

2019-2020 PAIRS COMPETITIVE TECHNICAL REQUIREMENTS GUIDE

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2019-2020 Pairs Short Program Requirements

August 1, 2019

Pre-Novice Pairs (2:40 ±0:10)

Effective July 1, 2019

REQUIRED ELEMENTS	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
LIFT Must be from Group 1, 2, 3 or 4	Min. 1 rev by man All features must be completed by 3½ revs. Feature #1 may extend to 4½ revs Full extension of lifting arm(s) for Grp 3 & 4	Max Level 2 No credit feature: Change of rotational direction by the man	Less than 1 rev by man	No value	(1-4)Li	
			Wrong take-off	Element invalidated	5Li(B-2)*	
			Carry lift included	Feature not awarded	(1-4)Li(B-2)	
			Illegal lift or grip	No higher than level Base and deduction for Illegal element	(1-4)LiB	
			Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted	(1-4)Li(B-2)	
TWIST Single or Double	Take off must be a Flip or Lutz	Max Level 2	Axel take-off	Element invalidated	(1-2)Tw(B-2)*	
			Wrong number of revs	Element invalidated	3Tw(B-2)*	
THROW Any Single or Double (No 2A)			Wrong number of revs	Element invalidated	3STh*	
			2ATh	Element invalidated	2ATh*	
SOLO JUMP Single Axel or any Double			Wrong number of revs	Element invalidated	1Lz*	
PAIR SPIN OR PAIR SPIN COMBO	P Sp may contain either changes of position or a change of foot but not both P CoSp must consist of only 1 change of foot and at least one change of different basic position by both partners	Max Level 2	More than 1 change of foot by 1 or both	Element invalidated	P(Co)Sp(B-2)*	Minimum 4 revs or 3 revs per foot if change of foot is executed Penalty: GOE reduction for "Less than required revolutions"
			Flying entry is executed by 1 or both	Element invalidated	P(Co)Sp(B-2)*	
			Short stop, except when changing directions	Spin is concluded	P(Co)Sp(B-2)	
			P Sp 1 or both do not have 2 revs in a basic position, or (if a change of foot) less than 3 revs on both feet	No value	P Sp	
			P CoSp 1 or both do not have at least 2 revs in 2 different basic positions, or a change of foot, or less than 3 revs on both feet	No value	P CoSp	
			1 or both has only 2 basic positions (with at least 2 revs in each) P Sp with change of foot or P CoSp , less than 3 revs before or after the change of foot executed by both	Base value is reduced and indicated with "V"	P CoSp (B-2)V	
DEATH SPIRAL	Any Death Spiral (Pivot Figure not allowed)	Max Level 2	Woman never reaches her low position.	No value		
			Man's knees not clearly bent for 1 rev	No value		
			Man's hold is with opposite hand	No value		
			Man's holding arm not extended for 1 rev	No value		
			Woman loses edge & goes to boot or knee	Element is concluded		
			Man changes pivot position	Element is concluded		
			Man's anchored pivot re-positions or blade touches the ice	Element is concluded		
STEP SEQUENCE	Must fully utilize the ice		Does not almost fully utilize the ice	No value	StSq	

Please note: A deduction for all falls will be applied in competitive categories



2019-2020 Pairs Short Program Requirements

August 1, 2019

Novice Pairs (2:40 ±0:10)

