



2025-2026 Pairs Technical Requirements Guide

Effective July 1, 2025

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In domestic competition, a Pair team consists of two athletes. These athletes will be identified as Athlete A and Athlete B. The listing of the team's name corresponds to their role (i.e., Athlete A / Athlete B).

When referring to ISU documents Athlete A must follow the requirements listed for the woman and Athlete B must follow the requirements listed for the man.



2025-2026 Pairs Short Program Technical Requirements

June 17, 2025

REQUIRED ELEMENTS	Pre-Novice Time: 2:40 ±0:10	Novice Time: 2:40 ±0:10	Junior Time: 2:40 ±0:10	Senior Time: 2:40 ±0:10
LIFT	Must be from Group 1, 2, 3 or 4	Group 4 – Any hand-to-hand lift take-off or Group 5 – Any lasso lift take-off	Group 5 – Any lasso lift take-off	Group 5 – Any lasso lift take-off
	Max Level 2 Take-off/landing feature: Simple Variation of the take-off or simple landing variation No credit features: Carry; Change of rotational direction by Athlete B	Take-off/landing feature: Simple variation of the take-off or simple landing variation No credit feature: Carry; Change of rotational direction by Athlete B	No credit feature: Carry	No credit feature: Carry
TWIST	Juvenile, Single or Double	Juvenile, Single or Double	Double or Triple	Double or Triple
	Max Level 2			
THROW	Any Single or Double (no 2A)	Double Toe-Loop or Double Flip/Lutz (2TTh or 2F/LzTh)	Double or Triple Toe-Loop Double or Triple Flip/Lutz (2TTh, 3TTh, 2F/LzTh, or 3F/LzTh)	Any Double or Triple
SOLO JUMP	Single Axel or any Double	Double Loop (2Lo) or Double Axel (2A)	Double Loop (2Lo) or Double Axel (2A)	Any Double or Triple
	BONUS: +1.0 for 2A with full base value (i.e. not < or <<)			
SOLO SPIN COMBO	Minimum 3/3 revs	Minimum 4/4 revs	Minimum 5/5 revs	Minimum 5/5 revs
	Max Level 2			
DEATH SPIRAL	Any Death Spiral	Backward Inside	Backward Inside	Backward Inside
	Max Level 2			
STEP SEQUENCE	One Step Sequence	One Step Sequence	One Step Sequence	One Step Sequence
	Max Level 4			



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REQUIRED ELEMENTS	Minimum Requirements	Error	Penalty	Example
LIFT	Min. 1 rev by Athlete B All features must be completed by 4 revs. Full extension of lifting arm(s) for Group 3 & 4	Less than 1 rev by Athlete B	No value	5Li
		Wrong take-off	Element invalidated	3Li (B-4)*
		Carry lift included	Feature not awarded	4Li (B-4)
		Illegal lift or grip	No higher than level Base and deduction for Illegal element	5Li B
		Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted	5Li (NV-4)
		Pre-Novice/Novice: change of direction feature included	Feature not awarded	Pre-Novice: 4 Li (B-2) Novice: 4Li or 5Li (B-4)
TWIST	Take off must be a Flip or Lutz	Axel take-off	Element invalidated	(2-3) Tw (B-4)*
		Wrong number of revs	Element invalidated	Junior/Senior: 1Tw*
THROW		Wrong number of revs	Element invalidated	Pre-Novice/Novice: 3TTh*; Senior: 1FTh*
		Wrong throw	Element invalidated	Pre-Novice: 2ATH* Novice/Junior: 2LoTh*
SOLO JUMP		Wrong number of revs	Element invalidated	1Lo*
SOLO SPIN COMBO	(F)CCoSp must consist of only 1 change of foot and at least one change of different basic position by both partners	No change of foot by 1 or both	Element invalidated	(F)CoSp (B-4)*
		More than 1 change of foot by 1 or both	Element invalidated	(F)CCoSp (B-4)*
		one or both partners have less than 2 different basic positions with two revs and/or less than 3 revs before/after change of foot	No value	(F)CCoSp
		one or both partners has only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"	(F)CCoSp (B-4)V
		Less than minimum revs	GOE reduction for missing revolutions	
DEATH SPIRAL		Wrong death spiral or pivot figure	Element invalidated	FiDs(B-4)* or PiF(B-4)*
		Athlete A never reaches low position	No value	BiDs
		Athlete B's knees not clearly bent for 1 rev	No value	BiDs
		Athlete B's hold is with opposite hand	No value	BiDs
		Athlete B's holding arm not extended for 1 rev	No value	BiDs
		Athlete A loses edge & goes to boot or knee	Element is concluded	BiDs (NV-4)
		Athlete B changes pivot position	Element is concluded	BiDs (NV-4)
		Athlete B's anchored pivot re-positions or blade touches the ice	Element is concluded	BiDs (NV-4)
STEP SEQUENCE	Must fully utilize the ice	Does not fully utilize the ice	No value	StSq



