

## 2018-2019 PAIRS COMPETITIVE TECHNICAL REQUIREMENTS

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**2018-2019 Pairs Short Program Requirements**  
 Pre-Novice Pairs (max 2:50)  
 Effective July 1, 2018

July 31, 2018

Bonus: N/A      Halfway: N/A						
REQUIRED ELEMENTS	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
<b>LIFT</b> Must be from Group 1, 2, 3 or 4	Min. 1 rev by man All features must be completed by 3½ revs. <u>Feature #1 may extend to 4½ revs</u> Full extension of lifting arm(s) for Grp 3 & 4	<b>Max Level 2</b>  No credit feature: • Change of rotational direction by the man	Less than 1 rev by man	No value	(1-4)Li(0)	
			Wrong take-off	Element invalidated	5Li(B-2)*	
			Carry lift included	<u>Feature not awarded</u>	(1-4)Li(B-2)	
			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)	
<b>TWIST</b> Single or Double	Take off must be a Flip or Lutz	<b>Max Level 2</b>	Axel take-off	Element invalidated	(1-2)Tw(B-2)*	
			Wrong number of revs	Element invalidated	3Tw(B-2)*	
<b>THROW</b> Any Single or Double (No 2A)			Wrong number of revs	Element invalidated	3STh*	
			2ATh	Element invalidated	2ATh*	
<b>SOLO JUMP</b> Single Axel or any Double			Wrong number of revs	Element invalidated	1Lz*	
<b>PAIR SPIN OR PAIR SPIN COMBO</b>	P <b>Sp</b> may contain either changes of position or a change of foot but not both P <b>CoSp</b> must consist of only 1 change of foot and at least one change of different basic position by both partners	<b>Max Level 2</b>	More than 1 change of foot by 1 or both	Element invalidated	P(Co)Sp(B-2)*	Minimum 4 revs <b>Penalty:</b> GOE reduction for "Less than required revolutions"
			Flying entry is NOT permitted	Element invalidated	P(Co)Sp(B-2)*	
			Short stop, except when changing directions	Spin is concluded	P(Co)Sp(B-2)	
			P <b>Sp</b> , 1 or both do not have 2 revs in a basic position	No value	P <b>Sp</b> (0)	
			P <b>CoSp</b> , 1 or both partners do not have at least 2 revs in 2 different basic positions or a change of foot	Pair Spin will be called if the criteria have been met	P <b>Sp</b> (B-2)	
P <b>CoSp</b> , 1 or both has only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"	P <b>CoSp</b> (B-2)V				
<b>DEATH SPIRAL</b>	Any Death Spiral (Pivot Figure not allowed)	<b>Max Level 2</b>	Woman never <b>reaches</b> 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		
<b>STEP SEQUENCE</b>	Must almost fully utilize the ice		Does not almost fully utilize the ice	No value	StSq(0)	

Novice Pairs (max 2:50)

Effective July 1, 2018

Bonus: N/A      Halfway: N/A						
REQUIRED ELEMENTS	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
<b>LIFT</b> Any Hand to Hand Lift take-off (Grp 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) Hand to hip or upper part of the leg (above the knee) position Hand to hand position	No credit feature: • Change of rotational direction by the man	Less than 1 rev by man	No value	4Li (0)	
			Wrong take-off	Element invalidated	4Li (B-4)*	
			Carry lift included	Feature not awarded	4Li (B-4)	
			Illegal lift or grip	No higher than level Base and deduction for Illegal element	4Li B	
			Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted	4Li (0-4)	
<b>TWIST</b> 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)*	
<b>THROW</b> 2S			Wrong number of revs	Element invalidated	3STh*	
<b>SOLO JUMP</b> 2F or 2A			Wrong number of revs	Element invalidated	1F*	
<b>SOLO SPIN COMBO</b>	<b>(F)CCoSp</b> 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	Element invalidated	(F)CoSp (B-4)**	
			No value	(F)CCoSp (0)		
<b>DEATH SPIRAL</b> Backward Outside			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	
			Wrong death spiral	Element invalidated		
			Woman never <b>reaches</b> her low position	No value	BoDs (0)	
			Man's knees not clearly bent for 1 rev	No value	BoDs (0)	
			Man's hold is with opposite hand	No value	BoDs (0)	
			Man's holding arm not extended for 1 rev	No value	BoDs (0)	
			Woman loses edge & goes to boot or knee	Element is concluded	BoDs (0-4)	
			Man changes pivot position	Element is concluded	BoDs (0-4)	
Man's anchored pivot re-positions or blade touches the ice	Element is concluded	BoDs (0-4)				
<b>STEP SEQUENCE</b>	Must almost fully utilize the ice		Does not almost fully utilize the ice	No value	StSq (0)	