Effective July 1, 2019

REQUIRED ELEMENTS	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
LIFT Any Hand to Hand Lift take-off (Grp 4) or any Lasso lift take-off (Group 5)	Min. 1 rev by man All features must be completed by 3½ revs. Feature #1 may extend to 4½ revs Full extension of lifting arm(s) Hand to hand position	No credit feature: Change of rotational direction by the man	Less than 1 rev by man	No value	4Li	
			Wrong take-off	Element invalidated	3Li (B-4)*	
			Carry lift included	Feature not awarded	4Li (B-4)	
			Illegal lift or grip	No higher than level Base and deduction for Illegal element	4Li B	
			Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted	4Li (NV-4)	
TWIST Single or Double	Take off must be a Flip or Lutz		Axel take-off	Element invalidated	2Tw (B-4)*	
			Wrong number of revs	Element invalidated	3Tw B-4)*	
THROW 2T or 2F/2Lz			Wrong number of revs	Element invalidated	3STh*	
SOLO JUMP 2Lo or 2A			Wrong number of revs	Element invalidated	1Lo*	
SOLO SPIN COMBO	(F)CCoSp must consist of only 1 change of foot and at least one change of different basic position by both partners		No change of foot by 1 or both	Element invalidated	(F)CoSp (B-4)*	Minimum 4/4 revs
			More than 1 change of foot by 1 or both	Element invalidated	(F)CCoSp (B-4)*	
			1 or both do not have 2 revs in at least 2 different basic positions and/or 3 revs per foot	No value	(F)CCoSp	
			1 or both has only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"	(F)CCoSp (B-4)V	
DEATH SPIRAL Backward Inside			Wrong death spiral	Element invalidated	FiDs (B-4)*	
			Woman never reaches her low position	No value	BiDs	
			Man's knees not clearly bent for 1 rev	No value	BiDs	
			Man's hold is with opposite hand	No value	BiDs	
			Man's holding arm not extended for 1 rev	No value	BiDs	
			Woman loses edge & goes to boot or knee	Element is concluded	BiDs (NV-4)	
			Man changes pivot position	Element is concluded	BiDs (NV-4)	
			Man's anchored pivot re-positions or blade touches the ice	Element is concluded	BiDs (NV-4)	
STEP SEQUENCE	Must fully utilize the ice		Does not almost fully utilize the ice	No value	StSq	

Please note: A deduction for all falls will be applied in competitive categories



2019-2020 Pairs Short Program Requirements

August 1, 2019

Junior Pairs (2:40 ±0:10)

Effective July 1, 2019

REQUIRED ELEMENTS	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
LIFT Any Lasso lift takeoff (Group 5)	Min. 1 rev by man All features must be completed by 3½ revs. Feature #1 may extend to 4½ revs Full extension of lifting arm(s) Hand to hand position		Less than 1 rev by man	No value	5Li	
			Wrong take-off	Element invalidated	4Li (B-4)*	
			Carry lift included	Feature not awarded	5Li (B-4)	
			Illegal lift or grip	No higher than level Base and deduction for Illegal element	5Li B	
TWIST Double or Triple	Take off must be a Flip or Lutz		Axel take-off	Element invalidated	(2-3)Tw (B-4)*	
			Wrong number of revs	Element invalidated	1Tw (B-4)*	
THROW 2T or 3T or 2F/Lz or 3F/Lz			Wrong number of revs	Element invalidated	1FTh*	
SOLO JUMP 2Lo or 2A			Wrong number of revs	Element invalidated	1A*	
SOLO SPIN COMBO	(F)CCoSp must consist of only 1 change of foot and at least one change of different basic position by both partners		No change of foot by 1 or both	Element invalidated	(F)CoSp (B-4)**	Minimum 5/5 revs
			More than 1 change of foot by 1 or both	Element invalidated	(F)CCoSp (B-4)**	
			1 or both do not have 2 revs in at least 2 different basic positions and/or 3 revs per foot	No value	(F)CCoSp	
			1 or both has only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"	(F)CCoSp (B-4)V	
DEATH SPIRAL Backward Inside			Wrong death spiral	Element invalidated	FiDs (B-4)*	
			Woman never reaches her low position	No value	BiDs	
			Man's knees not clearly bent for 1 rev	No value	BiDs	
			Man's hold is with opposite hand	No value	BiDs	
			Man's holding arm not extended for 1 rev	No value	BiDs	
			Woman loses edge & goes to boot or knee	Element is concluded	BiDs (NV-4)	
			Man changes pivot position	Element is concluded	BiDs (NV-4)	
Man's anchored pivot re-positions or blade touches the ice	Element is concluded	BiDs (NV-4)				
STEP SEQUENCE	Must fully utilize the ice		Does not almost fully utilize the ice	No value	StSq	

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



2019-2020 Pairs Short Program Requirements
Senior Pairs (2:40 ±0:10)
Effective July 1, 2019

