



## 2011-2012 PAIR PRE-EVENT TECHNICAL PACKAGE

### Pre-Juvenile to Novice

**(August 24, 2011)**

**For Junior and Senior program requirements:** see the 2010 ISU Singles and Pair Skating and Ice Dance Special Regulations and Technical Rules

**Pre-Juvenile Pair Free Program (~~2.0 minutes or 2.5 minutes~~  $\pm 0:10$  ~~(to be determined by the applicable section and applied at all events in that Section in the same competitive season)~~)**

- Maximum of two different lifts, at least one of which must be from group 1. Lifts must not include a change of position. If two group 1 lifts are performed, they must have different take-offs.
- ~~Maximum of one twist lift (updated May 10, 2011)~~
- Maximum of one throw jump
- Maximum of one solo jump
- ~~Maximum of one solo jump combination (no more than two jumps) or sequence~~
- Maximum of one pair spin (may be in combination)
- Maximum of one solo spin (may be in combination)
- Maximum of one spiral figure or death spiral
- Maximum of one step sequence (straight line, circular or serpentine) or spiral sequence.

*All lifts, solo spins, pair spins, spiral figures or death spiral, step sequences and spiral sequences shall be called no higher than Level 1 regardless of content.*

**Juvenile Pair Free Program ( $2:30 \pm 0:10$ )**

- Maximum of two different lifts, at least one of which must be from group 1. Lifts must not include a change of position. If two group 1 lifts are performed, they must have different take-offs.
- Maximum of one twist lift
- Maximum of one throw jump
- ~~Maximum of one solo jump~~
- Maximum of one solo jump combination (no more than two jumps) or sequence
- Maximum of one pair spin (may be in combination)
- Maximum of one solo spin (may be in combination)
- Maximum of one spiral figure or death spiral
- Maximum of one step sequence (straight line, circular or serpentine) or spiral sequence.

*All lifts, solo spins, pair spins, spiral figures or death spiral, step sequences and spiral sequences shall be called no higher than Level 1 regardless of content.*

<b>Pre-Novice Pair Short Program (max: 2:40)</b>	<b>Pre-Novice Pair Free Program (3:00 ±0:10)</b>
<p>(a) One lift from group 1, 2, 3 or 4            (b) One twist lift (single or double)            (c) One solo jump (Axel or any double jump)  <del>(d) Solo spin in one position, no change of foot (minimum 4 rotations)</del>            (e) Pair spin - any but not a combination            (f) One spiral figure or any death spiral            (g) Spiral sequence            (h) Step sequence (straight line, circular or serpentine)  <i>(the spiral sequence may have only Level 1 or Level 0 options.)</i></p>	<ul style="list-style-type: none"> <li>• Maximum of two different lifts, one of which must be from group 1, 2, 3 or 4.</li> <li>• Maximum of one twist lift</li> <li>• Maximum of two different throw jumps</li> <li>• Maximum of one solo jump</li> <li>• Maximum of one solo jump combination (no more than two jumps) or sequence</li> <li><del>• Maximum of one pair spin (may be in combination)</del></li> <li>• Maximum of one solo spin (may be in combination)</li> <li>• Maximum of one spiral figure or death spiral</li> <li>• Maximum of one step sequence (straight line, circular or serpentine).</li> </ul>

<b>Novice Pair Short Program (max: 2:40)</b>	<b>Novice Pair Free Program (3:30 ±0:10)</b>
<p>(a) One Toe loop hip lift take-off (Group 3)            (b) One twist lift (double)            (c) Double Lutz jump  <del>(d) Solo spin combination with only one change of foot and at least one change of position</del>            (e) Pair spin combination with at least one change of position and only one change of foot            (f) Death spiral forward inside            (g) Throw Double Loop            (h) <del>Spiral</del> <u>Step</u> sequence</p>	<ul style="list-style-type: none"> <li>• Maximum of two different lifts, at least one of which must be from group 3 or 4</li> <li>• Maximum of one twist lift</li> <li>• Maximum of two different throw jumps</li> <li>• Maximum of one solo jump</li> <li>• Maximum of one jump combination (no more than two jumps) or sequence</li> <li>• Maximum of one pair spin or pair spin combination</li> <li>• Maximum of one solo spin or solo spin combination</li> <li>• Maximum of one death spiral without restriction as to type</li> <li>• Maximum of one <u>spiral</u> <del>step</del> sequence</li> </ul>

