



2009/2010 PAIR PRE-EVENT TECHNICAL PACKAGE
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Also see ISU Communication 1557

(1) PAIR: SHORT PROGRAM REQUIREMENTS

PRE-NOVICE: The short program for pre-novice pair shall consist of the following required elements:

- (a) One lift from group 1, 2, 3 or 4
- (b) One twist (single or double)
- (c) One solo jump (Axel or any double jump)
- (d) Solo spin in one position, no change of foot (minimum four revolutions)
- (e) Pair spin (minimum four revolutions) - any but not a combination
- (f) One spiral figure
- (g) Spiral sequence
- (h) Step sequence (straight line, circular or serpentine)

NOVICE: The short program for Novice Pair shall consist of the following required elements:

GROUP A

- (a) One hand to hand loop lift take-off (Group 4)
- (b) One twist lift (double)
- (c) Throw double Salchow
- (d) Any double or triple jump
- (e) Solo spin combination with only one change of foot and at least one change of position (minimum five revolutions each foot)
- (f) Pair spin combination with only one change of foot and at least one change of position (minimum eight revolutions total)
- (g) Death spiral backward outside
- (h) Step sequence (straight line, circular or serpentine)*

JUNIOR: The short program for Junior Pair shall consist of the following required elements:

GROUP A

- (a) One hand to hand loop lift take-off (Group 4)
- (b) One twist lift (double)
- (c) Throw double or triple Salchow
- (d) Any double or triple jump (double flip or double Axel for ISU Junior)
- (e) Solo spin combination with only one change of foot and at least one change of position (minimum five revolutions each foot)
- (f) Pair spin combination with only one change of foot and at least one change of position and (minimum eight revolutions total)
- (g) Death spiral backward outside
- (h) Step sequence (straight line, circular or serpentine)*

SENIOR: The short program for Senior Pair shall consist of the following required elements:

GROUP A

- (a) Any hand to hand lift take-off (Group 4)
- (b) One twist lift (double or triple)
- (c) One throw jump (double or triple)
- (d) One solo jump (double or triple)
- (e) Solo spin combination with only one change of foot **and** at least one change of position (minimum five revolutions each foot)
- (f) Pair spin combination with at least one change of position and only one change of foot (sit, camel, upright or any variation thereof) (minimum eight revolutions total)
- (g) Death spiral backward outside
- (h) Step sequence (straight line, circular or serpentine)*

(2) DESCRIPTIONS OF ELEMENTS (SHORT PROGRAM)

GENERAL:

- Un-prescribed 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 un-prescribed 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).
- 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.
- 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.

LIFTS:

- **Novice & Junior:** The lift must be the prescribed hand to hand loop take-off (group 4). A lift not meeting this requirement will receive no level and consequently no value.
- A minimum of two revolutions of the lady and minimum of one and maximum of three and one half revolutions of the man.
- **Holds** – 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) grips: 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).

- One hand hold: A difficult one hand hold may be counted as a feature a maximum of two times in the short program lift.
- One hand holds and/or one hand landings count as level features only when the man uses one hand and the lady uses either one hand or no hands.
- 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). 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.
- The lift's group is determined by the hold at the moment the woman passes the man's shoulder. In groups three to five, full extension of the lifting arm(s) is mandatory.
- The conclusion of the lift is when the man's arm(s) begin to bend after full extension and consequently the lady begins to descend. Level features (except related to take-off or landing) are counted from the moment the man's arms are fully extended until the conclusion of the lift. Three and a half allowed revolutions of the man are counted from the moment the lady leaves the ice until the conclusion of the lift.
- Novice to Senior: A minimum of two revolutions of the woman and minimum one and maximum three and one half revolutions of man is required.
- Juvenile to Pre-Novice: A minimum of one or one and a half revolutions of the woman is required.

TWISTS:

- In the short program, the twist lift must be a Lutz of a flip type take-off.
- A split position by the woman, prior to rotating is not mandatory, however, it is considered as a feature that might increase the level.
- The lady 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.