August 1, 2019

REQUIRED ELEMENTS	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
LIFT Any Lasso lift take-off (Group 5)	Min. 1 rev by man All features must be completed by 3½ revs. Feature #1 may extend to 4½ revs Full extension of lifting arm(s) Hand to hand position		Less than 1 rev by man	No value	5Li	
			Wrong take-off	Element invalidated	4Li (B-4)*	
			Carry lift included	Feature not awarded	5Li (B-4)	
			Illegal lift or grip	No higher than level Base and deduction for Illegal element	5Li B	
			Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted	5Li (NV-4)	
TWIST Double or Triple	Take off must be a Flip or Lutz		Axel take-off	Element invalidated	(2-3)Tw (B-4)*	
			Wrong number of revs	Element invalidated	1Tw*	
THROW Any Double or Triple			Wrong number of revs	Element invalidated	1FTh*	
SOLO JUMP Any Double or Triple			Wrong number of revs	Element invalidated	1A*	
SOLO SPIN COMBO	(F)CCoSp must consist of only 1 change of foot and at least one change of different basic position by both partners		No change of foot by 1 or both	Element invalidated	(F)CoSp (B-4)**	Minimum 5/5 revs
			More than 1 change of foot by 1 or both	Element invalidated	(F)CCoSp (B-4)**	
			1 or both do not have 2 revs in at least 2 different basic positions and/or 3 revs per foot	No value	(F)CCoSp	
			1 or both has only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"	(F)CCoSp (B-4)V	
DEATH SPIRAL Backward Inside			Wrong death spiral	Element invalidated	FiDs (B-4)*	
			Woman never reaches her low position	No value	BiDs	
			Man's knees not clearly bent for 1 rev	No value	BiDs	
			Man's hold is with opposite hand	No value	BiDs	
			Man's holding arm not extended for 1 rev	No value	BiDs	
			Woman loses edge & goes to boot or knee	Element is concluded	BiDs (NV4)	
			Man changes pivot position	Element is concluded	BiDs (NV-4)	
			Man's anchored pivot re-positions or blade touches the ice	Element is concluded	BiDs (NV-4)	
STEP SEQUENCE	Must fully utilize the ice		Does not almost fully utilize the ice	No value	StSq	

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



2019-2020 Pairs Free Program Requirements
Pre-Juvenile Pairs (2:30 ±0:10)
Effective July 1, 2019

August 1, 2019

LIFT (not allowed)			TWIST (not allowed)			
WBP Restrictions	Minimum Requirements (by both)	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
THROW Max 1			Two throws are performed	Second throw is invalidated	2STh 2LoTh*	
SOLO JUMP Max 2 May have 2 solo jumps OR 1 solo jump and 1 jump Combo or Seq	2 jumps, 1 of which may be in a combo or seq (2A or higher may only be repeated in the same combo or seq)	Jump combo may contain no more than 2 jumps	Jump combo includes 3 jumps	The last jump will have no value	2F+2T+1Lo*+C	
			Jump sequence is executed other than a direct step in between the first jump and an axel type jump	Jump(s) after the first is invalidated	1Lz+S+1A*	
SOLO SPIN Max 1 (May be in combo)	Change of foot optional	Max Level B	1 or both do not have 2 revs in a basic position	No value		Minimum 3 revs or 3 revs per foot if change of foot is executed Penalty: GOE reduction for "Less than required revolutions"
			Combo: 1 or both do not have 2 revs in at least 2 different basic positions	No value	(F)(C)CoSp	
			Combo: 1 or both has only 2 basic positions (with at least 2 revs in each) If change of foot executed, less than 3 revs before or after the change of foot executed by one or both	Base value is reduced and indicated with "V"	(F)CCoSp (B)V	
PAIR SPIN Max 1	Must be in 1 position, no change of foot	Max Level B	Change of foot by 1 or both	Element invalidated	PSpB*	Minimum 3 revs Penalty: GOE reduction for "Less than required revolutions"
			Short stop, except when changing directions	Spin is concluded	PSp (NV-B)	
			PSp, 1 or both do not have 2 revs in a basic position	No value	PSp	
			PCoSp is performed: change of foot and positions by 1 or both	Element invalidated	PCoSp B*	
DEATH SPIRAL Max 1 (Any)	Any Pivot Figure or Any Death Spiral	Max Level B	Woman never reaches her low position (for a PiF, she never reaches a spiral position)	No value		
			Man's knees not clearly bent for 1 rev	No value		
			Man's holding arm not extended for 1 rev	No value		
			Woman loses edge & goes to boot or knee	Element is concluded		
			Man changes pivot position	Element is concluded		
Man's anchored pivot re-positions or blade touches the ice	Element is concluded					
SPIRAL SEQUENCE	Sustained position with knee and foot above hip on each foot	Max Level B	Knee and foot drops at, or lower than hip level on one or both spirals	No value	SpSq	One or both spirals too short or with edge not well established Penalty: GOE reduction for "poor position" and/or "poor edge"
	At least one spiral must be unsupported		No unsupported spiral	No value	SpSq	