## DESCRIPTIONS OF ELEMENTS

### LIFTS

#### General

- When assessing lifts, the panel of judges will look for speed on entry, flow throughout the lift, control, the position or positions of the woman, ease of transition (if applicable), the footwork of the man and a smooth, clean exit (both partners on one foot).
- For all pair skating lifts, the partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body, and hand-to-upper part of the leg (above the knee). A change in hold means going from one of these grips to another or from one hand to another in a one hand hold (one full revolution with each hold).
- The lift's group is determined by the hold at the moment the woman passes the man's shoulder. In groups 3, 4 and 5, full extension of the lifting arm(s) is mandatory.
- A waist take off hold with the lady vertical will result in a group 2 lift. Any other position of the lady with the waist take off hold will result in a group 3 lift.
- Landing on the other foot is not automatically considered as a simple landing variety. Inside Axel take-off in 5ALi and 5SLi is considered as a difficult variation of the take-off.

#### Minimum and maximum revolutions

- The woman's rotation begins from the moment she leaves the ice until she touches the ice again.
- Novice: a minimum of two revolutions of the woman, minimum one and maximum three and one half revolutions of the man is required.
- Juvenile to Pre-Novice: a minimum of one revolution of the woman, minimum one and maximum three and one half revolutions of the man is required.
- If the lift commences with the man in a spread eagle, or some other sideways position, his rotations are counted from the man's front foot at the moment the woman leaves the ice.

#### Positions, change of position, change of hold

- Positions: upright (woman's upper body vertical), star (woman's position sideways with upper body parallel to the ice) and platter (woman's position flat, facing up or down with upper body parallel to the ice). If in a Lift, the Lady's position is changed from vertical (head up) to vertical (head down), this also is considered as a change of position. A change of position means going from one of these positions to another (one full revolution in each position). If a change of hold and a change of woman's position are executed at the same time, only one level feature will be awarded.
- In order for a change of hold to be considered, it must be held for no less than one revolution of the man before and after the change. Going from a two-hand hold to a one-hand hold is not considered as a "change of hold."
- Level features (except related to take-off or landing) are counted from the moment the man's arms are fully extended until he starts bending the arm(s).
- If an illegal hold is used during a lift or if a lift exceeds the maximum three and one half

rotations, a deduction of 2.0 for an illegal element will apply. The element will receive Level 1 if the requirements for a Level 1 are fulfilled, either before or after the illegal grip occurred. Otherwise, the element will be called “No Level”.

- One-hand holds and/or one-hand landings count as level features only when the man uses one hand and the woman uses either one hand or no hands and she is not touching the partner with any part of the upper body.

**Other**

- Any break in the continuous rotation longer than three seconds will be considered as a carry attempt.
- Small lifts (dance lifts) which may be either ascending, descending or rotational in character, in which the man does not raise his hands higher than the shoulder level, as well as movements which may include the holding of the woman by the legs are permitted and will not be counted in the maximum number of lifts allowed. The number of revolutions in these dance lifts is not restricted.