## 2018-2019 Pairs Short Program Requirements

July 31, 2018

### Junior Pairs (2:40 ±0:10)

*Effective July 1, 2018*

Bonus: N/A      Halfway: N/A						
REQUIRED ELEMENTS	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
<b>LIFT</b> Any Hand to Hand Lift take-off (Grp 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)  Hand to hand position		Less than 1 rev by man	No value	4Li (0)	
			Wrong take-off	Element invalidated	4Li (B-4)*	
			Carry lift included	Feature not awarded	4Li (B-4)	
			Illegal lift or grip	No higher than level Base and deduction for Illegal element	4Li B	
			Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted	4Li (0-4)	
<b>TWIST</b> 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)*	
<b>THROW</b> 2S or 3S			Wrong number of revs	Element invalidated	1STh*	
<b>SOLO JUMP</b> 2F or 2A			Wrong number of revs	Element invalidated	1F*	
<b>SOLO SPIN COMBO</b>	(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	Element invalidated	(F)CoSp (B-4)**	
			No value	(F)CCoSp (0)		
			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	
<b>DEATH SPIRAL</b> Backward Outside			Wrong death spiral	Element invalidated		
			Woman never <b>reaches</b> her low position	No value	BoDs (0)	
			Man's knees not clearly bent for 1 rev	No value	BoDs (0)	
			Man's hold is with opposite hand	No value	BoDs (0)	
			Man's holding arm not extended for 1 rev	No value	BoDs (0)	
			Woman loses edge & goes to boot or knee	Element is concluded	BoDs (0-4)	
			Man changes pivot position	Element is concluded	BoDs (0-4)	
			Man's anchored pivot re-positions or blade touches the ice	Element is concluded	BoDs (0-4)	
<b>STEP SEQUENCE</b>	Must almost fully utilize the ice		Does not almost fully utilize the ice	No value	StSq (0)	



## 2018-2019 Pairs Short Program Requirements

July 31, 2018

### Senior Pairs (2:40 ±0:10)

*Effective July 1, 2018*

Bonus: N/A      Halfway: N/A						
REQUIRED ELEMENTS	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
<b>LIFT</b> Any Hand to Hand Lift take-off (Grp 4)	Min. 1 rev by man All features must be completed by 3½ revs. Feature #1 may extend to 4½ revs		Less than 1 rev by man	No value	4Li (0)	
			Wrong take-off	Element invalidated	4Li (B-4)*	
			Carry lift included	Feature not awarded	4Li (B-4)	
			Illegal lift or grip	No higher than level Base and deduction for Illegal element	4Li B	
	Full extension of lifting arm(s)		Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted	4Li (0-4)	
	Hand to hand position					
<b>TWIST</b> 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>THROW</b> Any Double or Triple			Wrong number of revs	Element invalidated	1FTh*	
<b>SOLO JUMP</b> Any Double or Triple			Wrong number of revs	Element invalidated	1A*	
<b>SOLO SPIN COMBO</b>	(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	Element invalidated	(F)CoSp (B-4)**	
			No value	No value	(F)CCoSp (0)	
	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		
<b>DEATH SPIRAL</b> Backward Outside			Wrong death spiral	Element invalidated		
			Woman never <b>reaches</b> her low position	No value	BoDs (0)	
			Man's knees not clearly bent for 1 rev	No value	BoDs (0)	
			Man's hold is with opposite hand	No value	BoDs (0)	
			Man's holding arm not extended for 1 rev	No value	BoDs (0)	
			Woman loses edge & goes to boot or knee	Element is concluded	BoDs (0-4)	
			Man changes pivot position	Element is concluded	BoDs (0-4)	
Man's anchored pivot re-positions or blade touches the ice	Element is concluded	BoDs (0-4)				
<b>STEP SEQUENCE</b>	Must almost fully utilize the ice		Does not almost fully utilize the ice	No value	StSq (0)	