SOLO SPINS:

- The solo spin/solo spin combination may be commenced with a jump.
- **Pre-Novice:** The solo spin must be in one position (cannot be a combination) without change of foot.
- **Novice – Senior:** The solo spin combination must have only one change of foot and at least one change of position. Any variation of position is permitted. The change of foot may be executed in the form of a stepover or a jump, and the change of foot and the change of position may be made either at the same time or separately. The concluding upright position at the end of the spin (if not otherwise chosen as one of the required positions) (final windup) is not considered to be another position if it does not exceed three revolutions and the revolutions executed in it are not to be counted in the required number of revolutions.
- The solo spin combination must have at least two revolutions in two basic positions.

PAIR SPINS:

- Pair spin definition:
 - A pair spin may contain either changes of position OR a change of foot, but not both.
- Pair spin combination definition:
 - A pair spin combination must include only one change of foot and at least one change of position.
- **Pre-Novice:** The pair spin cannot be a pair spin combination.
- **Novice – Senior:** 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.

- ~~○ No change of foot by one partner – pair spin combo level one with a GOE – 3~~
- ~~○ No change of position by one partner – pair spin combo level one with a GOE – 3~~
- ~~○ No change of foot by both partners – pair spin combo no level~~
- ~~○ No change of position by both partners – pair spin combo No Level~~
- No change of foot or position by one partner – pair spin combo no level.

- The pair spin or pair spin combination must not be commenced with a jump (or the spin will be called “no level”).
- 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

DEATH SPIRALS:

- **Woman’s position:** 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. Any part of the death spiral with a higher woman’s position is not valid for level features.
- **Man’s position:** for at least one full revolution the man should stay in a low pivot position (this is when his buttocks are not higher than the knee of the pivot foot). A death spiral without one full revolution in the described man’s position and woman’s simultaneous position cannot be more than Level one.
- The opposite arm hold of the man is possible after/before one full revolution with the regular hold. The change of woman’s arm hold or the opposite hold of the man after/before the regular hold is counted as an additional feature for levels. (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.)

STEP SEQUENCES:

- All step sequences should be executed according to the character of the music.
- A sequence must have a variety of steps and turns as defined in the levels chart to be considered for a higher level.
- A variety and/or complexity of steps and turns must be balanced in their distribution throughout the sequence.
- May include small jump-like movements with not more than half a revolution.
- Short stops in accordance with the music are permitted.

SPIRAL SEQUENCES:

- A spiral position must be held for at least three seconds to be counted by the technical panel when establishing the level of difficulty. Judges are not required to evaluate the duration of each position.
- At least two spiral positions by each partner must be executed.
- If only one spiral (three seconds long), no level will be awarded.
- If the free leg drops at the hip level (or lower) and then comes back to the allowed position (higher than hip level), this continuation should be ignored and not be counted as a new position by the technical panel. The judges will evaluate the quality of the whole sequence.
- A spiral position must be held for at least three seconds to be counted.
- The pattern of the spiral sequence can be any combination of curves. Only spirals executed on edges will be counted,; spirals executed in a straight line will count as an attempted spiral, but will not be considered for levels.
- Only the first three attempted spiral positions shall be considered for levels. Only the first three spiral positions will be considered when awarding the GOE.
- If one partner does not attempt to execute a spiral AT ALL, the sequence will be considered as transition movements and will not be marked.
- If all positions are executed with assistance of the hand/arm or in the short program there is no change of foot by both partners (with a spiral position before and a spiral position after the change of three seconds long), the level can be no more than one (but GOE is not restricted).

- Unsupported spiral position with the free leg sideways or forward is not a level feature by itself. It can be included in a number of executed positions but considered a level feature only when it is a difficult variation of position (affects the core body and balance).
- It is no longer a requirement that at least one partner must always be in a spiral position.