LIFTS: Short Program	LIFTS: Free Program
<ul style="list-style-type: none"> <li>• <b>Novice:</b> The lift must be the prescribed one <u>toe loop hip-lift take-off (group 3)</u>. “Partners skate backward with hip grip. The Lady picks as in a toe loop jump. The man turns together with the Lady”. A lift not meeting this requirement will take up a lift box, receive no level and consequently no value.</li> </ul> <p><b>One hand hold:</b></p> <ul style="list-style-type: none"> <li>• <b>SP</b> – two rotations of the Man in total using one hand hold will count as a Level feature. The third revolution with one hand hold will not count as an additional Level feature. <u>Parts on one hand shorter than one revolution will not count.</u></li> </ul>	<ul style="list-style-type: none"> <li>• If two Group 5 (lasso type) lifts are performed, the take-off for each lift must be of a different nature (i.e: 5T - toe lasso, 5S - step in lasso, 5R - reverse lasso, or 5A - Axel lasso). If the second lasso lift take-off is not different in nature, the lift will be invalidated, receive no level and consequently no value.</li> </ul> <p><b>One hand hold:</b></p> <ul style="list-style-type: none"> <li>• <b>FS</b> – two rotations of the Man in total using one hand hold will count as a Level feature. The third revolution with one hand hold will count as an additional Level feature only in one lift (the first time it is performed). <u>Parts on one hand shorter than one revolution will not count.</u></li> </ul> <p><b>Carry Lifts:</b></p> <ul style="list-style-type: none"> <li>• One of the allowed lifts with at least one continuous revolution of the man may include a carry. Only one such lift can be executed. The next performed such lift will have no value (but will block a lift box if there is still any left).</li> <li>• Lifts that are just "carries" consist of the simple carrying of a partner without rotation, only half a revolution of the man is allowed on the take-</li> </ul>

	<p>off and/or exit. All holds in carry lifts are unrestricted. The carrying of one partner by the other on the back, shoulders or knees is allowed in these lifts. Carry lifts shall not be counted in the number of overhead lifts. These lifts will be considered in the component "transition". They do not have a value and are not limited in number. Skaters are encouraged to note this type of carry lift in their planned program sheet.</p>
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<p><b>TWIST</b></p>	
<p><b>General</b></p> <ul style="list-style-type: none"> <li>• A split position by the woman, prior to rotating is not mandatory, however, it is considered as a feature that might increase the level.</li> <li>• The woman must be caught in the air at the waist by the man prior to landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. The man must also exit from the lift on one foot.</li> <li>• Twist lifts lacking rotation on the landing can be downgraded if they have “missing rotation of ½ revolutions of more”.</li> </ul>	
<p><b>TWIST: Short Program</b></p>	<p><b>TWIST: Free Program</b></p>
<ul style="list-style-type: none"> <li>• In the short program, the twist lift must be a single or double and must be a Lutz or a Flip type take-off.</li> </ul>	<ul style="list-style-type: none"> <li>• The twist(s) in the free program may be of any type and any number of rotations. If a second twist is performed, it must be with a different take-off than the first. The different twist take-offs are: the toe loop take-off, the Lutz/Flip take-off and the Axel take-off. The LzTw and FTw take-offs are considered the same type of take-off.</li> </ul>

<p><b>THROWS</b></p>
<p><b>Free Program:</b></p> <ul style="list-style-type: none"> <li>• In Pre-Novice and Novice, the two throws must be different. A repeated throw jump of the same number of revolutions and name will occupy a throw box, but will be given no value, no GOE. A double and a triple throw of the same name are considered as different.</li> </ul>

<p><b>JUMPS</b></p>
<p><b>General</b></p> <ul style="list-style-type: none"> <li>• A jump element is defined as an individual jump, a jump combination or a jump sequence.</li> <li>• If a jump is executed with unequal revolutions of the partners, the jump will be called as the jump of lesser rotations.</li> </ul>

### **Incorrect take-off edge**

- A jump performed with an incorrect take-off edge (e.g. flutz) will be identified as the intended jump and subject to a deduction in the GOE. Not taking off from the clean correct edge in flip or Lutz jumps will be identified by the technical panel to the judges and in the protocols with the sign “e”. Each judge will then decide himself/herself on the severity of the error (major or minor error) and the corresponding GOE reduction.