Please note: A deduction for all falls will be applied in competitive categories

WBP Restrictions	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
LIFT Group 1, Group 2 or Group Juvenile Non-Overhead (1Li, 2Li, JLi)	Min. 1 rev by man	Max Level B For JLi only, the man's hand(s) must be at his chest or higher, but elbow(s) must not be fully extended above the head	Change of hold or change of Lady's position during the lift with 1 rev before and after the change	No value	1Li 2Li JLi	
			At any point during the JLi, one or both elbow(s) are extended above the head			
			For JLi, the Man's hand(s) are not sustained for 1 rev at his chest or higher	Lift is considered as a dance lift	No element called	
TWIST (single)	Lz, F, T or A take-off is permitted	Max Level B	Missing rotation of ½ revolution or more	Downgraded Twist	1Tw<< B	
			Wrong number of revs	Element invalidated	2TwB*	
THROW Max 1			Two throws are performed	Second throw is invalidated	2STh 2LoTh*	
SOLO JUMP Max 2 May have 2 solo jumps OR 1 solo jump and 1 jump Combo/Seq	2 jumps, 1 of which may be in a combo or seq (2A or higher may only be repeated in the same combo or seq)	Jump combo may contain no more than 2 jumps	Jump combo includes 3 jumps	The last jump will have no value	2F+2T+1Lo*+C	
			Jump sequence is executed other than a direct step from the first jump to an axel type jump	Jump(s) after the first is invalidated	1Lz+S+1A*	
SOLO SPIN Max 1 (May be in combo)	Change of foot optional	Max Level B	1 or both do not have 2 revs in a basic position	No value		Minimum 3 revs or 3/3 if change of foot is executed Penalty: GOE reduction for "Less than required revolutions"
			Combo: 1 or both do not have 2 revs in at least 2 different basic positions	No value	(F)(C)CoSp	
			Combo: 1 or both has only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"	(F)CCoSp (B)V	
			If change of foot executed, less than 3 revs before or after the change of foot executed by one or both			
PAIR SPIN Max 1 (May NOT be in combo)	PSp may contain either changes of position or a change of foot but not both	Max Level B	Short stop, except when changing directions	Spin is concluded		Minimum 3 revs or 3/3 if change of foot is executed Penalty: GOE reduction for "Less than required revolutions"
			PSp, 1 or both do not have 2 revs in a basic position	No value	PSp	
			PCoSp is performed: change of foot and positions by 1 or both	Element invalidated	PCoSp B*	
			If change of foot executed, less than 3 revs before or after the change of foot executed by one or both	Base value is reduced and indicated with "V"	PSp(NV-B)V	
DEATH SPIRAL Max 1 (Any)	Any Pivot Figure or Any Death Spiral	Max Level B	Woman never reaches her low position (for a PiF, she never reaches a spiral position)	No value		
			Man's knees not clearly bent for 1 rev	No value		
			Man's holding arm not extended for 1 rev	No value		
			Woman loses edge & goes to boot or knee	Element is concluded		
			Man changes pivot position	Element is concluded		
			Man's anchored pivot re-positions or blade touches the ice	Element is concluded		
STEP SEQUENCE	Must fully utilize the ice surface	Max Level B	Does not almost fully utilize the ice surface	No value	StSq	

Please note: A deduction for all falls will be applied in competitive categories



2019-2020 Pairs Free Program Requirements
Pre-Novice Pairs (3:00 ±0:10)
Effective July 1, 2019

