



## 2020-2021 Pairs Program Requirements Quick Reference Guide

July 6<sup>th</sup>, 2020

### Short Program

Effective July 1, 2020

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<b>Pre-Novice</b> (2:40 ±0:10)  <b>Bonus: Jump identified as a fully rotated or landed on the quarter (q) 2A</b>	Must be from Grp 1, 2, 3 or 4	Single or Double	Any Single or Double (no 2A)	Single Axel or Any Double	Solo Spin Combo  Only 1 change of foot and min 1 change of pos (3/3 revs)	Any Death Spiral	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>Max Level 2</b>		
<b>Novice</b> (2:40 ±0:10)  N/A	Any Hip lift take-off (Grp 3)	Single or Double	2Lo	2Lz or 2A	Solo Spin Combo  Only 1 change of foot and min 1 change of pos (4/4 revs)	Forward Inside	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	Any Hip lift take-off (Group 3)	Double or Triple	2Lo or 3Lo	2Lz or 2A	Solo Spin Combo  Only 1 change of foot and min 1 change of pos (5/5 revs)	Forward Inside	Must fully utilize the ice
<b>Senior</b> (2:40 ±0:10) N/A	Any Hip lift take-off (Group 3)	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)	Forward Inside	Must fully utilize the ice

All Falls, both during and between elements will be identified and have a value



# 2020-2021 Pairs Program Requirements Quick Reference Guide

July 6<sup>th</sup>, 2020

Free Program

Effective July 1, 2020

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 or 3/3)	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>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 or 3/3)	Max 1  May <b>NOT</b> be in combination (may have change of foot <b>OR</b> change of position) (3/3 or 3 revs)	Max 1  Pivot Figure or Death Spiral	Max 1  Step Sequence Must fully utilize the ice
	<b>Max Level B</b>				<b>Max Level B</b>			
<b>Pre-Novice</b> (3:00 ±0:10) <b>Bonus: Jump identified as a fully rotated or landed on the quarter (q) 2A</b>	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	N/A	Pair Spin or Pair Spin combination (6 revs)	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>Novice</b> (3:30 ±0:10) <b>Bonus: Each Throw or Jump identified as a fully rotated or landed on the quarter (q) 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  Pair Spin or Pair Spin Combination (6 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  <u>Not all from same group</u>	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  <u>Not all from same group</u>	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 FiDs)	Max 1  Choreo Sequence

All Falls, both during and between elements will be identified and have a value.