### **Under-rotated and Downgraded jumps**

- A jump/throw will be considered as under-rotated if it is “missing rotation of more than  $\frac{1}{4}$ , but less than  $\frac{1}{2}$  revolutions”. An under-rotated jump/throw will be shown as a “<” symbol after the element code. These jumps/throws will receive 70% of the base value.
- A jump/throw will be considered as downgraded if it is missing rotation of  $\frac{1}{2}$  revolutions or more. A downgraded jump/throw will be shown as a “<<” symbol after the element code. These jumps/throws will have a base value as the element of one rotation less.
- The same criteria (under-rotated and downgraded) is applied to jumps cheated at the take-off. A clear forward (backward for Axel type jump) take-off will be considered as a downgraded jump. This is most common in a toe loop.
- Both under-rotated and downgraded jumps will count as the intended jump in the application of well balanced program regulations.
- Jumps of less than or equal to half of a rotation are not counted as a jump element. They are considered as linking moves and are assessed as part of the transitions score except when a clear attempt is made. For example, an Axel type jump with rotation of more than one half revolution will be considered as an under-rotated Axel and take up a jump box.

### **Free Program**

- When a  $\frac{1}{2}$  loop is included before a jump or between two jumps, with no other hops, the element will be considered as a two or three-jump combination accordingly. The base value of the  $\frac{1}{2}$  Lo will be the same as a 1Lo. Examples:  $\frac{1}{2}$  Lo + 2S will be considered a two-jump combination, 1A +  $\frac{1}{2}$  Lo + 2S will be considered a three-jump combination. *If you do not wish it to count as a two or three-jump combination, please be sure to include other hops (eg. Mazurka) in the sequence.*
- In a jump combination, the landing foot of the first jump is the take-off foot of the second.
  - A jump combination may consist of two or three jumps and it may be the same or another single, double, triple or quadruple jump.
  - The element remains a jump combination (with an error) even when there are two 3-turns in between jumps with a slight touch down (without weight transfer).
- Jump sequence: a jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns\*/steps\*, crossovers or stroking during the sequence.
  - \* Turns: 3-turns, twizzles, brackets, loops, counters, rockers.
  - \* Steps: toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, running steps.

- If the jumps are connected with a non-listed jump, the element is called as a jump sequence. When a half-loop is connected to a jump or between jumps it will be considered as a two or three jump combination accordingly. All kinds of hops and unlisted jumps inside the sequence are allowed.
- Only the two highest jumps will count towards the base value of the sequence.
- From the moment the jump sequence does not fulfill the above requirements by one partner, the remainder of the jump sequence will be ignored and the element will be called “name of the first jump(s) plus sequence”.
- If a pair performs two solo jumps, and neither jump is in combination or in sequence, the second jump will be considered as part of a jump sequence with only one jump.
- In an intended jump combination or jump sequence, if one or both skaters falls/steps out of the first jump and immediately after that executes another jump, the second jump will be ignored by the technical panel. The element will be called as follows:
  - If both skaters fall/step out or one skater falls/steps out and the other executes a jump sequence, the call should be “first jump + sequence”.
  - If one skater falls/steps out and the other executes a jump combination, the call should be “first jump + combo”

All jumps executed with more than two revolutions (double Axel and all triple and quadruple jumps) must be of a different nature (different name); however, the jump combination or sequence can include two of the same jumps.

