



# 2018-2019 Pairs Program Requirements Quick Reference Guide

February 23, 2018

## Short Program

Effective July 1, 2018

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<b>Pre-Novice</b> (max 2:50)  N/A	Must be from Grp 1, 2, 3 or 4  <b>Max Level 2</b> <b>No credit feature:</b> <ul style="list-style-type: none"> <li>Change of rotational direction by the man</li> </ul>	Single or Double  <b>Max Level 2</b>	Any Single or Double (no 2A)	Single Axel or Any Double	Pair Spin (4 revs) or Pair Spin Combo (4 revs)  <b>Max Level 2</b>	Any Death Spiral  <b>Max Level 2</b>	Must almost fully utilize the ice
<b>Novice</b> (max 2:50)  N/A	<u>Any Hand to Hand Lift Take-Off (Grp 4)</u>  <b>No credit feature:</b> <ul style="list-style-type: none"> <li>Change of rotational direction by the man</li> </ul>	<u>Single or Double</u>	<u>2S</u>	<u>2F or 2A</u>	<u>Solo Spin Combo</u>  Only 1 change of foot and min 1 change of pos  <u>(4/4 revs)</u>	<u>Backward Outside</u>	Must almost fully utilize the ice
<b>Junior</b> (2:40 ±0:10)  N/A	<u>Any Hand to Hand Lift Take-Off (Grp 4)</u>	Double or Triple	<u>2S</u> or <u>3S</u>	<u>2F or 2A</u>	<u>Solo Spin Combo</u>  Only 1 change of foot and min 1 change of pos  <u>(5/5 revs)</u>	<u>Backward Outside</u>	Must almost fully utilize the ice
<b>Senior</b> (2:40 ±0:10)  N/A	<u>Any Hand to Hand Lift Take-Off (Grp 4)</u>	Double or Triple	Any Double or Triple	Any Double or Triple	<u>Solo Spin Combo</u>  Only 1 change of foot and min 1 change of pos  <u>(5/5 revs)</u>	<u>Backward Outside</u>	Must almost fully utilize the ice

Please note: Junior & Senior categories subject to change by the ISU



# 2018-2019 Pairs Program Requirements

February 23, 2018

## Free Program

Effective July 1, 2018

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	JUMP	SOLO SPIN	PAIR SPIN	DEATH SPIRAL	SPIRAL / STEP / CHOREO SEQUENCE
<b>Pre-Juvenile</b> (2:30 ±0:10) N/A	N/A	N/A	Max 1	Max 2 jump elements  1 solo jump  1 solo jump, may be in combo (max 2 jumps) or sequence	Max 1  May be in combination (change of foot optional) (3 revs)  <b>Max Level B</b>	Max 1  Must be in 1 position, no change of foot (3 revs)  <b>Max Level B</b>	Max 1  <u>Pivot Figure</u> or Death Spiral  <b>Max Level B</b>	Max 1  Spiral Sequence  <b>Max Level B</b>
<b>Juvenile</b> (2:30 ±0:10) N/A	<u>Max 1</u> <u>Any non-overhead lift permitted</u> <u>Group 1, Group 2 or any other dance-style non-overhead lift</u>  <b>Max Level B</b>	Max 1  (Single)  <b>Max Level B</b>	Max 1	Max 2 jump elements  1 solo jump  1 solo jump, may be in combo (max 2 jumps) or sequence	Max 1  May be in combination (change of foot optional) (3 revs)  <b>Max Level B</b>	Max 1  May <b>NOT</b> be in combination (may have change of foot <b>OR</b> change of position) (3 revs)  <b>Max Level B</b>	Max 1  <u>Pivot Figure</u> or Death Spiral  <b>Max Level B</b>	Max 1  Step Sequence (must cover at least half the ice)  <b>Max Level B</b>
<b>Pre-Novice</b> (3:00 ±0:10) N/A	Max 2  Must be from different groups and 1 must be from Grp 1, 2, 3 or 4  <b>Max Level 2</b> <b>No credit features:</b> • Change of rotational direction by man • Carry	Max 1  ( <u>Single</u> or <u>Double</u> )  <b>Max Level 2</b>	Max 2  Must be different	Max 2 jump elements  1 solo jump  1 jump combination (max 2 jumps) or sequence	Max 1  May be in combination (change of foot optional) (4 revs)  <b>Max Level 2</b>	N/A	Max 1  <u>Any</u> Death Spiral  <b>Max Level 2</b>	Max 1  Choreo Sequence
<b>Novice</b> (3:30 ±0:10) <b>Each Throw or Jump identified as a fully rotated triple</b>	Max 2  Must be from different group and at least 1 must be from Grp 3 or 4  <b>No credit feature:</b> • Change of rotational direction by man	Max 1  ( <u>Single</u> or <u>Double</u> )	Max 2  Must be different	Max 2 jump elements  1 solo jump  1 jump combination (max 2 jumps) or sequence	Max 1  May be in combination (change of foot optional) (6 revs)	Max 1  May be in combination (8 revs)	Max 1  Any	Max 1  Choreo Sequence
<b>Junior</b> (3:30 ±0:10) N/A	Max 2  Not all from Grp 5	Max 1	Max 2  Must be different	Max 2 jump elements  1 solo jump  1 Jump combination (max 3 jumps) or sequence	<b>Max 1**</b>  <b>Must be in combination (change of foot optional) (10 revs)</b>	Max 1  Pair Spin Combination (8 revs)	Max 1  Any	<b>Max 1**</b>  <b>Choreo Sequence</b>
<b>Senior</b> (4:00 ±0:10) N/A	Max 3  Not all from Grp 5	Max 1	Max 2  Must be different	Max 2 jump elements  1 solo Jump  1 Jump combination (max 3 jumps) or sequence	<b>Max 1**</b>  <b>Must be in combination (change of foot optional) (10 revs)</b>	Max 1  Pair Spin Combination (8 revs)	Max 1  Must be different from SP (i.e. NO <b>BODs</b> )	<b>Max 1**</b>  <b>Choreo Sequence</b>

Please note: Jr & Sr subject to change by the ISU

\*\*Note: Pending ISU Congress decision, either the Choreo Sequence or the Solo Spin will be removed from the Jr and Sr Pair Free