2025-2026 Pairs Free Program Technical Requirements

June 17, 2025

REQUIRED ELEMENTS	Juvenile Time: 2:30 ±0:10 2 PCs: Presentation & Skating Skills	Pre-Novice Time: 3:00 ±0:10	Novice Time: 3:30 ±0:10	Junior Time: 3:30 ±0:10	Senior Time: 4:00 ±0:10
LIFT	Max 1: Any non-overhead lift permitted Group 1 or Group 2	Max 2: not all from same group unless both are Group 1 (<u>Grp 1 lifts must have different take-offs, e.g. waltz take-off and lutz take-off</u>)	Max 2: not all from same group. At least one must be from Group 3 or 4	Max 2: not all from same group	Max 3: not all from same group
	Max Level B	Max Level 2 Take-off/landing feature: Simple Variation of the take-off or simple landing variation No credit features: Carry; Change of rotational direction by Athlete B	Take-off/landing feature: Simple variation of the take-off or simple landing variation No credit feature: Carry; Change of rotational direction by Athlete B	No credit feature: Carry	
TWIST	Max 1: Juvenile or Single	Max 1: Juvenile, Single or Double	Max 1: Juvenile, Single, Double, or Triple	Max 1	Max 1
	Max Level B	Max Level 2			
THROW	Max 1	Max 2: Must be different	Max 2: Must be different BONUS: +1.0 for each throw triple with full base value (i.e. not < or <<)	Max 2: Must be different	Max 2: Must be different
SOLO JUMP	Max 2 jump elements May be two solo jumps or one solo jump and one jump combo/sequence (max 2 jumps)	Max 2 jump elements: One solo jump and one jump combo/sequence (max 2 jumps)	Max 2 jump elements: One solo jump and one jump combo/sequence (max 2 jumps)	Max 2 jump elements: One solo jump and one jump combo/sequence (max 3 jumps)	Max 2 jump elements: One solo jump and one jump combo/sequence (max 3 jumps)
		BONUS: +1.0 for each 2A with full base value (i.e. not < or <<)	BONUS: +1.0 for each triple with full base value (i.e. not <, << or e)		
SOLO SPIN	Max 1 May be in combination (change of foot optional). Minimum 3 revs or 3/3 if change of foot is executed.	N/A	N/A	N/A	N/A
	Max Level B				
PAIR SPIN or PAIR SPIN COMBO	Max 1 May NOT be in combination. Minimum 3 revs or 3/3 if change of foot is executed.	Max 1 Pair Spin or Pair Spin Combination. Minimum 6 revs.	Max 1 Pair Spin or Pair Spin Combination. Minimum 6 revs.	Max 1 Pair Spin Combination. Minimum 8 revs.	Max 1 Pair Spin Combination. Minimum 8 revs.
	Max Level B	Max Level 2			
DEATH SPIRAL	Max 1: Pivot Figure or Any Death Spiral	Max 1: Any Death Spiral	Max 1: Any Death Spiral	Max 1: Any Death Spiral	Max 1: Must be different from the short program (not BiDs)
	Max Level B	Max Level 2			
STEP / CHOREO SEQUENCE	Max 1 Step Sequence	Max 1 Choreographic Sequence	Max 1 Choreographic Sequence	Max 1 Choreographic Sequence	Max 1 Choreographic Sequence
	Max Level 1 (achieved through difficult steps & turns)				