(3) SHORT PROGRAM ELEMENTS QUICK REFERENCE CHART

	Pre-Novice	Novice	Junior	Senior
Time	maximum two minutes 40 seconds	maximum two minutes 40 seconds	maximum two minutes 50 seconds	maximum two minutes 50 seconds
Lift	any lift from group 1, two, three or four (minimum one or one and one half revolutions for the woman, minimum one revolution and maximum three and one half revolutions by man)	hand-to-hand loop lift take-off (Group four) (minimum two revolution by woman, minimum one revolution and maximum three and one half revolutions by man)	hand-to-hand loop lift take-off (Group four) (minimum two revolution by woman, minimum one revolution and maximum three and one half revolutions by man)	hand-to-hand loop lift take-off (Group four) (minimum two revolution by woman, minimum one revolution and maximum three and one half revolutions by man)
Twist	one single or double	one double	one double	one double or triple
Throw	<i>Not Allowed</i>	throw double Salchow	throw double or triple Salchow	any double or triple throw
Solo Jump	one solo jump (Axel or any double)	any double or triple – domestic only	any double or triple - domestic only (≠ double flip or Axel for ISU Junior events)	any double or triple jump
Solo Spin	one position, no change of foot (cannot be a combination) (minimum four revolutions)	solo spin combo with only one chg of foot and at least one change of position (minimum five + five revolution)	solo spin combo with only one change of foot and at least one change of position (minimum five + five revolution)	solo spin combo with only one change of foot and at least one change of position (minimum five + five revolution)
Pair Spin	any (cannot be a combination*) (minimum four revolutions)	pair combo with only one change of foot and at least one change of position (minimum eight revolutions)	pair combo with only one change of foot and at least one change of position (minimum eight revolutions)	pair combo with only one change of foot and at least one change of position (minimum eight revolutions)
Death Spiral	one spiral figure	backward outside	backward outside	backward outside
Step Sequence	one step sequence (straight, circular or serpentine)	one step sequence (straight, circular or serpentine)	one step sequence (straight, circular or serpentine)	one step sequence (straight, circular or serpentine)
Spiral Sequence	one spiral sequence (minimum two positions for each partner. Positions must be held for minimum. three seconds each)			

* See above for definition of a “pair spin combination”

(4) PAIR: WELL BALANCED FREE PROGRAM REQUIREMENTS

PRE-JUVENILE: One free program, 2.5 minutes or 2.0 (to be determined by the applicable section and applied at all events in that section in the same competitive season)

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

- (a) maximum of two different lifts, each lift must be from group one. Lifts must not include a change of position
- (b) maximum of one throw jump
- (c) maximum of one solo jump
- (d) maximum of one jump combination or sequence
- (e) maximum of one solo spin (may be in combination)
- (f) maximum of one pair spin (may be in combination)
- (g) maximum of one spiral figure or death spiral
- (h) maximum of one step sequence (straight line, circular or serpentine)

JUVENILE: 1 free program to music of 2.5 minutes (+ or – 10 seconds). A well balanced Juvenile pair free program must meet the following requirements:

All lifts, solo spins, pair spins, spiral figures or death spirals and step sequences shall be called no higher than level one regardless of content.

- (a) maximum of two different lifts, at least one of which must be from group one. Lifts must not include a change of position
- (b) maximum of one twist lift
- (c) maximum of one throw jump
- (d) maximum of one solo jump
- (e) maximum of one jump combination or sequence
- (f) maximum of one solo spin (may be in combination)
- (g) maximum of one pair spin (may be in combination)
- (h) maximum of one spiral figure or death spiral
- (i) maximum of one step sequence (straight line, circular or serpentine)

PRE-NOVICE: One free program to music of 3.0 minutes (+ or – 10 seconds). A well balanced Pre-Novice Pair free program must meet the following requirements:

- (a) maximum of two different lifts, one of which must be from group one, two, three or four
- (b) maximum of one twist lift
- (c) maximum of two different throw jumps
- (d) maximum of one solo jump
- (e) maximum of one jump combination or sequence
- (f) maximum of one solo spin (may be in combination)
- (g) maximum of one pair spin (may be in combination)
- (h) maximum of one spiral figure or death spiral
- (i) maximum of one step sequence (straight line, circular or serpentine)

