



2022-2023 PAIRS TECHNICAL REQUIREMENTS GUIDE

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2022-2023 Pairs Short Program Requirements

July 1st, 2022

Pre-Novice Pairs (2:40 ±0:10)

Effective July 1, 2022

Bonus: Fully rotated or landed on the quarter (q) 2A jump (+1.0)						
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	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)	
	Full extension of lifting arm(s) for Grp 3 & 4		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*	
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	Max Level 2	No change of foot by 1 or both	Element invalidated	(F)CoSp (B-2)*	Minimum 3/3 revs Penalty: GOE reduction for "Less than required revolutions"
			More than 1 change of foot by 1 or both	Element invalidated	(F)CCoSp (B-2)*	
			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-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 fully utilize the ice	No value	StSq	



2022-2023 Pairs Short Program Requirements

July 1st, 2022

Novice Pairs (2:40 ±0:10)

Effective July 1, 2022

REQUIRED ELEMENTS	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
LIFT Any Hand to Hand take-off (Grp 4) or Any Lasso lift take-off (Grp 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 or 5Li	
			Wrong take-off	Element invalidated	3Li (B-4)*	
			Carry lift included	Feature not awarded	4Li or 5Li (B-4)	
			Illegal lift or grip	No higher than level Base and deduction for Illegal element	4LiB or 5LiB	
			Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted	4Li or 5Li (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 <u>2T or 2F/2Lz</u>			Wrong number of revs	Element invalidated	3TTh*	
SOLO JUMP <u>2Lo or 2A</u>			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 <u>Backward Inside</u>			Wrong death spiral	Element invalidated	BoDs (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 fully utilize the ice	No value	StSq	



2022-2023 Pairs Short Program Requirements
Junior Pairs (2:40 ±0:10)
Effective July 1, 2022

July 1st, 2022

REQUIRED ELEMENTS	Minimum Requirements	Error	Penalty	Example	Grade of Execution (GOE)
LIFT Any <u>Lasso Lift</u> take-off (Grp 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	3Li (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 (B-4)*	
THROW <u>2T</u> or <u>3T</u> or <u>2F/Lz</u> or <u>3F/Lz</u>		Wrong number of revs	Element invalidated	1FTh*	
SOLO JUMP <u>2Lo</u> 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 <u>Backward Inside</u>		Wrong death spiral	Element invalidated	BoDs (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 fully utilize the ice	No value	StSq	

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



2022-2023 Pairs Short Program Requirements

Senior Pairs (2:40 ±0:10)

Effective July 1, 2022

July 1st, 2022

REQUIRED ELEMENTS	Minimum Requirements	Error	Penalty	Example	Grade of Execution (GOE)
LIFT Any <u>Lasso Lift</u> take-off (Grp 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) <u>Hand to hand position</u>	Less than 1 rev by man	No value	5Li	
		Wrong take-off	Element invalidated	3Li (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 <u>Backward Inside</u>		Wrong death spiral	Element invalidated	BoDs (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 fully utilize the ice	No value	StSq	

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



2022-2023 Pairs Free Program Requirements

July 25, 2022

Juvenile Pairs (2:30 ±0:10)

Effective July 1, 2022

WBP Restrictions	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
LIFT Max 1 Group 1 or Group 2 (1Li, 2Li)	Min. 1 rev by man	Max Level B	Change of hold or change of Woman's position during the lift with 1 rev before and after the change	No value	1Li 2Li	
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 jump elements, 1 of which may be in a combo or seq. <u>A repeated single or double jump (not including 2A) must be in combo or seq.</u> 2A or higher may only be repeated in the same combo or seq.	Max Level B	Jump combo/seq includes 3 jumps	The last jump will have no value	2F+2T+1Lo*	
			<u>Repeated single or double jump not in combination/sequence</u>	+REP added to 2 nd jump	<u>1A</u> <u>1A+REP</u>	
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 one or both	Element invalidated	PCoSp B*	
			If change of foot executed, less than 3 revs before or after the change of foot 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, never attains chosen 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 fully utilize the ice surface	No value	StSq	

