



## 2022-2023 Pairs Program Requirements Quick Reference Guide

February 8, 2022

### Short Program

Effective July 1, 2022

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<b>Pre-Novice</b> (2:40 ±0:10)  <b>Bonus: +1.0 for 2A receiving full base value (i.e. not &lt; or &lt;&lt;)</b>	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
	<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>	<b>Max Level 2</b>			<b>Max Level 2</b>		
<b>Novice</b> (2:40 ±0:10)  N/A	Any Hand to Hand lift take-off (Grp 4) <u>or</u> Any Lasso lift take-off (Grp 5)	Single or Double	<u>2T or 2F/Lz</u>	<u>2Lo</u> or 2A	Solo Spin Combo Only 1 change of foot (4/4 revs)	<u>Backward Inside</u>	Must fully utilize the ice
	<b>No credit feature:</b> <ul style="list-style-type: none"> <li>Change of rotational direction by the man</li> </ul>						
<b>Junior</b> (2:40 ±0:10) N/A	<u>Any Lasso lift take-off (Grp 5)</u>	Double or Triple	<u>2T or 3T or 2F/Lz or 3F/Lz</u>	<u>2Lo</u> or 2A	Solo Spin Combo Only 1 change of foot (5/5 revs)	<u>Backward Inside</u>	Must fully utilize the ice
<b>Senior</b> (2:40 ±0:10) N/A	<u>Any Lasso lift take-off (Grp 5)</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 Inside</u>	Must fully utilize the ice

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



# 2022-2023 Pairs Program Requirements Quick Reference Guide

February 8, 2022

Free Program

Effective July 1, 2022

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	JUMP	SOLO SPIN	PAIR SPIN	DEATH SPIRAL	SPIRAL / STEP / CHOREO SEQUENCE
<b>Juvenile</b> (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 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 <b>NOT</b> be in combination (may have change of foot <b>OR</b> change of position) (3/3 or 3 revs)	Max 1 Pivot Figure or Death Spiral	Max 1 Step Sequence Must fully utilize the ice
	<b>Max Level B</b>	<b>Max Level B</b>			<b>Max Level B</b>	<b>Max Level B</b>	<b>Max Level B</b>	<b>Max Level B</b>
<b>Pre-Novice</b> (3:00 ±0:10) <b>Bonus: +1.0 for each 2A eligible for full base value (i.e. not &lt; or &lt;&lt;)</b>	Max 2 Must be from different groups unless both from Grp 1	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
	<b>Max Level 2</b> <b>No credit features:</b> <ul style="list-style-type: none"> <li>Change of rotational direction by man</li> <li>Carry</li> </ul>	<b>Max Level 2</b>						
<b>Novice</b> (3:30 ±0:10) <b>Bonus: +1.0 for each throw triple or triple jump eligible for full base value (i.e. not &lt;, &lt;&lt; or e)</b>	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	N/A	Max 1 Pair Spin or Pair Spin Combination (6 revs)	Max 1 Any	Max 1 Choreo Sequence
	<b>No credit feature:</b> <ul style="list-style-type: none"> <li>Change of rotational direction by man</li> </ul>							
<b>Junior</b> (3:30 ±0:10) N/A	Max 2 Not all from same group	Max 1	Max 2 Must be different	Max 2 jump elements 1 solo jump 1 Jump combination (max 3 jumps) or sequence	N/A	Max 1 Pair Spin Combination (8 revs)	Max 1 Any	Max 1 Choreo Sequence
<b>Senior</b> (4:00 ±0:10) N/A	Max 3 Not all from same group	Max 1	Max 2 Must be different	Max 2 jump elements 1 solo Jump 1 Jump combination (max 3 jumps) or sequence	N/A	Max 1 Pair Spin Combination (8 revs)	Max 1 Must be different from SP (i.e. No BiDs)	Max 1 Choreo Sequence

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