NOVICE PAIR: One free program to music of 3.5 minutes (+ or – 10 seconds). A well balanced Novice Pair free program must meet the following requirements:

- (a) maximum of two different lifts, at least one of which must be from group three or four
- (b) maximum of one twist lift
- (c) maximum of two different throw jumps
- (d) maximum of one solo jump
- (e) maximum of one jump combination or sequence
- (f) maximum of one solo spin or solo spin combination
- (g) maximum of one pair spin or pair spin combination
- (h) maximum of one death spiral without restriction as to type
- (i) maximum of one sequence of spirals (2009/2010 season only)*

JUNIOR PAIR: One free program to music of 4.0 minutes (+ or – 10 seconds). A well balanced Junior Pair free program must meet the following requirements:

- (a) maximum of two lifts, one of which must be from group three or four
- (b) maximum of one twist lift
- (c) maximum of two different throw jumps
- (d) maximum of one solo jump
- (e) maximum of one jump combination or sequence
- (f) maximum of one solo spin or solo spin combination (minimum. six revolutions for solo spin; 10 revolutions for solo spin combination)
- (g) maximum of one pair spin or pair spin combination (minimum. six revolutions for pair spin; eight revolutions for pair spin combinations)
- (h) maximum of one death spiral
- (i) maximum of one sequence of spirals (2009/2010 season only)*

SENIOR PAIR: One free program to music of 4.5 minutes (+ or – 10 seconds). A well-balanced Senior Pair free program must meet the following requirements:

- (a) maximum of three lifts, one of which must be from group three or four;
- (b) maximum of two twist lifts (there can be no more than four lifts and twist lifts in total and if there are two twist lifts, these must be with different take-offs ; i.e.cannot do a flip and Lutz twist as these are considered the same)
- (c) maximum of two different throw jumps
- (d) maximum of one solo jump
- (e) maximum of one jump combination or sequence
- (f) maximum of one solo spin combination (minimum. 10 revolutions)
- (g) maximum of one pair spin combination (minimum. eight revolutions)
- (h) maximum of one death spiral
- (i) maximum of one sequence of spirals (2009/2010 season only)*

***Spiral sequence and step sequence will alternate annually. In years where a spiral sequence is required in the short program, a step sequence will be required in the free program and vice versa.**

(5) DESCRIPTIONS OF ELEMENTS (FREE PROGRAM)

GENERAL:

- 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, of program and of execution of the skating.
- 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.
- In Junior and Senior, the base value of any jump element, throw, lift and twist lift started in the second half of the program will be multiplied by 1.1

LIFTS:

- For Senior Pairs, it will be possible to execute either three lifts and one twist lift or two lifts and two twist lifts. If a second twist lift is performed, it must be with a different take-off than the first one (see twist clarifications below).
- 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).
- If two Group five (lasso type) lifts are performed, the take-off for each lift must be of a different nature (i.e., toe lasso, step in lasso, reverse lasso, or axel lasso). If the second lasso lift take-off is not different in nature, the lift will not be marked and blocks a box with no value.
- A difficult one hand hold of one revolution of the man may be counted three times in one lift only (the first executed with three difficult one hand holds). The difficult one hand hold may be counted for two features maximum in the other lift(s).
- 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."
- In order for a change of position to be considered, the woman must change from one basic lift position (upright, platter, star) to another. There must be one full rotation of the man before and after the change for the change to count.
- The features in a lift are counted from when the man's arms reach full extension until the arms begin to bend and consequently the woman begins to descend
- Rotations in a lift are counted from the moment the woman leaves the ice until the moment the man's arm(s) begin to bend after full extension and consequently the woman begins to descend. 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.
- If an illegal hold is used during a lift, the entire element will receive no level, will block a box and will be marked as zero. The deduction of 2.0 for an illegal element will also apply. The same procedure will apply in the case that a lift exceeds the maximum three and one half rotations.
- Any break in the continuous rotation longer than three seconds will be considered as a carry attempt.
- **Carry Lifts:**
 - 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).
 - 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-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.