2025-2026 Pairs Free Program Technical Requirements

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	Minimum Requirements	Error	Penalty	Example
LIFT	Min. 1 rev by Athlete B All features must be completed by 4 revs. Full extension of lifting arm(s) for Group 3, 4 & 5	Juvenile: Change of hold or change of Athlete A's position during the lift with 1 rev before and after the change	No value	1Li 2Li
		Less than 1 rev by Athlete B	No value	
		Illegal lift or grip	No higher than level Base and deduction for Illegal element	
		Juvenile to Junior: Carry lift included	Feature not awarded	
		Pre-Novice/Novice: change of direction	Feature not awarded	
		Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded, level is unrestricted	
		All lifts from the same group (except Group 1 in Pre-Novice) <u>Pre-Novice: Both Group 1 lifts have the same take-off</u>	Repeated lift group is invalidated	Pre-Novice to Junior: 3Li3 3LiB* SR: 5ALi3 5SLi3 5RLi4*
TWIST	Lz, F, T or A take-off is permitted	Missing rotation of ½ revolution or more	Downgraded Twist	2Tw<< B
		Junior/Senior: Executes a juvenile twist	Downgraded Single Twist	1Tw<<
		Wrong number of revs	Element invalidated	Juv: 2TwB* Pre-Novice: 3TwB*
THROW	FTh and LzTh are considered the same	More than permitted throws are performed	Extra throw is invalidated	Juv: 2STh & 2LoTh*
		Both a Flip and a Lutz throw are included	Second throw is invalidated	Pre-Novice & up: 2FTh & 2LzTh*
SOLO JUMP	Juvenile: A repeated single or double jump (not including 2A) must be in combo or seq. All: 2A or higher may only be repeated in the same combo or seq.	Juvenile: Repeated single or double jump not in combination/sequence	+REP added to 2 nd jump	1A 1A+REP
		Jump combo/seq includes more than permitted jumps	The extra jump(s) will have no value	Juv to Novice: 2F+2T+1Lo* Junior/Senior: 3T+2T+1T+2Lo*
		2A or higher repeated in separate jump elements	If in a jump combo, only the repeated jump will be invalidated	2A 2A*+2T+2Lo
		Error after 1st or 2nd jump that leads to combo/seq not meeting definition by one or both skaters	Will be called as first/second jump + COMBO/SEQ as applicable	2A+COMBO or 2F+2T+SEQ
		Pre-Novice and up: Both jumps executed as solo jumps	+REP added to 2 nd jump	2Lo 2F +REP



2025-2026 Pairs Free Program Technical Requirements

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	Minimum Requirements	Error	Penalty	Example
SOLO SPIN (Juvenile only)		one or both do not have 2 revs in a basic position	No value	
		Combo: one or both have less than 2 different basic positions with two revs	No value	(F)(C)CoSp
		Combo: one or both has only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"	(F)CCoSp (B)V
		If change of foot executed, less than 3 revs before or after the change of foot executed by one or both		
		Less than minimum revs	GOE reduction for missing revolutions	
PAIR SPIN	P Sp may contain either changes of position or a change of foot but not both	Juvenile: PCoSp is performed: change of foot and positions by one or both	Element invalidated	PCoSp B*
		Short stop, except when changing directions	Spin is concluded	
		Less than 2 revs in a basic position by either	No value	P Sp
		Less than 3 revs (on both feet, if change of foot executed) by one or both partners	No value	P Sp
		If change of foot is executed, less than 3 revs before or after the change of foot by one or both	Base value is reduced and indicated with "V"	P Sp (NV-B)V
		Less than minimum revs	GOE reduction for missing revolutions	
PAIR SPIN COMBO	P CoSp must consist of at least 1 change of foot and at least one change of different basic position by both <i>Pre-Novice/Novice: If PCoSp attempted, must follow PCoSp requirements</i>	Junior/Senior: 1 or both partners perform a P Sp	Element invalidated	P Sp (B-4)*
		Short stop, except when changing directions	Spin is concluded	
		one or both partners do not have at least 2 revs in 2 different basic positions	No value	P CoSp
		Less than 3 revs on both feet by one or both partners	No value	
		Less than 3 basic positions with 2 revs by either	Base value is reduced and indicated with "V"	P CoSp (B-4)V
		Less than 3 revs before or after the change of foot executed by one or both		
		Less than minimum revs	GOE reduction for missing revolutions	
DEATH SPIRAL		Pre-novice and up: pivot figure	Element invalidated	
		Athlete A never reaches their low position (for a PiF, never attains chosen position)	No value	
		Athlete B's knees not clearly bent for 1 rev	No value	
		Athlete B's holding arm not extended for 1 rev	No value	
		Athlete A loses edge & goes to boot or knee	Element is concluded	
		Athlete B changes pivot position	Element is concluded	
		Athlete B's anchored pivot re-positions or blade touches the ice	Element is concluded	
		Senior: BiDs is performed	Element invalidated	
STEP SEQUENCE	Must fully utilize the ice surface	Does not fully utilize the ice surface	No value	StSq
CHOREO SEQUENCE	Must include at least two different skating movements by both partners	Less than two different skating movements included	No value	ChSq



Definitions

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JUVENILE TWIST LIFT (JTW)

Definition: A hand-to-waist lift where Athlete A is lifted into the air on the take-off. At the top of the lift, Athlete A may or may not be released by Athlete B. **NO** rotation is performed by Athlete A and a split position is optional. Athlete B will assist Athlete A with their landing. Partners may give each other assistance only through: hand-to-waist.

