



# 2019-2020 Pairs Program Requirements Quick Reference Guide - DRAFT

February 1<sup>st</sup>, 2019

## Short Program

Effective July 1, 2019

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<b>Pre-Novice</b> (2:40 ±0:10)  N/A	Must be from Grp 1, 2, 3 or 4	Single or Double   <b>Max Level 2</b>	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   <b>Max Level 2</b>	Must fully utilize the ice
	<b>Max Level 2</b> <b>No credit feature:</b> <ul style="list-style-type: none"> <li>Change of rotational direction by the man</li> </ul>				<b>Max Level 2</b>		
<b>Novice</b> (2:40 ±0:10)  N/A	Any Hand to Hand Lift Take-Off (Grp 4) or Any Lasso lift take-off (Group 5)	Single or Double	<u>2T or 2F/Lz</u>	<u>2Lo or 2A</u>	Solo Spin Combo  Only 1 change of foot and min 1 change of pos (4/4 revs)	Backward <u>Inside</u>	Must fully utilize the ice
	<b>No credit feature:</b> <ul style="list-style-type: none"> <li>Change of rotational direction by the man</li> </ul>						
<b>Junior</b> (2:40 ±0:10) N/A	<u>Any Lasso lift take-off (Group 5)</u>	Double or Triple	<u>2T or 3T or 2F/Lz or 3F/Lz</u>	<u>2Lo or 2A</u>	Solo Spin Combo  Only 1 change of foot and min 1 change of pos (5/5 revs)	Backward <u>Inside</u>	Must fully utilize the ice
<b>Senior</b> (2:40 ±0:10) N/A	<u>Any Lasso lift take-off (Group 5)</u>	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 <u>Inside</u>	Must fully utilize the ice

All Falls, both during and between elements will be identified and have a value. Values stated above are fall by one partner. Fall by both partners is twice the value stated



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Free Program

Effective July 1, 2019

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	JUMP	SOLO SPIN	PAIR SPIN	DEATH SPIRAL	SPIRAL / STEP / CHOREO SEQUENCE
<b>Pre-Juvenile</b> (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
			<b>Max Level B</b>	<b>Max Level B</b>	<b>Max Level B</b>	<b>Max Level B</b>		
<b>Juvenile</b> (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 <b>NOT</b> be in combination (may have change of foot <b>OR</b> change of position) (3 revs)	Max 1  Pivot Figure or Death Spiral	Max 1  Step Sequence (must cover at least half the ice)
	<b>Max Level B</b>	<b>Max Level B</b>		<b>Max Level B</b>	<b>Max Level B</b>	<b>Max Level B</b>	<b>Max Level B</b>	
<b>Pre-Novice</b> (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
	<b>Max Level 2</b> <b>No credit features:</b> • Change of rotational direction by man • Carry	<b>Max Level 2</b>		<b>Max Level 2</b>	<b>Max Level 2</b>		<b>Max Level 2</b>	
<b>Novice</b> (3:30 ±0:10) <b>Bonus: Each Throw or Jump identified as a fully rotated triple</b>	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 (8 revs)	Max 1  Any	Max 1  Choreo Sequence
	<b>No credit feature:</b> • Change of rotational direction by man							
<b>Junior</b> (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
<b>Senior</b> (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 BIDs)	Max 1  Choreo Sequence

All Falls, both during and between elements will be identified and have a value. Values stated above are fall by one partner. Fall by both partners is twice the value stated.