- 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.

TWISTS:

- 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 toeloop 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.

THROWS:

- In Pre-Novice, Novice, Junior and Senior the two throws must be different. A double and a triple throw of the same name are considered as different.

JUMPS:

- A jump element is defined as an individual jump, a jump combination or a jump sequence.
- Jump combinations:
 - A jump combination may consist of only two 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 three turns in between jumps with a slight touch down (without weight transfer).
- 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 are three turns, twizzles, brackets, loops, counters, rockers.
- Steps are toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls.
- All kinds of hops and unlisted jumps inside the sequence are allowed.
- From the moment the jump sequence does not fulfill the above requirements, 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.
- 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.
- If a jump is executed with unequal revolutions of the partners, the jump will be called as the jump of lesser rotations.

SPINS:

- The minimum number of revolutions required in a position is two. If this requirement is not met the position is not counted. If no 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 (total) to be counted. If a spin is held for less than three revolutions it will be considered a transition movement, will not fill a box and will not be marked.
- 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 element.

- A final upright position (windup) to a spin is permitted and will not be counted as a position as long as there are less than three revolutions. It is not to be counted in the required number of revolutions.
- In the Senior Free Program, the solo and pair spins MUST be combinations. If the solo or pair spin are not combinations, the element will be invalidated.

Solo spins

- If only one position is held for at least two revolutions the spin is marked as level one.
- In the solo spin combination the change of foot is optional.

Pair spins

- 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.
- If there is no change of foot or no change of position by one or both partners, the spin will be called a “pair spin” which results in:
 - Senior – wrong element – no value
 - Junior – value of the pair spin

DEATH SPIRALS:

- Woman’s position: for inside death spirals the woman’s lowest hip or buttock and head position should be not higher than the woman’s 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. Any part of the Death Spiral with a higher woman’s position is not valid for Level features.
- Man’s position: the man should stay in a low pivot position (his buttocks are not higher than the knee of the pivot foot) for at least one full revolution. The level of a death spiral can not be more than one without one full revolution in the described man’s and woman’s simultaneous position. Additional revolutions of the man in low pivot position after the first revolution counts as a feature as many times as repeated.
- 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 in the prescribed positions as mentioned above. The woman 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. The change of the woman’s arm hold or the opposite hold of the man is counted as an additional feature.
- Additional revolutions of the man in low pivot position after the first revolution counts as a feature as many times as repeated.
- Additional revolution(s) of the women in the death spiral after the first revolution counts only once for a feature.
- If the man does not reach the pivot position at all (including toe pick in the ice) or does not maintain a pivot position for at least one rotation, there will be no level called and the value of the death spiral is zero. If the man does not stay in the pivot position (toe pick in the ice), while the woman is executing any kind of change of positions or holds, the position of the woman does not count as a feature.
- A change of position in a death spiral is only considered when there is a change of character (e.g change of death spiral edge).

STEP SEQUENCES:

- All step sequences should be executed according to the character of the music.
- Short stops and small jump-like movements with not more than half a revolution are permitted.
- The variety of turns and steps must be balanced throughout the step sequence. If the feature for variety of steps and turns is not awarded, the step sequence can only receive Level 1 regardless of

the other features achieved.

- The workload must be balanced between partners. If one skater is not performing the variety of steps and turns then the sequence will be called as Level 1.