## SPINS

### General

- There are three basic positions: camel (free leg backwards with the knee higher than the hip level; however, layback and Biellmann are still considered as upright spins), sit (the upper part of the skating leg parallel to the ice), upright (any position with extended or almost extended skating leg which is not a camel position) and intermediate positions (all positions that according to the above definitions are not camel, sit or upright).
- Revolutions in intermediate positions count towards the total number of revolutions for all spins when determining whether the minimum of three revolutions has been met. Intermediate positions can be considered as difficult variations in cases the definitions of such variations is fulfilled, but going to one of these positions is not considered as a change of position which can only be from one basic position to another basic position. Having an intermediate position between two basic positions will count as one change of position.
- The minimum number of revolutions required in a basic position is two. If this requirement is not met, the basic position is not counted. If no basic position in a combination spin is held for at least two revolutions the spin receives no level and consequently no value.
- A spin (pair or solo), must be held for a minimum of three revolutions, in total, to be counted. If a spin is held for less than three revolutions, it will be considered as a skating movement and not a spin.
- Spin in one position and (in singles) flying spin (which means a spin with a flying entrance and no change of foot and position): the concluding upright position at the end of the spin

(final wind-up) is not considered to be another position independent of the number of revolutions, as long as in such a final wind-up, no additional feature is executed (change of edge, variation of position, etc). Intermediate positions are allowed, counted in the total number of revolutions required by the rules, but are not valid for level features.

**Fall into a spin**

- If a fall occurs when entering the spin, a simple spin or spinning movement is allowed immediately after the fall (for filling time purpose), with this spin/movement not being counted as an additional element.

**Features**

- For spins with change of foot, at least one basic position on each foot is mandatory for Levels 2 – 4 both in short program and in the free program.
- For spin combinations (CoSp and CCoSp), all three basic positions are mandatory for Levels 3-4 in both the Short Program and the Free Program.
- A change of edge in a sit (only from backward inside to forward outside), camel, Layback and Biellmann position can be counted only if done in the same basic position.
- In any spin with change of foot, the maximum number of features attained on one foot is two.
- Execution of four difficult variations (each variation of each partner counted separately) will result in two Level features independent on the order of these variations if at least two of these variations are executed in basic positions and each partner has at least one variation.
- The feature for the flying entry can be granted only if the basic position is reached within the first two revolutions after the landing.
- At least 6 revolutions without changes in position/variation, foot or edge (camel, sit, layback, difficult upright), counts as a Level feature once per spin. If the six revolutions are tried/performed more than once in a spin, the Technical Panel can take any one of these attempts in favour of the skater.

**SOLO SPINS: Free Program**

- If only one basic position is held for at least two revolutions, the spin is awarded as level 1 and no higher.
- In the solo spin combination, the change of foot is optional.

**PAIR SPINS**

**Features**

**Difficult Variations:**

- Any difficult variation can be counted if it lasts for at least two revolutions.
- Each variation of each partner is counted separately.
- For one Level feature the spin must contain 3 difficult variations (not more than

<p>one of which can be in an intermediate position).</p> <ul style="list-style-type: none"> <li>• For two Level features the spin must contain 4 difficult variations (not more than two of which can be in intermediate positions); <u>each partner must have at least one difficult variation</u>.</li> <li>• In both cases any order of these variations is allowed.</li> </ul> <p><b><u>Entrance from backward outside or inside edge:</u></b></p> <ul style="list-style-type: none"> <li>• The skaters should skate <u>both backward outside or both backward inside</u> right before they begin rotating and enter the spin without assistance of free leg.</li> <li>• There are no three turns or any other turns before skaters start the actual spin.</li> <li>• The entrance from backward outside/inside edge requires the first two revolutions of each partner to be done on backward <u>outside edge or the first two revolutions of each partner to be done on</u> backward inside edge. Only such a backward entrance is counted as a Level feature.</li> </ul> <p><b><u>At least six revolutions:</u></b></p> <ul style="list-style-type: none"> <li>• This feature can be granted only when there are at least six revolutions without any changes in camel, sit or difficult upright position or its variation and foot (<u>executed simultaneously</u> by both partners).</li> </ul>
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PAIR SPINS: Short program	PAIR SPINS: Free program
<ul style="list-style-type: none"> <li>• Pair spin definition: <ul style="list-style-type: none"> <li>➤ A pair spin may contain either changes of position OR a change of foot, but not both.</li> </ul> </li> <li>• <b>Pre-Novice:</b> The pair spin cannot be a pair spin combination.</li> <li>• <b>Novice:</b> For the short program, the pair spin combination must contain only one change of foot and at least one change of position by both partners. Both skaters must change foot at the same time. Changes of position, however, may be done separately. If the minimum requirements are not met, the following will apply. <ul style="list-style-type: none"> <li>○ No change of foot or position by one partner will result in a pair spin combo no level.</li> </ul> </li> <li>• The pair spin or pair spin combination must not be commenced with a jump (or the spin will be called “No Level”).</li> <li>• The rotation must be continuous and no stop is permitted except a short stop when changing direction. Judges will reduce the GOE if they consider the stop too long.</li> </ul>	<ul style="list-style-type: none"> <li>• In the pair spin combination there must be at least one change of foot of both partners preceded and followed by any spin position with at least three revolutions, not necessarily executed by both partners at the same time. There must also be at least one change of position by both partners.</li> </ul>