**2018-2019 Pairs Free Program Requirements**  
 Pre-Juvenile Pairs (2:30 ±0:10)  
 Effective July 1, 2018

July 31, 2018

Bonus: N/A      Halfway: N/A						
LIFT (not allowed)			TWIST (not allowed)			
WBP Restrictions	Minimum Requirements (by both)	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
<b>THROW</b> Max 1			Two throws are performed	Second throw is invalidated	2STh 2LoTh*	
<b>SOLO JUMP</b> Max 2 May have 2 solo jumps OR 1 solo jump and 1 jump Combo or Seq	1 solo jump					
	1 solo jump, may be in combo or sequence	Jump combo may contain no more than 2 jumps	Jump combo includes 3 jumps	The last jump will have no value	2F+2T+1Lo*+C	
			Jump sequence is executed other than a direct step in between the first jump and an axel type jump	Jump(s) after the first is invalidated	1Lz+S+1A*	
<b>SOLO SPIN</b> Max 1 (May be in combo)	Change of foot optional	<b>Max Level B</b>	1 or both do not have 2 revs in a basic position	No value		Minimum 3 revs / foot <b>Penalty:</b> 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 (0)	
			Combo: 1 or both has only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "√"	(F)CCoSp (B)V	
<b>PAIR SPIN</b> Max 1	Must be in 1 position, no change of foot	<b>Max Level B</b>	Change of foot by 1 or both	Element invalidated	PSpB*	Minimum 3 revs <b>Penalty:</b> GOE reduction for "Less than required revolutions"
			Short stop, except when changing directions	Spin is concluded	PSp (0-B)	
			PSp, 1 or both do not have 2 revs in a basic position	No value	PSp (0)	
			PCoSp is performed: change of foot and positions by 1 or both	Element invalidated	PCoSp B*	
<b>DEATH SPIRAL</b> Max 1 (Any)	Any Pivot Figure or Any Death Spiral	<b>Max Level B</b>	Woman never <b>reaches</b> her low position (for a PiF, she never <b>reaches</b> a spiral 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		
<b>SPIRAL SEQUENCE</b>	Sustained position with knee and foot above hip on each foot	<b>Max Level B</b>	Knee and foot drops at, or lower than hip level on one or both spirals	No value	SpSq (0)	One or both spirals too short or with edge not well established <b>Penalty:</b> GOE reduction for "poor position" and/or "poor edge"
	At least one spiral must be unsupported		No unsupported spiral	No value	SpSq (0)	