SPIRAL SEQUENCES:

- **Pre-Novice, Novice, Junior and Senior:** Consists primarily of spirals; any shape is allowed, however the spiral sequence must fully utilize the ice surface. At least two spiral positions by each partner must be executed. The minimum required hold to count a spiral position is three seconds . A spiral sequence with only one position by both partners or one position by one partner and no spirals by the other will receive no level.
- If the free leg drops at the hip level (or lower) and then comes back to the allowed position (higher than hip level), this continuation should be ignored and not be counted as a new position by the technical panel. The judges will evaluate the quality of the whole sequence.
- The number of spirals, the length of hold of position, the workload and the edges used must be even between both partners to be considered as balanced.
- It is no longer a requirement that at least one partner must always be in a spiral position.
- If all positions are executed with assistance of the hand/arm, the level can be no more than one (but GOE is not restricted).
- Unsupported spiral position with the free leg sideways or forward can be included in a number of executed positions but considered a level feature only when it is a difficult variation of position (affects the core body and balance).
- When establishing the GOE, judges should take into account the quality of the execution without evaluating the duration of each position.
- If there is only one spiral position (three seconds long), no level and therefore no value will be awarded.

(6) FREE PROGRAM ELEMENTS QUICK REFERENCE CHART

	Pre-Juvenile Pair	Juvenile Pair	Pre-Novice Pair
Time	2.0 or 2.5 minutes (determined by individual section)	2.5 minutes +/- 10 seconds	3.0 minutes +/- 10 seconds
Lifts (Maximum)	Two lifts, both must be from group one. Lifts must not contain a change of position* (minimum one or one and one half rotations for the woman, minimum one revolution and maximum three and one half revolutions by man)	Two lifts of any nature, one of which must be from group one. Lifts must not contain a change of position* (minimum one or one and one half rotations for the woman, minimum one revolution and maximum three and one half revolutions by man)	Two lifts, one of which must be from group one, two, three or four (minimum one or one and one half rotations for the woman, minimum one revolution and maximum three and one half revolutions by man)
Twist (Maximum)	<i>Not Allowed</i>	One twist lift	One twist lift
Throws (Maximum)	One throw jump	one throw jump	two different throw jumps
Jump Elements (Maximum)	One solo jump One jump combination or sequence	One solo jump One jump combination or sequence	One solo jump One jump combination or sequence
Spin Elements (Maximum)	One solo spin or solo spin combination* One pair spin or pair spin combination*	One solo spin or solo spin combination* One pair spin or pair spin combination*	One solo spin or solo spin combination One pair spin or pair spin combination
Death Spiral (Maximum)	One spiral figure or death spiral*	One spiral figure or death spiral*	One spiral figure or death spiral
Step Sequences (Maximum)	One step sequence*	One step sequence*	One step sequence

*All lifts, solo spins, pair spins, death spirals and step sequences shall be called no higher than level one regardless of content.

	Novice Pair	Junior Pair	Senior Pair
Time	3.5 minutes minimum +/- 10 seconds	4.0 minutes minimum +/- 10 seconds	4.5minutes minimum +/- 10 seconds
Lifts (Maximum)	Two lifts, one of which must be from group three or four (minimum two revolution by woman, minimum one revolution and maximum three and one half revolutions by man)	Two lifts, one of which must be from group three or four (minimum two revolution by woman, minimum one revolution and maximum three and one half revolutions by man)	Three lifts, one of which must be from group three or four (minimum two revolution by woman, minimum one revolution and maximum three and one half revolutions by man)
Twist (Maximum)	One twist lift	One twist lift	Two twist lifts (different take-offs)
Throws (Maximum)	Two different throw jumps	Two different throw jumps	Two different throw jumps
Jump Elements (Maximum)	One solo jump One jump combination or sequence	One solo jump One jump combination or sequence	One solo jump One jump combination or sequence
Spin Elements (Maximum)	One solo spin or spin combination One pair spin or pair spin combination	One solo spin (six revolutions) or spin combination 10 revolutions) One pair spin (six revolutions) or pair spin combination (eight revolutions)	One solo spin combination (change of foot optional) (10 revolutions) One pair spin combination (at least one change of foot and one change of position of both partners) (eight revolutions)
Death Spiral (Maximum)	One death spiral	One death spiral	One death spiral
Spiral Sequences (Maximum)	One spiral sequence (minimum two positions for each partner position and held for minimum three seconds each)	One spiral sequence (minimum two positions for each partner position and held for minimum three seconds each)	One spiral sequence (minimum two positions for each partner position and held for minimum three seconds each)