## DEATH SPIRALS

### General

- In the final position while the woman is performing the actual death spiral, both the man and the woman must execute a minimum of one revolution with the knees of the man clearly bent and in full pivot position.
- For a possible higher level, the man should stay in a low pivot position (this is when the lower part of his buttocks is not higher than the upper part of the knee of the pivot foot). The woman, simultaneously, must skate on a clean edge with her body and head close to the ice surface; however, she must not touch the ice with her head or assist herself with the free hand or any part of the body.
- The woman's body weight is supported by the force of the spiraling edge and the hold of the man. The man must be in a centered position with a fully extended arm.
- Variations of arm holds and pivot positions (backward or forward) are possible.

### No level

- If during the Death Spiral the woman's head **never** reaches the level of her skating knee, the death spiral will have no value.
- If the man does not reach the pivot position at all, does not stay in this position for one revolution or if the knee of his leg with toe pick in the ice is not clearly bent for one revolution, there will be no level called and the death spiral will have no value.

### Start and End of the Death Spiral

- The "**entry**" commences at the beginning of the entry curve when one partner is on one foot on the edge of the death spiral and the other partner is also on one foot or in a position such as spread eagle, shoot the duck, etc.
- The "**exit**" of the death spiral **begins** when the man starts bending his "holding" arm in the elbow and **ends** when the woman comes to the vertical position. If the lady loses the edge and goes on the boot or knee, this is considered as the conclusion of the death spiral and no features thereafter will be considered.
- The "**revolutions**" of the death spiral **begin** when the man's toe for the pivot is stationary (anchored) in the ice. They **end** when either the man's pivot ends or when the lady begins to exit the death spiral. Whichever is first will indicate the conclusion.

### Low Positions

- **Woman's "low" position:**
  - For inside death spirals, the woman's lowest hip or buttock and head should not be higher than her skating knee.
  - For outside death spirals, head should not be higher than her skating knee and bodyline between knee of skating leg and head should be flat or shallow arch.
- **Man's "low" pivot position:**
  - Buttocks not higher than the knee of the pivot foot.
- The level of a death spiral without one full revolution in the described man's and woman's simultaneous "low" position can not be more than one.

### **Features**

- If the man does not stay in the required position (toe pick in the ice and knee of the leg with toe pick in the ice clearly bent), while the woman is executing any kind of change of positions or holds, the position of the woman will not count as a feature.
- The additional revolution(s) are counted only after one revolution in the “low” position of both partners. In order to get additional features, the “low” position of both partners has to be continuous. If the “low” position is lost, features #3 and #4 can be counted only if performed prior to the loss.
- Difficult entry to a death spiral should be on the curve and on the leg of the death spiral and while acquiring the actual death spiral position there should be continuous and not too prolonged movement in this position. Skater(s) must demonstrate positions that affect the main body core and balance on the entry curve. Only these positions can be counted for Level features.
- The opposite hand-hold of the Man (allowed only in the Free Program) is not considered as a difficult entry.
- In **Free Skating**, a change of pivot is allowed and is considered as a Level feature. During the change of pivot, a higher Man’s position is possible but for the feature # 2, the Man must have one revolution in the “low” pivot position before and after the change.

