



2018-2019 Pairs Program Requirements Quick Reference Guide

August 14, 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) (Flying entry NOT permitted)	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



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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 Group Juvenile Non-Overhead lift* 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 (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 Pair Spin Combination (8 revs)	Max 1 Any	Max 1 Choreo Sequence
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 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](#)

**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.