**2018-2019 Pairs Free Program Requirements**  
**Juvenile Pairs (2:30 ±0:10)**  
*Effective July 1, 2018*

July 31, 2018

Bonus: N/A      Halfway: N/A						
WBP Restrictions	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
<b>LIFT</b> Group 1, Group 2 or Group Juvenile Non-Overhead (1Li, 2Li, JLi)	Min. 1 rev by man	<b>Max Level B</b> For JLi only, the man's hand(s) must be at his chest or higher, but elbow(s) must not be fully extended above the head	Change of hold or change of Lady's position during the lift with 1 rev before and after the change	No value	1Li (0) 2Li (0) JLi (0)	
			At any point during the JLi, one or both elbow(s) are extended above the head			
			For JLi, the Man's hand(s) are not sustained for 1 rev at his chest or higher	Lift is considered as a dance lift	No element called	
<b>TWIST (single)</b>	Lz, F, T or A take-off is permitted	<b>Max Level B</b>	Missing rotation of ½ revolution or more	Downgraded Twist	1Tw<< B	
			Wrong number of revs	Element invalidated	2TwB*	
<b>THROW</b> Max 1			Two throws are performed	Second throw is invalidated	2STh 2LoTh*	
<b>SOLO JUMP</b> Max 2 May have 2 solo jumps OR 1 solo jump and 1 jump Combo/Seq	1 solo jump					
	1 solo jump, may be in Combo or Seq	Jump combo may contain no more than 2 jumps	Jump combo includes 3 jumps	The last jump will have no value	2F+2T+1Lo*+C	
			Jump sequence is executed other than a direct step in between the first jump and an axel type jump	Jump(s) after the first is invalidated	1Lz+S+1A*	
<b>SOLO SPIN</b> Max 1 (May be in combo)	Change of foot optional	<b>Max Level B</b>	1 or both do not have 2 revs in a basic position	No value		Minimum 3 revs <b>Penalty:</b> GOE reduction for "Less than required revolutions"
			Less than 3 revs before/after change foot	Any level	(F)(C)CoSp (B)V	
			Combo: 1 or both do not have 2 revs in at least 2 different basic positions	No value	(F)(C)CoSp (0)	
			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	
<b>PAIR SPIN</b> Max 1 May NOT be in combo	PSp may contain either changes of position or a change of foot but not both	<b>Max Level B</b>	Short stop, except when changing directions	Spin is concluded		Minimum 3 revs <b>Penalty:</b> GOE reduction for "Less than required revolutions"
			PSp, 1 or both do not have 2 revs in a basic position	No value	PSp (0)	
			PCoSp is performed	Element invalidated	PCoSp B*	
<b>DEATH SPIRAL</b> Max 1 (Any)	Any Pivot Figure or Any Death Spiral	<b>Max Level B</b>	Woman never <b>reaches</b> her low position (for a PiF, she never <b>reaches</b> a spiral 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					
<b>STEP SEQUENCE</b>	Must cover at least half the ice surface	<b>Max Level B</b>	Does not cover at least half the ice surface	No value	StSq (0)	



**2018-2019 Pairs Free Program Requirements**  
**Pre-Novice Pairs (3:00 ±0:10)**  
*Effective July 1, 2018*

July 31, 2018

Bonus: N/A      Halfway: N/A						
WBP Restrictions	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
<b>LIFT</b> Max 2  (must be from different groups) (1 must be from Group 1, 2, 3 or 4)	Min. 1 rev by man	<b>Max Level 2</b>  No credit feature: • 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		carry lift included	No penalty		
	Full extension of lifting arm(s) for Grp 3, 4 & 5		Illegal lift or grip	No higher than level Base and deduction for Illegal element		
<b>TWIST</b> Max 1 (Single or Double)	Lz, F, T or A take-off is permitted	<b>Max Level 2</b>	Missing rotation of ½ revolution or more	Downgraded Twist	2Tw<< (B-2)	
<b>THROW</b> 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*	
<b>SOLO JUMP</b> Max 2	1 solo jump					
	1 jump combo or sequence	Jump combo may contain no more than 2 jumps	Jump combo includes 3 jumps	The last jump will have no value	2F+2T+1Lo*+C	
<b>SOLO SPIN</b> Max 1  (May be in combo)	Change of foot optional	<b>Max Level 2</b>	1 or both do not have 2 revs in a basic position	No value		Minimum 4 revs <b>Penalty:</b> GOE reduction for "Less than required revolutions"
			Less than 3 revs before/after change foot	Any level	(F)(C)CoSp (B-2)V	
			Combo: 1 or both do not have 2 revs in at least 2 different basic positions	No value	(F)(C)CoSp (0)	
			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)(C)CoSp (B-2)V	
<b>DEATH SPIRAL</b> Max 1 (Any)	Any Death Spiral  (Pivot Figure not allowed)	<b>Max Level 2</b>	Woman never <b>reaches</b> 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		
<b>CHOREO SEQUENCE</b>	Must be clearly visible		Not clearly visible	No value		