### **DEATH SPIRALS: Short Program**

- The opposite arm hold of the man is **NOT** possible in the Short Program. (The regular hold is the same hand as the skating foot for the man. The opposite hold is the opposite hand to the skating foot).
- In Short Program the death spiral is prescribed. If the Lady performs a different edge or direction, no Level and value will be given, but the box will be blocked.
  - 2011-2012: forward inside death spiral (Novice, Junior and Senior):  
The Man is skating on a backward outside edge, and the Lady is skating on a forward inside edge. The Man performs a pivot and holds the hand of the Lady with the same arm fully extended as his skating foot. The Lady is leaning sideways to the ice and her arm is also fully extended as she circles around the Man in this position. Any variation of the Man’s position is allowed as long as he keeps the pivot as described and the Lady circles around him on an inside edge.
- In the **Short Program**, a change of pivot is **NOT** permitted, only the traditional pivot position of the Man is allowed. The man skates on a backward outside edge, holding the hand of the Lady with fully extended arm and both knees clearly bent and in full pivot position. No variation of this pivot position is allowed. Any death spiral in the Short Program will be considered as ended, once the Man changes the pivot position. Consequently only that part, in which the Man is in the proper pivot position as to the text above, will be taken to determine the Level.

### **STEP SEQUENCES**

- If there is no balance or if the workload between partners is not even, the level cannot be more than 1.

- To obtain a level 2, a “**simple variety**”, consisting of at least **7 turns** and **4 steps** must be executed. None of the types can be counted more than twice.
- To obtain a level 3 or 4, a “**variety**”, consisting of at least **9 turns** and **4 steps** must be executed. None of the types can be counted more than twice
- **Use of upper body movements** means the visible use for a combined total of at least 1/2 of the pattern of the step sequence any movements of the arms and/or head and/or torso that have an effect on the balance of the main body core. Having an effect on the balance of main body core can also be understood as having an effect on the balance of the body as a whole and influencing the balance on the blade.
- All step sequences should be executed according to the character of the music.
- **Pattern:** In features 2 – 4 “pattern” and “sequence” means the pattern actually executed by the skater.
- Unlisted jumps, independent of their number of revolutions can be included in the step sequence without a deduction or any other consequence, Listed jumps with more than half revolution will be ignored in SP as an element, but will force the Judges to reduce GOE by 1 grade for “Listed jumps with more than ½ rev. included”.
- **Changes of position (crossing):** Before and after the cross partners must clearly separate while each performing steps and/or turns. There must be at least 2 crosses. Partners must cover at least 1/3 of the pattern from the moment they first cross to the moment of the last cross.
- Short stops in accordance with the music are permitted.
- The variety of turns and steps must be balanced throughout the step sequence. If the feature for variety of steps and turns (as defined in the levels chart) is not awarded, the step sequence can only receive Level 1 regardless of the other features achieved.

## SPIRAL SEQUENCES

- A minimum of at least two spirals by each partner for at least three seconds is required. This can be replaced by one spiral by each partner that is at least six seconds. It is also possible for one partner to have one spiral that is at least six seconds while the other partner has two spirals for at least three seconds each. Spiral sequences not meeting this minimum will receive no value
- The spiral sequence will always be awarded a fixed Base Value and evaluated by judges in GOE only.
- A spiral position must be maintained with the free leg (knee and foot) above the hip for three seconds to be counted.
- The pattern of the spiral sequence can be any combination of curves (on edges). Only spirals executed on edges will be counted, spirals executed in a straight line will not be considered.