These positive features and reductions are extracted from [ISU Communication 2701](#) with reference to Twist Lifts. The list below has been edited to match the Skate Canada program requirements.

Guidelines for +GOEs: JTw
For +1: 1 bullet / For +2: 2 bullets / For +3: 3 bullets / For + 4: 4 bullets / For + 5: 5 or more bullets
FOR + 4 and +5, THE FIRST THREE bullets highlighted in bold must be present
1) good split position of Athlete A in air position
2) good position of the Athlete B with full extension of the arms
3) effortless throughout
4) good take-off and exit
5) very good speed and flow
6) element matches the music

Guidelines for establishing GOE reductions for errors: JTw	
Fall	-5
Serious problems on the catch	-3 to -4
Slight problems on the catch	-1 to -2
Skater A lands on two feet	-2 to -3
Touch down with the free foot	-1
Poor height or distance	-1 to -3
Poor take-off (poor speed, serious scratching, no toe-pick)	-1 to -3
Weak landing (poor speed, bad positions)	-1 to -2
Long preparation	-1 to -2

GROUP 1 LIFT

Lift where Athlete A's head remains up and Athlete A is lower than Athlete B's shoulder. Possible grips are hand to armpit, hand to arm, hand to wrist or hand to hand.



Definitions

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PIVOT FIGURE

Definition of a pivot figure: One partner performs a pivot holding the other partner with a hand to hand grip. The partner executing the pivot must have clearly bent knees and arm extended fully for 1 revolution. The other partner can be in a spiral, spread-eagle or have an extended leg position.

These positive features and reductions are extracted from [ISU Communication 2701](#) with reference to Death Spirals. The list below has been edited slightly to match the Skate Canada program requirements.

Guidelines for +GOEs: PIVOT FIGURE
For +1: 1 bullets / For +2: 2 bullets / For +3: 3 bullets For +4: 4 bullets / For +5: 5 or more bullets
➤ For +4 and +5 THE FIRST THREE bullets highlighted in bold must be present
1) very good positions of both partners
2) good flow and speed throughout (including entry and exit)
3) effortless throughout
4) good controlled transition into required positions and on exit
5) good/continuous edges demonstrated by Athlete A and Athlete B
6) element matches the music

Guidelines for establishing GOE reductions for errors: PIVOT FIGURE	
Fall	-5
Poor pivot position (losing toe pick etc)	-2 to -4
Poor or weak position of the Athlete A (chosen position not achieved/less than 1 rev) or Athlete B	-1 to -3
Slow or reduction of speed	-1 to -3
Athlete A's or Athlete B's weak edge quality	-2 to -3
Poor entry or exit	-1 to -3

Skate Canada Defined Terms, definition of Fall

A Fall is defined as loss of control by a Skater with the result that the majority of their own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.



References

Links to ISU and Skate Canada Documents

ISU Rules:

- [ISU Special Regulations & Technical Rules - Single & Pair Skating and Ice Dance](#)

ISU Communications and Technical Resources:

- [ISU Communication 2701 \(Levels of Difficulty and Guidelines for Marking GOE\)](#)
- [ISU Communication 2707 \(Scale of Values\)](#)
- [ISU Technical Panel Handbook – Pairs Skating](#)
 - Contains calling specifications for technical elements for Pairs events.
- [ISU Who is responsible](#)
- [ISU Additional Q&A's](#)

Skate Canada Rules:

- [Competition Program Requirements Rule - Podium Pathway](#)
 - Defines well-balanced program requirements by category
- [Competitions Rule](#)
 - Defines aspects related to control and conduct of Skate Canada Competitions
- [Scoring of Skate Canada Competitions Rule](#)
 - Defines all aspects of CPC scoring of Skate Canada competitions

Skate Canada Technical Resources:

- [Skate Canada Pairs Quick Reference Guide](#)
 - Contains 1-page summaries of technical requirements for all competitive Pairs categories.
- [Skate Canada Scale of Values](#)
 - Defines values assigned to elements specific to Skate Canada competitions, as well as links to ISU Scales of Values for all other elements.