



2018-2019 Pairs Program Requirements Quick Reference Guide

April 26, 2018

Short Program

Effective July 1, 2018

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
Pre-Novice (max 2:50) N/A	Must be from Grp 1, 2, 3 or 4	Single or Double Max Level 2	Any Single or Double (no 2A)	Single Axel or Any Double	Pair Spin (4 revs) or Pair Spin Combo (4 revs)	Any Death Spiral Max Level 2	Must almost 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		
Novice (max 2:50) N/A	Any Hand to Hand Lift Take-Off (Grp 4)	Single or Double	2S	2F or 2A	Solo Spin Combo Only 1 change of foot and min 1 change of pos (4/4 revs)	Backward Outside	Must almost 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 Hand to Hand Lift Take-Off (Grp 4)	Double or Triple	2S or 3S	2F or 2A	Solo Spin Combo Only 1 change of foot and min 1 change of pos (5/5 revs)	Backward Outside	Must almost fully utilize the ice
Senior (2:40 ±0:10) N/A	Any Hand to Hand Lift Take-Off (Grp 4)	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)	Backward Outside	Must almost fully utilize the ice

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

Free Program

Effective July 1, 2018

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) Max Level B	Max 1 Must be in 1 position, no change of foot (3 revs) Max Level B	Max 1 Pivot Figure or Death Spiral Max Level B	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 any other dance style <u>Group Juvenile Non-Overhead lift*</u> Max Level B	Max 1 (Single) Max Level B	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) Max Level B	Max 1 May NOT be in combination (may have change of foot OR change of position) (3 revs) Max Level B	Max 1 Pivot Figure or Death Spiral Max Level B	Max 1 Step Sequence (must cover at least half the ice) Max Level B
Pre-Novice (3:00 ±0:10) N/A	Max 2 Must be from different groups and 1 must be from Grp 1, 2, 3 or 4 Max Level 2 No credit features: • Change of rotational direction by man • Carry Max Level 2	Max 1 (Single or Double) Max Level 2	Max 2 Must be different	Max 2 jump elements 1 solo jump 1 jump combination (max 2 jumps) or sequence	Max 1 May be in combination (change of foot optional) (4 revs) Max Level 2	N/A	Max 1 Any Death Spiral Max Level 2	Max 1 Choreo Sequence
Novice (3:30 ±0:10) Each Throw or Jump identified as a fully rotated triple	Max 2 Must be from different group and at least 1 must be from Grp 3 or 4 No credit feature: • Change of rotational direction by man	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 May be in combination (change of foot optional) (6 revs)	Max 1 May be in combination (8 revs)	Max 1 Any	Max 1 Choreo Sequence
Junior (3:30 ±0:10) N/A	Max 2 Not all from Grp 5	Max 1	Max 2 Must be different	Max 2 jump elements 1 solo jump 1 Jump combination (max 3 jumps) or sequence	Max 1** Must be in combination (change of foot optional) (10 revs)	Max 1 Pair Spin Combination (8 revs)	Max 1 Any	Max 1** Choreo Sequence

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



2018-2019 Pairs Program Requirements

April 26, 2018

Free Program

Effective July 1, 2018

Senior (4:00 ±0:10) N/A	Max 3 Not all from Grp 5	Max 1	Max 2 Must be different	Max 2 jump elements 1 solo Jump 1 Jump combination (max 3 jumps) or sequence	Max 1** Must be in combination (change of foot optional) (10 revs)	Max 1 Pair Spin Combination (8 revs)	Max 1 Must be different from SP (i.e. NO BODs)	Max 1** Choreo Sequence
--	---------------------------------	-------	--------------------------------	--	---	--	---	--------------------------------

*Note: [Technical Information & Clarification Guide](#)

**Note: Pending ISU Congress decision, either the Choreo Sequence or the Solo Spin will be removed from the Jr and Sr Pair Free