

2018-2019 Pairs Program Requirements Quick Reference Guide

June 7, 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	Any Single or Double (no 2A)	Single Axel or Any Double	Pair Spin (4 revs) or Pair Spin Combo (4 revs)	Any Death Spiral	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			Max Level 2	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

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Free Program

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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 1 Must be in 1 position, no change of foot (3 revs)	Max 1 Pivot Figure or Death Spiral	Max 1 Spiral Sequence
					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, Group 2 or Group Juvenile Non-Overhead lift*	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)	Max 1 May NOT be in combination (may have change of foot OR change of position) (3 revs)	Max 1 Pivot Figure or Death Spiral	Max 1 Step Sequence (must cover at least half the ice)
	Max Level B	Max Level B			Max Level B	Max Level B	Max Level B	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 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) (4 revs)	N/A	Max 1 Any Death Spiral	Max 1 Choreo Sequence
	Max Level 2 No credit features: • Change of rotational direction by man • Carry	Max Level 2			Max Level 2		Max Level 2	
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	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
	No credit feature: • Change of rotational direction by man							
Junior (3:30 ±0:10) N/A	Max 2	Max 1	Max 2	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
	Not all from Grp 5							



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

**As of the date of publication, rules cited in this guide are based on upcoming changes to the "Pairs Competition Program Requirements" Rule which will come into effect on July 1, 2018. Always refer to the <https://info.skatecanada.ca/index.php/en-ca/rules-of-sport/81.html> for complete and authoritative rules in effect at any point in time.