

Pair Lift Summary

Groups are classified according to the take-off hold at the moment the lady passes the man's shoulder.	
Group 1 Lift (1Li)	<ul style="list-style-type: none"> • Armpit hold
Group 2 Lift (2Li)	<ul style="list-style-type: none"> • Waist hold <ul style="list-style-type: none"> ○ Vertical (any other position of lady → 3Li)
Group 3 Lift (3Li)	<ul style="list-style-type: none"> • Hand to hip or upper part of the leg (above the knee) hold
Group 4 Lift (4Li)	<ul style="list-style-type: none"> • Hand to hand hold (press) <ul style="list-style-type: none"> ○ Lady does not rotate around the man/in relation to the man during the lifting process, she can only rotate together with the man.
Group 5 (Lasso) Lifts	<ul style="list-style-type: none"> • The lady rotates around the man/in relation to the man during the lifting process between the take-off and the fully extended position <ul style="list-style-type: none"> ○ Rotation must be visible • During the lifting process one of the man's hands must remain clearly above his shoulders. <ul style="list-style-type: none"> ○ If not → 4Li
Group 5 Toe Lift (5TLi)	<ul style="list-style-type: none"> • Face to face <ul style="list-style-type: none"> ○ Man forward ○ Lady backward • Left-left, right-right • Lady jumps from toe
Group 5 Step Lift (5SLi)	<ul style="list-style-type: none"> • Face to face <ul style="list-style-type: none"> ○ Man backward ○ Lady forward • Left-left, right-right • Lady jumps from forward edge
Group 5 Axel Lift (5ALi)	<ul style="list-style-type: none"> • Lady at man's side <ul style="list-style-type: none"> ○ Man forward or spread • Left-left, right-right • Lady jumps from forward edge
Group 5 Backward Lift (5BLi)	<ul style="list-style-type: none"> • Lady and man same direction <ul style="list-style-type: none"> ○ Backward only • Left-left, right-right • Lady takes off backward using blade or toe pick <ul style="list-style-type: none"> ○ Lady switch to fwd → 5SLi
Group 5 Reverse Lift (5RLi)	<ul style="list-style-type: none"> • Lady and man same direction <ul style="list-style-type: none"> ○ Backward or forward • Left-right, right-left <ul style="list-style-type: none"> ○ Man's arm can go between lady's legs • Lady takes off using blade or toe pick <ul style="list-style-type: none"> ○ When both backward: Lady switch to forward → 5SLi