August 1, 2019

WBP Restrictions	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)	
LIFT Max 2 (must be from different groups) (1 must be from Group 1, 2, 3 or 4)	Min. 1 rev by man	Max Level 2 No credit feature: • Change of rotational direction by the man • Carry	Less than 1 rev by man	No value			
	All features must be completed by 3½ revs. Feature #1 may extend to 4½ revs Full extension of lifting arm(s) for Grp 3, 4 & 5		Carry lift included	No penalty			
			Illegal lift or grip	No higher than level Base and deduction for Illegal element			
			Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted			
TWIST Max 1 (Single or Double)	Lz, F, T or A take-off is permitted	Max Level 2	Missing rotation of ½ revolution or more	Downgraded Twist	2Tw<< (B-2)		
THROW Max 2	Must be different Throws	FTh and LzTh are considered the same	Both a Flip and a Lutz throw are included	Second throw is invalidated	2FTh 2LzTh*		
SOLO JUMP Max 2	2 jumps, 1 of which must be in a combo or seq (2A or higher may only be repeated in the same combo or seq)	Jump combo may contain no more than 2 jumps	Jump combo includes 3 jumps	The last jump will have no value	2F+2T+1Lo*+C		
			Both jumps executed as solo jumps	+REP added to 2nd jump	2Lo 2F +REP		
			Jump sequence is executed other than a direct step from the first jump to an axel type jump	Jump(s) after the first is invalidated	2Lz+S+1A*		
SOLO SPIN Max 1 (May be in combo)	Change of foot optional	Max Level 2	1 or both do not have 2 revs in a basic position	No value		Minimum 4 revs or 3/3 if change of foot is executed Penalty: GOE reduction for "Less than required revolutions"	
			If change of foot executed, less than 3 revs before or after the change of foot executed by one or both	Base value is reduced and indicated with "V"			(F)(C)CoSp (B-2)V
			Combo: 1 or both do not have 2 revs in at least 2 different basic positions	No value			(F)(C)CoSp
			Combo: 1 or both has only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"			(F)(C)CoSp (B-2)V
DEATH SPIRAL Max 1 (Any)	Any Death Spiral (Pivot Figure not allowed)	Max Level 2	Woman never reaches her low position	No value			
			Man's knees not clearly bent for 1 rev	No value			
			Man's hold is with opposite hand	No value			
			Man's holding arm not extended for 1 rev	No value			
			Woman loses edge & goes to boot or knee	Element is concluded			
			Man changes pivot position	Element is concluded			
			Man's anchored pivot re-positions or blade touches the ice	Element is concluded			
CHOREO SEQUENCE	Must be clearly visible		Not clearly visible	No value			

Please note: A deduction for all falls will be applied in competitive categories



2019-2020 Pairs Free Program Requirements
Novice Pairs (3:30 ±0:10)
Effective July 1, 2019

August 1, 2019

Bonus: each throw and solo jump identified as a fully rotated triple Halfway: N/A							
WBP Restrictions	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)	
LIFT Max 2 (must be from different group) (1 must be from Group 3 or 4)	Min. 1 rev by man All features must be completed by 3½ revs. Feature #1 may extend to 4½ revs	No credit feature: • Change of rotational direction by the man	Less than 1 rev by man	No value			
			2 nd carry lift included	No penalty			
	Illegal lift or grip		No higher than level Base and deduction for Illegal element				
	Lifting arm begins to bend (excluding while changing hold/position)		Lift is concluded, level is unrestricted				
TWIST Max 1 (Single or Double)	Lz, F, T or A take-off is permitted		Missing rotation of ½ revolution or more	Downgraded Twist	2Tw<< (B-4)		
THROW Max 2	Must be different Throws	FTh and LzTh are considered the same	Both a Flip and a Lutz throw are included	Second throw is invalidated	2FTh 2LzTh*		
SOLO JUMP Max 2	2 jumps, 1 of which must be in a combo or seq (2A or higher may only be repeated in the same combo or seq)	Jump combo may contain no more than 2 jumps	Jump combo includes 3 jumps	The last jump will have no value	2F+2T+1Lo*+C		
			Both jumps executed as solo jumps	+REP added to 2nd jump	2Lo 2F +REP		
			Jump sequence is executed other than a direct step from the first jump to an axel type jump	Jump(s) after the first is invalidated	2Lz+S+1A*		
PAIR SPIN Max 1 (May be in combo)	P Sp may contain either changes of position or a change of foot but not both P CoSp must consist of at least 1 change of foot and at least one change of different basic position by both partners		Short stop, except when changing directions	Spin is concluded		Minimum 8 revs Penalty: GOE reduction for "Less than required revolutions"	
			1 or both do not have 2 revs in a basic position	No value			P Sp *
			1 or both partners do not have at least 2 revs in 2 different basic positions	No value			P CoSp
			Less than 3 revs on both feet by either partner	No value			P CoSp (B-4)V
			Less than 3 basic positions with 2 revs by either partner	Base value is reduced and indicated with "v"			
DEATH SPIRAL Max 1 (Any)	Any Death Spiral		Woman never reaches her low position.	No value			
			Man's knees not clearly bent for 1 rev	No value			
			Man's holding arm not extended for 1 rev	No value			
			Woman loses edge & goes to boot or knee	Element is concluded			
			Man changes pivot position	Element is concluded			
			Man's anchored pivot re-positions or blade touches the ice	Element is concluded			
CHOREO SEQUENCE	Must be clearly visible		Not clearly visible	No value			

