Yes	N/A	Yes
Pair 7-10 / Platinum	Yes	Yes	N/A	Yes
Couple 1-2	No	No	N/A	Yes
Couple 3-6	No	Yes	N/A	Yes
Couple 7-10	Yes	Yes	N/A	Yes
Free Dance 1-2	No	No	N/A	Yes
Free Dance 3-6	No	Yes	N/A	Yes
Free Dance 7-10	Yes	Yes	N/A	Yes
Couple Spotlight	Gold & Platinum	Gold & Platinum	N/A	Yes
Family Spotlight	No	Yes	Yes	Yes
Team Compulsories	FS 6-10	FS 6-10	FS 6-10	FS 6-10
Freestyle Synchro	No	No	No	No
Synchro Formation	No	No	No	No
Synchro Adv. Formation	No	No	No	No
Synchro Skating	No	Teen / Collegiate	Teen / Collegiate	Teen / Collegiate
Synchro Dance	No	Teen / Collegiate	Teen / Collegiate	Teen / Collegiate
Synchro Compulsories	No	No	No	No
Ensemble	No	Yes	Yes	Yes
Kaleidoskate	No	No	No	No
Pattern	No	No	No	No
Production / Theater Production	Yes	Yes	Yes	Yes

REVISION IN RED