## 2018-2019 Pairs Free Program Requirements

July 31, 2018

### Novice Pairs (3:30 ±0:10)

*Effective July 1, 2018*

Bonus: each twist, throw and solo jump identified as a fully rotated triple		Halfway: N/A				
WBP Restrictions	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
<b>LIFT</b> 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	No credit feature: • Change of rotational direction by the man	Less than 1 rev by man	No value		
			2 <sup>nd</sup> carry lift included	No penalty		
	Illegal lift or grip		No higher than level Base and deduction for Illegal element			
	Full extension of lifting arm(s) for Grp 3, 4 & 5		Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted		
<b>TWIST</b> 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)	
<b>THROW</b> 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*	
<b>SOLO JUMP</b> Max 2	1 solo jump					
	1 jump combo or sequence	Jump combo may contain no more than 2 jumps	Jump combo includes 3 jumps	The last jump will have no value	2F+2T+1Lo*+C	
			Jump sequence is executed other than a direct step in between the first jump and an axel type jump	Jump(s) after the first is invalidated	2Lz+S+1A*	
<b>PAIR SPIN</b> Max 1 (May be in combo)	P <b>Sp</b> may contain either changes of position or a change of foot but not both P <b>CoSp</b> 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		Minimum 8 revs <b>Penalty:</b> GOE reduction for "Less than required revolutions"
			P <b>Sp</b> , 1 or both do not have 2 revs in a basic position	No value	P <b>Sp</b> *	
			P <b>CoSp</b> , 1 or both partners do not have at least 2 revs in 2 different basic positions	Pair Spin will be called if the criteria have been met	P <b>Sp</b>	
			P <b>CoSp</b> , 1 or both has only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"	P <b>CoSp</b> (B-4)V	
<b>DEATH SPIRAL</b> Max 1 (Any)	Any Death Spiral		Woman never <b>reaches</b> 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		
<b>CHOREO SEQUENCE</b>	Must be clearly visible		Not clearly visible	No value		



## 2018-2019 Pairs Free Program Requirements

July 31, 2018

### Junior Pairs (3:30 ±0:10)

Effective July 1, 2018

		Bonus: N/A		Halfway: N/A			
WBP Restrictions	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)	
<b>LIFT</b> Max 2  <i>(not all from same group)</i>	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)	Less than 1 rev	No value			
			2 <sup>nd</sup> 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			
<b>TWIST</b> Max 1	Lz, F, T or A take-off is accepted		Missing rotation of ½ revolution or more	Downgraded Twist	3Tw<< (B-4)		
<b>THROW</b> 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*		
<b>SOLO JUMP</b> Max 2	1 solo jump						
	1 jump combo or sequence	2A or triple jumps may not be repeated in separate solo jumps	Repeated solo jump	If in a jump combo, only the repeated jump will not be counted	3S 3S*+2T+2Lo+C		
		Jump combo may contain no more than 3 jumps	Jump combo executed with a 4 <sup>th</sup> jump	The last jump will have no value	3T+2T+1T+2Lo*+C		
			Jump sequence is executed other than a direct step in between the first jump and an axel type jump	Jump(s) after the first is invalidated	2Lz+S+1A*		
<b>PAIR SPIN COMBO</b> 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 <b>Penalty:</b> GOE reduction for "Less than required revolutions"	
			1 or both partners do not have at least 1 change of foot and at least 2 revs in 2 different basic positions	No value	P(Co)Sp (0)		
			Short stop, except when changing directions	Spin is concluded			
			1 or both has only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"	PCoSp (B-4)V		
<b>DEATH SPIRAL</b> Max 1 (Any)	Any Death Spiral		Woman never <b>reaches</b> 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						
<b>CHOREO SEQ</b>	Must be clearly visible		Not clearly visible	No value			