(7) GENERAL SHORT & FREE PROGRAM NOTES

GENERAL:

- Pair programs should primarily consist of pair elements and pair skating.
- Programs with an abundance of singles skating should be marked accordingly.
- When assessing lifts, one should 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).
- In lifts three and one half allowed revolutions of the man are counted from the moment the woman leaves the ice until the moment the man's arm(s) begin to bend after full extension and consequently the woman begins to descend.
- Holds: hand-to-hand, hand-to-arm, hand-to-body and hand-to-upper part of the leg (above the knee) grips. 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).
- 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). A change of position means going from one of these positions to another (one full revolution in each position).
- Death Spiral: The woman's lowest hip or buttock and head position should not be higher than the woman's 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. Any part of the death spiral with a higher woman's position is not valid for levels features. For at least one full revolution the man should stay in a low pivot position (this is when his buttocks are 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 position can not be more than level one.
- Junior Pair skaters need not meet the maximum ISU Junior age limit for qualifying competitions held in Canada. The ISU Junior age limit continues to apply to all athletes competing in international competitions
- 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.
- "Utilization of the ice surface" includes "and space" to further define the concept of ice surface.
- 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 (3) minute period before the continuation of the program commences immediately after the referee has stopped the performance with a loud signal. In this case, a deduction of 2.0 points will be applied by the referee for Junior and Senior levels. The application of the rule for Novice level and below is currently being reviewed.
- In exceptional circumstances when a fresh start is no way the fault of the skater (arena problem, audience interference, music stops , etc), the referee shall not apply any deduction.

- 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.
- In obvious cases of starting from the wrong edge in a jump the technical panel will indicate this error to the judges who must reduce their GOE accordingly. In cases when a wrong take-off edge is short or not so obvious, the Technical Panel will indicate the error to the judges, who can make the decision on the GOE at their discretion.
- In an intended jump combination or jump sequence, if a skater falls/steps out of the first jump and immediately after that executes another jump, the second jump will be ignored, but the element will be identified as a combination (sequence).
- The element remains a jump combination even when there are two three turns in between the jumps with a slight touch down (without weight transfer).
- When establishing the GOE, poor take-off includes cheating at the take-off and putting the full blade on the ice in toe jumps. In throw jumps it includes turning of the man on the ice before throwing the lady in the air.
- The sign “<” will not be shown to the judges. They will evaluate the GOE as they see it (without slow motion).
- 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).
- The number of revolutions in intermediate positions is counted in the total number of revolutions; 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. Going from a basic to an intermediate position and again to a basic position will count as one change of position (OR): Having an intermediate position between two basic positions will count as one change of position. Spin combinations in the short program must have at least two revolutions in every basic position.
- **Spin in one position and flying spin:** Intermediate positions are allowed, counted in the total number of revolutions required by the rules, but are not valid for level features.
- In any spin, a change of edge 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 three.
- Spiral sequence: Partners should not be required to start and finish a spiral position at the same time.

DEDUCTIONS (Referee):

Cumulative Points Calculation - In the cumulative points calculation system, the following deductions apply (short and free program):

- Time violation – 1.0 for up to every five seconds lacking or in excess.
- Music violation – 1.0 for vocal music with lyrics
- Illegal element violation – 2.0 for every illegal element (technical panel)
- Costume and prop violation – 1.0
- Falls (technical panel)
 - Junior and Senior –1.0 for every fall of each partner
 - Pre-Juvenile to Novice –0.5 for every fall of each partner

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.

- Interruptions to the program
 - 11-20 seconds
 - -1.0 Junior and Senior.

- 21-30 Seconds
 - -0.5 Pre-Juvenile to Novice
 - -2.0 Jr. & Sr.
 - -1.0 Pre-Juvenile to Novice
- etc.