



2020-2021 Pairs Program Requirements Quick Reference Guide

July 6th, 2020

Short Program

Effective July 1, 2020

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
Pre-Novice (2:40 ±0:10) Bonus: Jump identified as a fully rotated or landed on the quarter (q) 2A	Must be from Grp 1, 2, 3 or 4	Single or Double	Any Single or Double (no 2A)	Single Axel or Any Double	Solo Spin Combo Only 1 change of foot and min 1 change of pos (3/3 revs)	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			Max Level 2		
Novice (2:40 ±0:10) N/A	Any Hip lift take-off (Grp 3)	Single or Double	2Lo	2Lz or 2A	Solo Spin Combo Only 1 change of foot and min 1 change of pos (4/4 revs)	Forward 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 Hip lift take-off (Group 3)	Double or Triple	2Lo or 3Lo	2Lz or 2A	Solo Spin Combo Only 1 change of foot and min 1 change of pos (5/5 revs)	Forward Inside	Must fully utilize the ice
Senior (2:40 ±0:10) N/A	Any Hip lift take-off (Group 3)	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)	Forward Inside	Must fully utilize the ice

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



2020-2021 Pairs Program Requirements Quick Reference Guide

July 6th, 2020

Free Program

Effective July 1, 2020

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 or 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			
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 or 3/3)	Max 1 May NOT be in combination (may have change of foot OR change of position) (3/3 or 3 revs)	Max 1 Pivot Figure or Death Spiral	Max 1 Step Sequence Must fully utilize the ice
	Max Level B				Max Level B			
Pre-Novice (3:00 ±0:10) Bonus: Jump identified as a fully rotated or landed on the quarter (q) 2A	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	N/A	Pair Spin or Pair Spin combination (6 revs)	Max 1 Any Death Spiral	Max 1 Choreo Sequence
	Max Level 2 No credit features: • Change of rotational direction by man • Carry							
Novice (3:30 ±0:10) Bonus: Each Throw or Jump identified as a fully rotated or landed on the quarter (q) 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 Pair Spin or Pair Spin Combination (6 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 <u>Not all from same group</u>	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 <u>Not all from same group</u>	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 FiDs)	Max 1 Choreo Sequence

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