PROGRAM COMPONENTS: Two Program Components will be assessed, Presentation & Skating Skills

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



2022-2023 Pairs Free Program Requirements

October 27th, 2022

Pre-Novice Pairs (3:00 ±0:10)

Effective July 1, 2022

Bonus: Fully rotated or landed on the quarter (q) 2A jump (+1.0)						
WBP Restrictions	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
LIFT Max 2 (must be from different groups, unless both are Group 1)	Min. 1 rev by man	Max Level 2 No credit feature: <ul style="list-style-type: none"> • 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		Illegal lift or grip	Not considered as a feature		
	Full extension of lifting arm(s) for Grp 3, 4 & 5		Lifting arm begins to bend (excluding while changing hold/position)	No higher than level Base and deduction for Illegal element		
				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 jump elements, 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/seq may contain no more than 2 jumps	Repeated solo jump	If in a jump combo, only the repeated jump will not be counted	2A 2A*+2T	
			Jump combo/sequence includes 3 jumps	The last jump will have no value	2F+2T+1Lo*	
			Error after 1 st jump that leads to combo/seq not meeting definition by one or both skaters	Will be called as first jump +COMBO/SEQ	2A+COMBO	
			Both jumps executed as solo jumps	+REP added to 2 nd jump	2Lo 2F +REP	
PAIR SPIN OR PAIR SPIN COMBO Max 1	PSp may contain either changes of position or a change of foot but not both PCoSp must consist of at least 1 change of foot and at least one change of different basic position by both partners	Max Level 2	Short stop, except when changing directions	Spin is concluded	P(Co)Sp(B-2)	Minimum 6 revs. Penalty: GOE reduction for "Less than required revolutions"
			PSp with change of foot or PCoSp: less than 3 revs before or after the change of foot by <u>one or both</u>	Base value is reduced and indicated with "V"	P(Co)Sp(B-2)V	
			PCoSp: less than 3 basic positions (with 2 revs) by either		Element is called as a Pair Spin	
			PCoSp: less than 2 revs in 2 different basic positions by either, or less than 3 revs on both feet by one or both	No value	PSp	
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 include at least two different movements by both partners		Less than two different movements included	No value		

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



2022-2023 Pairs Free Program Requirements

October 27th, 2022

Novice Pairs (3:30 ±0:10)

Effective July 1, 2022

Bonus: Each throw triple or triple jump <u>eligible for full base value</u> (i.e. not <, << or e) (+1.0)						
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 Full extension of lifting arm(s) for Grp 3, 4 & 5	No credit feature: Change of rotational direction by the man, & <u>carry feature</u>	Less than 1 rev by man	No value		
			<u>Carry feature included</u>	<u>Not considered as a feature</u>		
			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/sequence may contain no more than 2 jumps	Repeated solo jump	If in a jump combo, only the repeated jump will not be counted	2A 2A*+2T+2Lo	
			Jump combo/sequence includes 3 jumps	The last jump will have no value	2F+2T+1Lo*	
			Error after 1st jump that leads to combo/seq not meeting definition by one or both skaters	Will be called as first jump +COMBO/SEQ	2A+COMBO	
			Both jumps executed as solo jumps	+REP added to 2 nd jump	2Lo 2F +REP	
PAIR SPIN OR PAIR SPIN COMBO Max 1	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	P(Co)Sp (B-4)V	Minimum 6 revs Penalty: GOE reduction for "Less than required revolutions"
			P Sp with change of foot or P CoSp : less than 3 revs before or after the change of foot by <u>one or both</u>	Base value is reduced and indicated with "V"		
			P CoSp : less than 3 basic positions (with 2 revs) by either			
			PCoSp: less than 2 revs in 2 different basic positions by either, or less than 3 revs on both feet by one or both	Element is called as a Pair Spin		
P Sp : less than 2 revs in a basic position by either, or (if a change of foot) less than 3 revs on both feet by either	No value	P Sp				
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	<u>Must include at least two different movements by both partners</u>		<u>Less than two different movements included</u>	No value		

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



2022-2023 Pairs Free Program Requirements

Junior Pairs (3:30 ±0:10)

