



2021-2022 Pairs Program Requirements Quick Reference Guide

February 8th, 2021

Short Program

Effective July 1, 2021

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 (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	<u>Any Hand to Hand Lift take-off (Grp 4)</u> No credit feature: <ul style="list-style-type: none"> Change of rotational direction by the man 	Single or Double	<u>2S</u>	<u>2F</u> or 2A	Solo Spin Combo Only 1 change of foot (4/4 revs)	<u>Backward Outside</u>	Must fully utilize the ice
Junior (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</u> or 2A	Solo Spin Combo Only 1 change of foot (5/5 revs)	<u>Backward Outside</u>	Must fully utilize the ice
Senior (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	Solo Spin Combo Only 1 change of foot (5/5 revs)	<u>Backward Outside</u>	Must fully utilize the ice

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

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



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February 8th, 2021

Free Program

Effective July 1, 2021

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	Max 1	Max 1	Max 1	Max 1
				1 solo jump 1 solo jump, may be in combo (max 2 jumps) or sequence	May be in combination (change of foot optional) (3 revs or 3/3)	Must be in 1 position, no change of foot (3 revs)	Pivot Figure or Death Spiral	Spiral Sequence
				Max Level B	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 or Group 2	Max 1 (Single)	Max 1	Max 2 jump elements	Max 1	Max 1	Max 1	Max 1
				1 solo jump 1 solo jump, may be in combo (max 2 jumps) or sequence	May be in combination (change of foot optional) (3 revs or 3/3)	May NOT be in combination (may have change of foot OR change of position) (3/3 or 3 revs)	Pivot Figure or Death Spiral	Step Sequence Must fully utilize the ice
	Max Level B	Max Level B		Max Level B	Max Level B	Max Level B	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 unless both from Grp 1	Max 1	Max 2 Must be different	Max 2 jump elements	N/A	Pair Spin or Pair Spin combination (6 revs)	Max 1	Max 1
	Max Level 2 No credit features: • Change of rotational direction by man • Carry	(Single or Double)		1 solo jump 1 jump combination (max 2 jumps) or sequence			Any Death Spiral	
		Max Level 2					Max Level 2	
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	Max 2 Must be different	Max 2 jump elements 1 solo jump	N/A	Max 1 Pair Spin or Pair Spin Combination (6 revs)	Max 1	Max 1
	No credit feature: • Change of rotational direction by man	(Single or Double)		1 jump combination (max 2 jumps) or sequence			Any	
Junior (3:30 ±0:10) N/A	Max 2	Max 1	Max 2 Must be different	Max 2 jump elements 1 solo jump	N/A	Max 1 Pair Spin Combination (8 revs)	Max 1	Max 1
	Not all from same group			1 Jump combination (max 3 jumps) or sequence			Any	
Senior (4:00 ±0:10) N/A	Max 3	Max 1	Max 2 Must be different	Max 2 jump elements 1 solo Jump	N/A	Max 1 Pair Spin Combination (8 revs)	Max 1	Max 1
	Not all from same group			1 Jump combination (max 3 jumps) or sequence			Must be different from SP (i.e. NO <u>BoDs</u>)	

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

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