Please note: A deduction for all falls will be applied in competitive categories

2019-2020 Pairs Free Program Requirements

Junior Pairs (3:30 ±0:10)

Effective July 1, 2019

August 1, 2019

WBP Restrictions	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
LIFT Max 2 (not all from same group)	Min. 1 rev by man All features must be completed by 3½ revs. Feature #1 may extend to 4½ revs	May NOT include two lifts of the same Group (e.g. 3Li, 3Li)	Less than 1 rev	No value		
			2 nd carry lift included	No penalty		
			Illegal lift or grip	No higher than level Base and deduction for Illegal element		
			Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted		
TWIST Max 1	Lz, F, T or A take-off is accepted		Missing rotation of ½ revolution or more	Downgraded Twist	3Tw<< (B-4)	
THROW Max 2	Must be different Throws	FTh and LzTh are considered the same	Both a Flip and a Lutz throw are included	Second throw receives no value	3FTh 3LzTh*	
SOLO JUMP Max 2	2 jumps, 1 of which must be in a combo or seq (2A or higher may only be repeated in the same combo or seq) Euler will be called clean or << only	2A or triple jumps may not be repeated in separate solo jumps	Repeated solo jump	If in a jump combo, only the repeated jump will not be counted	3S 3S*+2T+2Lo+C	GOE reduction if 1Eu is not clearly jumped or if it is executed as a step over
			Jump combo executed with a 4 th jump	The last jump will have no value	3T+2T+1T+2Lo*+C	
		Both jumps executed as solo jumps	+REP added to 2nd jump	2Lo 2F +REP		
		Jump sequence is executed other than a direct step from the first jump to an axel type jump	Jump(s) after the first is invalidated	2Lz+S+1A*		
PAIR SPIN COMBO Max 1	PCoSp must consist of at least 1 change of foot and at least one change of different basic position by both partners	PSp not allowed	1 or both partners perform a PSp	Element invalidated	PSp (B-4)*	Minimum 8 revs Penalty: GOE reduction for "Less than required revolutions"
			Short stop, except when changing directions	Spin is concluded		
			1 or both do not have 2 revs in a basic position	No value	P(Co)Sp	
			1 or both partners do not have at least 2 revs in 2 different basic positions	No value		
			Less than 3 revs on both feet by either partner	No value		
			Less than 3 basic positions with 2 revs by either			
			Less than 3 revs before or after the change of foot executed by both	Base value is reduced and indicated with "V"	PCoSp (B-4)V	
DEATH SPIRAL Max 1 (Any)	Any Death Spiral		Woman never reaches her low position.	No value		
			Man's knees not clearly bent for 1 rev	No value		
			Man's holding arm not extended for 1 rev	No value		
			Woman loses edge & goes to boot or knee	Element is concluded		
			Man changes pivot position	Element is concluded		
			Man's anchored pivot re-positions or blade touches the ice	Element is concluded		
CHOREO SEQ	Must be clearly visible		Not clearly visible	No value		



2019-2020 Pairs Free Program Requirements

August 1, 2019

Senior Pairs (4:00 ±0:10)