Effective July 1, 2022

October 27, 2022

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) <u>No credit feature:</u> <u>Difficult carry feature</u>	Less than 1 rev	No value		
			<u>Carry feature included</u>	<u>Not considered as a feature</u>		
			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 Jump combo/seq 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	GOE reduction if 1Eu is not clearly jumped or if it is executed as a step over
			Jump combo/seq executed with a 4 th jump	The last jump will have no value	3T+2T+1T+2Lo*	
			<u>Error after 1st jump that leads to combo/seq not meeting definition by one or both skaters</u>	<u>Will be called as first jump +COMBO/SEQ</u>	<u>2A+COMBO</u>	
			Both jumps executed as solo jumps	+REP added to 2 nd jump	2Lo 2F+REP	
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 partners do not have at least 2 revs in 2 different basic positions	No value	PCoSp	
			Less than 3 revs on both feet by <u>one or both</u> partners	No value		
			Less than 3 basic positions with 2 revs by either	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	<u>Must include at least two different movements by both partners</u>		<u>Less than two different movements included</u>	No value		



2022-2023 Pairs Free Program Requirements
Senior Pairs (4:00 ±0:10)
Effective July 1, 2022

October 27th, 2022

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	3Li (B-4) 3Li (B-4)*	
			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		
			All 3 lifts executed are from the same group	The last performed lift receives no value		
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/ seq 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	GOE reduction if 1Eu is not clearly jumped or if it is executed as a step over
			Jump combo/seq executed with a 4 th jump	The last jump will have no value	3T+2T+1T+2Lo*	
			Error after 1st jump that leads to combo/seq not meeting definition by one or both skaters	Will be called as first jump +COMBO/SEQ	2A+COMBO	
			Both jumps executed as solo jumps	+REP added to 2 nd jump	2Lo 2F +REP	
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 partners do not have at least 2 revs in 2 different basic positions	No value	PCoSp	
			Less than 3 revs on both feet by <u>one</u> or <u>both</u> 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 <u>one</u> or <u>both</u>						
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 include at least two different movements by both partners		Less than two different movements included	No value		



Group 1 LIFTS

Group 1 Lift – New hold variations allowed: Lift where Woman’s head remains up and she is lower than the man’s shoulder. Possible grips are Hand to Armpit, Hand to Arm, Hand to Waist or Hand to Hand.

As the new hold variations for Group 1 Lifts include those from the Skate Canada Non Overhead Juvenile Lift all lifts meeting this definition will be identified as Group 1 Lifts.

Pre-Novice Pair Free: if a team chooses to include two Group 1 lifts in the Free Program, the Technical Controller must instruct the DIO or DS (manual entry) to over-ride the computer invalidation from Well Balanced. This is done by re-entering the element after the Well Balanced has been selected.

PIVOT FIGURE

Definition of a pivot figure: One partner performs a pivot holding the other partner with a hand to hand grip. The partner executing the pivot must have clearly bent knees and arm extended fully for 1 revolution. The other partner can be in a spiral, spread-eagle or have an extended leg position.

These positive features and reductions are extracted from [ISU Communication 2474](#) with reference to Death Spirals. 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 woman 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 woman (chosen position not achieved) or man	-1 to -3
Slow or reduction of speed	-1 to -3
Woman’s or man’s weak edge quality	-1 to -2
Poor entry or exit	-1 to -3



REFERENCES

Links to ISU and Skate Canada Documents

ISU Rules:

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

ISU Communications and Technical Resources:

- [ISU Communication 2474 \(Levels of Difficulty and Guidelines for Marking GOE\)](#)
- [ISU Communication 2475 \(Scale of Values\)](#)
- [ISU Technical Panel Handbook – Pair skating](#)
 - Contains calling specifications for technical elements for pairs events.
- [ISU Who is Responsible](#)
- [ISU Additional Q&As](#)

Skate Canada Rules:

- [Competition Program Requirements Rule – Podium Pathway](#)
 - 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 Defined Terms, definition of Fall

A Fall is defined as loss of control by a Skater with the result that the majority of their 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.