## 2018-2019 Pairs Free Program Requirements

July 31, 2018

### Senior Pairs (4:00 ±0:10)

Effective July 1, 2018

Bonus: N/A      Halfway: N/A						
WBP Restrictions	Minimum Requirements	Limitations	Error	Penalty	Example	Grade of Execution (GOE)
<b>LIFT</b> 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 <sup>nd</sup> 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		
			Two Group 3 are executed	The last performed Group 3 receives no value		
<b>TWIST</b> Max 1	Lz, F, T or A take-off is accepted		Missing rotation of ½ revolution or more	Downgraded Twist	3Tw<< (B-4)	
<b>THROW</b> 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*	
<b>SOLO JUMP</b> Max 2	1 solo jump					
	1 jump combo or sequence	2A or triple jumps may not be repeated in separate solo jumps	Repeated solo jump	If in a jump combo, only the repeated jump will not be counted	3S 3S*+2T+2Lo+C	
	Jump combo may contain no more than 3 jumps	Jump executed with a 4 <sup>th</sup> jump		The last jump will have no value	3T+2T+1T+2Lo*+C	
		Jump sequence is executed other than a direct step in between the first jump and an axel type jump		Jump(s) after the first is invalidated	2Lz+S+1A*	
<b>PAIR SPIN COMBO</b> 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 <b>Penalty:</b> GOE reduction for "Less than required revs"
			1 or both partners do not have at least 1 change of foot and at least 2 revs in 2 different basic positions	No value	PCoSp (0)	
			Short stop, except when changing directions	Spin is concluded		
			1 or both has only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"	PCoSp (B-4)V	
<b>DEATH SPIRAL</b> Max 1	Must be different from SP: (no BoDs)		BoDs is performed	Element invalidated	BoDs (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					
<b>CHOREO SEQ</b>	Must be clearly visible		Not clearly visible	No value		

**SPIRAL SEQUENCE**

**Definition of a Spiral Sequence:** A collection of at least two spirals on different feet with at least one spiral in an unsupported position. The spirals may be connected by any number of steps, turns, hops or other comparable moves. The first two performed spirals shall be identified as the required spirals for the sequence. Additional spirals, if included, will be considered for GOE only. The spirals must not be separated by other elements such as jumps or spins.

**Definition of a Spiral:** A gliding position executed on one foot with free leg extended (including knee and foot) above hip level. Variations such as Biellmann, “Y” type, other similar types of positions with the free leg extended to the side or behind, and changes of free leg position while maintaining the spiral position (i.e. moving free leg from front to side, etc.) are permitted within the spiral position. Such variations or changes of positions are not considered to be different spirals for the purpose of identifying a spiral for the spiral sequence.

- A spiral sequence meeting the definition will be identified as “Basic Level”.
- The element will be identified as “No Level” in the following situations:
  - There is not a sustained spiral position (i.e. not kicked) on each foot
  - There is not a spiral on each foot
  - There is not at least one spiral with an unsupported position
- If either spiral is so short that the edge is not well-established, the edge is flat, or the position is not held long enough to be evaluated, the judges will apply the corresponding GOE reduction(s) as appropriate.
- In the case of a pair team, both partners must perform spirals meeting the spiral sequence definition.

<b>Guidelines for establishing +GOE: SpSq</b>
<b>For +1: 1 bullets / For +2: 2 bullets / For +3: 3bullets For +4: 4 bullets / For +5: 5 or more bullets</b>
➤ <b>For +4 and +5 THE FIRST THREE bullets highlighted in bold must be present</b>
<ol style="list-style-type: none"> <li><b>1. Good body line and full extension in both spirals for 3 or more seconds each</b></li> <li><b>2. Effortless throughout with good energy, flow and execution</b></li> <li><b>3. Element matches the music</b></li> <li>4. Good ice coverage</li> <li>5. Good clarity and precision - attain positions quickly and effortlessly</li> <li>6. Creativity and originality</li> <li>7. Good unison (Pairs only)</li> </ol>

<b>Guidelines for establishing GOE reductions for errors: SpSq</b>	
Fall	-5
Stumble	-1 to -3
One spiral not held for 3 seconds	-1 to -2
Both spirals not held for 3 seconds	-3 to -4
Poor quality of position(s)	-1 to -3
Poor quality of edge(s)	-1 to -3
Does not correspond to the music	-1 to -3
Loss of control while executing the sequence	-1 to -3

### **GROUP JUVENILE NON-OVERHEAD JUVENILE LIFT**

The hold position in a Group Juvenile: Non-Overhead Juvenile Lift (JLi) may include any Group 3 or 4 hold. The Man's hand(s) must be at his chest or higher. If the Man's hand(s) do not reach and are not sustained for 1 revolution at his chest or higher, the lift will be considered as a dance lift and will not be called by the Technical Panel.

