



2019-2020 Pairs Program Requirements Quick Reference Guide

July 15, 2019

Short Program

Effective July 1, 2019

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
Pre-Novice (2:40 ±0:10) N/A	Must be from Grp 1, 2, 3 or 4	Single or Double	Any Single or Double (no 2A)	Single Axel or Any Double	Pair Spin (4 revs) or Pair Spin Combo (3/3 revs) (Flying entry NOT permitted)	Any Death Spiral	Must fully utilize the ice
	Max Level 2 No credit feature: <ul style="list-style-type: none"> Change of rotational direction by the man 				Max Level 2		
Novice (2:40 ±0:10) N/A	Any Hand to Hand Lift Take-Off (Grp 4) or Any Lasso lift take-off (Group 5)	Single or Double	2T or 2F/Lz	2Lo or 2A	Solo Spin Combo Only 1 change of foot and min 1 change of pos (4/4 revs)	Backward Inside	Must fully utilize the ice
	No credit feature: <ul style="list-style-type: none"> Change of rotational direction by the man 						
Junior (2:40 ±0:10) N/A	Any Lasso lift take-off (Group 5)	Double or Triple	2T or 3T or 2F/Lz or 3F/Lz	2Lo or 2A	Solo Spin Combo Only 1 change of foot and min 1 change of pos (5/5 revs)	Backward Inside	Must fully utilize the ice
Senior (2:40 ±0:10) N/A	Any Lasso lift take-off (Group 5)	Double or Triple	Any Double or Triple	Any Double or Triple	Solo Spin Combo Only 1 change of foot and min 1 change of pos (5/5 revs)	Backward Inside	Must fully utilize the ice

All Falls, both during and between elements will be identified and have a value



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Free Program

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

All Falls, both during and between elements will be identified and have a value.