### GENERAL SHORT PROGRAM NOTES

- Unprescribed or additional elements such as jumps, spins, steps or repetitions, even of elements which have failed, are not marked and consequently do not block a box (spot) of another type of element. If, however, such an unprescribed or additional element performed substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value).
- Spirals, spread eagles, falling leaves and/or other moves in the field, when included in the short program for the purpose of enhancing choreography or connecting steps, should not be considered as extra elements so long as they do not become entities unto themselves utilizing an excessive amount of ice surface or time.

### GENERAL FREE PROGRAM NOTES

- Any additional element or elements exceeding the prescribed numbers will not be counted in the results of a pair. Only the first attempt (or allowed number of attempts) of an element will be taken into account.

### GENERAL SHORT/FREE PROGRAM NOTES

- Pair skating is the skating in unison of two persons who must perform their movements in such harmony as to give the impression of genuine pair skating as contrasted with independent single skating. Free skating for pairs consists of a well-balanced program composed and skated to music of the skater's choice for a specified period of time. A good program contains moves of single skating executed simultaneously either symmetrically (mirror skating) or in parallel (shadow skating) and especially typical pair skating moves such as pair spins, spirals, lifts, partner assisted jumps and so on, linked harmoniously by steps and other movements with a minimum of two-footed skating. Both partners need not always perform the same movements. They may separate from time to time, but they must always give an impression of unison and harmony of composition.
- There is a -0.5 point deduction for every fall outside of an element. When a fall occurs inside an element no deduction will be taken. The fall deduction would be called only if the fall is clearly not connected with the execution of an attempted element. E.g. if a skater is performing a jump combination/sequence where the skater falls on the first jump and gets up and falls on the second jump of the planned combination, no fall deduction would be taken if it appears as a result of the attempted element.
- If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called "No Level" and receive no points.

### **Element Omissions**

- An element is considered omitted only if started after the maximum time allotted for the program. The referee must advise the judges and technical panel of any element(s) started after the time limit.

### **Program start, time to begin, fresh start**

- The time of the short program and free skate must be reckoned from the moment the skater begins to move or to skate until arriving at a complete stop at the end of the program.
- Every competitor/pair must begin each part of the competition at least one minute after his/her/their name has been announced, failing which the competitor(s) shall be considered as withdrawn.
- In the case of a fresh start due to interruption caused by injury, medical problem, equipment, etc, the allowed three-minute period before the continuation of the program commences immediately after the referee has stopped the performance with a loud signal.

### **Costumes**

- Clothing worn in competitions must not give the effect of excessive nudity for athletic sport. No tights for men are permitted, but women may wear skirts, trousers or tights. Sleeveless costumes are now permitted.

### **Bonus**

- Bonuses are awarded as follows:
  - Novice Pair: Each twist, throw and side-by-side jump identified as a triple (**fully rotated**) will result in a technical bonus of one point.

**DEDUCTIONS (Short and Free Program):**

In Cumulative Points Calculation (CPC) judging, the following deductions apply:

<b>Violation</b>	<b>Deduction</b>	<b>Responsibility for applying the deduction</b>
Time Violation	-1.0 for every five seconds lacking or in excess.	Referee
Music Violation	- 1.0 for vocal music with lyrics	Referee (*see note below)
Costume and prop violation	- 1.0	Referee (*see note below)
Interruptions to the program	-0.5 for 11-20 seconds -1.0 for 21-30 seconds Etc	Referee
Falls	-0.5 for every fall outside of an element <i>(for pairs, this is for fall of each skater)</i>	Majority of technical panel
Illegal Element Violation	- 2.0	Majority of technical panel

\* Note – at Junior and Senior events at the Challenge and National championships these deductions are applied by the majority of the referee & all judges; however for Novice and lower events at all competitions it is the responsibility of the Referee alone.

\*\* Fall Definition: A fall is defined as a 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 skates e.g. hand (s), knee(s), back, buttock(s) or any part of the arm.