Effective July 1, 2019

WBP Restrictions	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
LIFT Max 3 (not all from same group)	Min. 1 rev by man All features must be completed by 3½ revs. Feature #1 may extend to 4½ revs	All lifts cannot be from the same group. Lifts must have different abbreviations.	Less than 1 rev by man	No value		
			2 nd carry lift included	No penalty		
			Illegal lift or grip	No higher than level Base and deduction for Illegal element		
			Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted		
			Two Group 3 are executed	The last performed Group 3 receives no value	3Li (B-4) 3Li (B-4)*	
TWIST Max 1	Lz, F, T or A take-off is accepted		Missing rotation of ½ revolution or more	Downgraded Twist	3Tw<< (B-4)	
THROW Max 2	Must be different Throws	FTh and LzTh are considered the same	Both a Flip and a Lutz throw are included	Second throw receives no value	3FTh 3LzTh*	
SOLO JUMP Max 2	2 jumps, 1 of which must be in a combo or seq (2A or higher may only be repeated in the same combo or seq) Euler will be called clean or << only	2A or triple jumps may not be repeated in separate solo jumps Jump combo may contain no more than 3 jumps	Repeated solo jump	If in a jump combo, only the repeated jump will not be counted	3S 3S*+2T+2Lo+C	GOE reduction if 1Eu is not clearly jumped or if it is executed as a step over
			Jump executed with a 4 th jump	The last jump will have no value	3T+2T+1T+2Lo*+C	
			Both jumps executed as solo jumps	+REP added to 2nd jump	2Lo 2F +REP	
			Jump sequence is executed other than a direct step from the first jump to an axel type jump	Jump(s) after the first is invalidated	2Lz+S+1A*	
PAIR SPIN COMBO Max 1	PCoSp must consist of at least 1 change of foot and at least one change of different basic position by both	PSp not allowed	1 or both partners perform a PSp	Element invalidated	PSp (B-4)*	Minimum 8 revs Penalty: GOE reduction for "Less than required revs"
			Short stop, except when changing directions	Spin is concluded		
			1 or both do not have 2 revs in a basic position	No value	PCoSp	
			1 or both partners do not have at least 2 revs in 2 different basic positions	No value		
			Less than 3 revs on both feet by either partner	No value		
			Less than 3 basic positions with 2 revs by either	Base value is reduced and indicated with "V"	PCoSp (B-4)V	
Less than 3 revs before or after the change of foot executed by both						
DEATH SPIRAL Max 1	Must be different from SP: (no BiDs)		BiDs is performed	Element invalidated	BiDs (B-4)*	
			Woman never reaches her low position.	No value		
			Man's knees not clearly bent for 1 rev	No value		
			Man's holding arm not extended for 1 rev	No value		
			Woman loses edge & goes to boot or knee	Element is concluded		
			Man changes pivot position	Element is concluded		
Man's anchored pivot re-positions or blade touches the ice	Element is concluded					
CHOREO SEQ	Must be clearly visible		Not clearly visible	No value		

Information for Pre-Juvenile to Novice Categories

SPIRAL SEQUENCE

Definition of a Spiral Sequence: A collection of at least two spirals on different feet with at least one spiral in an unsupported position. The spirals may be connected by any number of steps, turns, hops or other comparable moves. The first two performed spirals shall be identified as the required spirals for the sequence. Additional spirals, if included, will be considered for GOE only. The spirals must not be separated by other elements such as jumps or spins.

Definition of a Spiral: A gliding position executed on one foot with free leg extended (including knee and foot) above hip level. Variations such as Biellmann, “Y” type, other similar types of positions with the free leg extended to the side or behind, and changes of free leg position while maintaining the spiral position (i.e. moving free leg from front to side, etc.) are permitted within the spiral position. Such variations or changes of positions are not considered to be different spirals for the purpose of identifying a spiral for the spiral sequence.

- A spiral sequence meeting the definition will be identified as “Basic Level”.
- The element will be identified as “No Value” in the following situations:
 - There is not a sustained spiral position (i.e. not kicked) on each foot
 - There is not a spiral on each foot
 - There is not at least one spiral with an unsupported position
- If either spiral is so short that the edge is not well-established, the edge is flat, or the position is not held long enough to be evaluated, the judges will apply the corresponding GOE reduction(s) as appropriate.
- In the case of a pair team, both partners must perform spirals meeting the spiral sequence definition.

Guidelines for establishing +GOE: SpSq
For +1: 1 bullets / For +2: 2 bullets / For +3: 3bullets For +4: 4 bullets / For +5: 5 or more bullets
➤ For +4 and +5, THE FIRST THREE bullets highlighted in bold must be present
<ol style="list-style-type: none"> 1. Good body line and full extension in both spirals for 3 or more seconds each 2. Effortless throughout with good energy, flow and execution 3. Element matches the music 4. Good ice coverage 5. Good clarity and precision - attain positions quickly and effortlessly 6. Creativity and originality 7. Good unison (Pairs only)

Guidelines for establishing GOE reductions for errors: SpSq	
Fall	-5
Stumble	-1 to -3
One spiral not held for 3 seconds	-1 to -2
Both spirals not held for 3 seconds	-3 to -4
Poor quality of position(s)	-1 to -3
Poor quality of edge(s)	-1 to -3
Does not correspond to the music	-1 to -3
Loss of control while executing the sequence	-1 to -3

Information for Pre-Juvenile to Novice Categories

GROUP JUVENILE: NON-OVERHEAD JUVENILE LIFT

The hold position in a Group Juvenile: Non-Overhead Juvenile Lift (JLi) may include any Group 3 or 4 hold. The Man's hand(s) must be at his chest or higher. If the Man's hand(s) do not reach and are not sustained for 1 revolution at his chest or higher, the lift will be considered as a dance lift and will not be called by the Technical Panel.