During the Group Juvenile: Non-Overhead Juvenile Lift, the Man must not have either elbow fully extended above his head at any point during the lift. Any Group Juvenile: Non-Overhead Juvenile Lift where one or both of the Man's elbows are deemed to be fully extended above his head at any point during the lift will receive No Value.

Partners may give each other assistance only through:

- hand-to-hand
- hand-to-arm
- hand-to-body
- hand to upper part of the leg (above the knee) grips

All Group Juvenile: Non-Overhead Juvenile Lifts will be called a Maximum Level base.

Changes of hold during the lift are not permitted.

Changes of the Lady's position during the lift are not permitted.

If changes of hold, or changes of the Lady's position occur and there is 1 revolution before and after the change, this lift will receive No Value.

**PIVOT FIGURE**

**Definition of a pivot figure:** in the final position while the Lady is performing the actual pivot figure, both the Man and the Lady must execute a minimum of one (1) revolution with the knees of the Man clearly bent and in full pivot position. The Man must be in a centered position with a fully extended arm. The Lady must attain a spiral position.

These positive features and reductions are extracted from ISU Communication No. 2186 with reference to Death Spirals. Since there are no Pivot Figures in international competitions, the list below has been edited slightly to match the Skate Canada program requirements.

<b>Guidelines for +GOEs: PIVOT FIGURE</b>
<b>For +1: 1 bullet / For +2: 2 bullets / For +3: 3 bullets / For + 4: 4 bullets / For + 5: 5 or more bullets</b>
FOR + 4 and +5 THE FIRST THREE bullets highlighted in bold must be present
<b>1) very good positions of both partners</b> <b>2) good flow and speed throughout (including entry and exit)</b> <b>3) effortless throughout</b> 4) good controlled transition into required positions and on exit 5) good/continuous edges demonstrated by man and lady 6) element matches the music

<b>Guidelines for establishing GOE reductions for errors: PIVOT FIGURE</b>	
Fall	-5
Wrong pivot position (losing toe pick etc)	-2 to -4
Poor position of the lady (definition of spiral position not achieved)	-1 to -3
Poor exit	-1 to -3
Slow or reduction of speed	-1 to -3
Weak lady's edge quality	-1

### CHOREOGRAPHIC SEQUENCE

A choreographic sequence consists of any kind of movements like steps, turns (except twizzles), spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, small lifts etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. The Technical Panel identifies the choreographic sequence, which commences with the first skating movement and is concluded with the preparation to the next element (if the choreographic sequence is not the last element of the program).

### STEP SEQUENCE

**(For all categories where the Step Sequence is called no higher than Level Base - e.g. Juvenile Pair)**

A good Step Sequence will fully utilize the ice surface. However, in order to be identified as a Step Sequence, it must cover at least half of the ice surface.

Listed jumps may not be included. There is no specific pattern and short stops in accordance with the music are permitted. The Step Sequence should be executed according to the character of the music. Attention should be paid to energy and execution of the step sequence with an emphasis on the quality of steps, turns and body movements rather than difficulty and quantity.

Judges will reward Step Sequences that are matched to the musical structure and are effortless throughout

## REFERENCES

### Links to ISU and Skate Canada Documents

#### ISU Rules:

- 2018 ISU Special Regulations & Technical Rules - Single & Pair Skating and Ice Dance (*link will be included once available*)

#### ISU Communications and Technical Resources:

- [ISU Communication 2186](#)
- [2018-2019 ISU Technical Panel Handbook – Pair Skating](#)
  - Contains calling specifications for technical elements for pairs events.

#### Skate Canada Rules:

##### [Competitive Competition Program Requirements Rule](#)

- 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 Spiral Sequence Definition](#)

#### 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 his/her 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.