During the Group Juvenile: Non-Overhead Juvenile Lift, the Man must not have either elbow fully extended above his head at any point during the lift. Any Group Juvenile: Non-Overhead Juvenile Lift where one or both of the Man's elbows are deemed to be fully extended above his head at any point during the lift will receive No Value.

Partners may give each other assistance only through:

- hand-to-hand
- hand-to-arm
- hand-to-body
- hand to upper part of the leg (above the knee) grips

All Group Juvenile: Non-Overhead Juvenile Lifts will be called a Maximum Level base.

Changes of hold during the lift are not permitted.

Changes of the Lady's position during the lift are not permitted.

If changes of hold, or changes of the Lady's position occur and there is 1 revolution before and after the change, this lift will receive No Value.

Examples of Group Juvenile: Non-Overhead Juvenile Lifts might include but are not limited to, Half Press Lift or Half Star Lift.

PIVOT FIGURE

Definition of a pivot figure: in the final position while the Lady is performing the actual pivot figure, both the Man and the Lady must execute a minimum of one (1) revolution with the knees of the Man clearly bent and in full pivot position. The Man must be in a centered position with a fully extended arm. The Lady must attain a spiral position.

These positive features and reductions are extracted from *ISU Communication 2254* with reference to Death Spirals. Since there are no Pivot Figures in international competitions, the list below has been edited slightly to match the Skate Canada program requirements.

Guidelines for +GOEs: PIVOT FIGURE
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
<ol style="list-style-type: none"> 1) very good positions of both partners 2) good flow and speed throughout (including entry and exit) 3) effortless throughout 4) good controlled transition into required positions and on exit 5) good/continuous edges demonstrated by man and lady 6) element matches the music

Guidelines for establishing GOE reductions for errors: PIVOT FIGURE	
Fall	-5
Poor pivot position (losing toe pick etc)	-2 to -4
Poor or weak position of the lady (definition of spiral position not achieved) or man	-1 to -3
Slow or reduction of speed	-1 to -3
Lady's or man's weak edge quality	-1 to -2
Poor exit	-1 to -3

CHOREOGRAPHIC SEQUENCE

A choreographic sequence consists of any kind of movements like steps, turns (except twizzles), spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, small lifts etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. The Technical Panel identifies the choreographic sequence, which commences with the first skating movement and is concluded with the preparation to the next element (if the choreographic sequence is not the last element of the program)

REFERENCES

Links to ISU and Skate Canada Documents

ISU Rules:

- [2018 ISU Special Regulations & Technical Rules - Single & Pair Skating and Ice Dance](#)

ISU Communications and Technical Resources:

- [ISU Technical Panel Handbook – Pair Skating](#)
- [ISU Communication 2254 \(Levels of Difficulty and Guidelines for Marking GOE\)](#)
- [ISU Communication 2253 \(Scale of Values\)](#)
- [2019-2020 ISU Technical Panel Handbook – Pair Skating](#)
 - Contains calling specifications for technical elements for pairs events.
- [ISU Who is Responsible](#)

Skate Canada Rules:

- [Competition Program Requirements – Competitive Rule](#)
 - Defines well-balanced program requirements by category.
- [Competitions Rule](#)
 - Defines aspects related to control and conduct of Skate Canada Competitions.
- [Scoring of Skate Canada Competitions Rule](#)
 - Defines all aspects of CPC scoring of Skate Canada competitions.

Skate Canada Technical Resources:

- [Skate Canada Pairs Quick Reference Guide](#)
 - Contains 1-page summaries of technical requirements for all competitive Pairs categories.
- [Skate Canada Scale of Values](#)
 - Defines values assigned to elements specific to Skate Canada competitions, as well as links to ISU Scales of Values for all other elements.
- [Skate Canada Spiral Sequence Definition](#)

Skate Canada Defined Terms, definition of Fall

A Fall is defined as loss of control by a Skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.