



2023-2024 Pairs Program Requirements Quick Reference Guide

March 7, 2023

Short Program
Effective July 1, 2023

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
Pre-Novice (2:40 ±0:10) Bonus: +1.0 for 2A receiving full base value (i.e. not < or <<)	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 (3/3 revs)	Any Death Spiral	Must fully utilize the ice
	Max Level 2 No credit feature: Change of rotational direction by <u>athlete B</u>	Max Level 2			Max Level 2		
Novice (2:40 ±0:10) N/A	<u>Any hip lift take-off (Group 3)</u> No credit feature: Change of rotational direction by <u>athlete B</u>	Single or Double	<u>2Lo</u>	<u>2Lz</u> or 2A	Solo Spin Combo Only 1 change of foot (4/4 revs)	<u>Forward Inside</u>	Must fully utilize the ice
Junior (2:40 ±0:10) N/A	<u>Any hip lift take-off (Group 3)</u>	Double or Triple	<u>2Lo</u> or <u>3Lo</u>	<u>2Lz</u> or 2A	Solo Spin Combo Only 1 change of foot (5/5 revs)	<u>Forward Inside</u>	Must fully utilize the ice
Senior (2:40 ±0:10) N/A	<u>Any hip lift take-off (Group 3)</u>	Double or Triple	Any Double or Triple	Any Double or Triple	Solo Spin Combo Only 1 change of foot (5/5 revs)	<u>Forward Inside</u>	Must fully utilize the ice

Please note: Junior & Senior categories subject to change by the ISU



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Free Program
Effective July 1, 2023

CATEGORY / TIME / BONUS / PCs	LIFT	TWIST	THROW	JUMP	SOLO SPIN	PAIR SPIN	DEATH SPIRAL	STEP / CHOREO SEQUENCE
Juvenile (2:30 ±0:10) N/A 2 PCs: Presentation & Skating Skills	Max 1 Any non-overhead lift permitted Group 1 or Group 2	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 NOT be in combination (may have change of foot OR change of position) (3/3 or 3 revs)	Max 1 Pivot Figure or Death Spiral	Max 1 Step Sequence Must fully utilize the ice
	Max Level B	Max Level B			Max Level B	Max Level B	Max Level B	Max Level B
Pre-Novice (3:00 ±0:10) Bonus: +1.0 for each 2A eligible for full base value (i.e. not < or <<)	Max 2 Must be from different groups unless both from Group 1	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
	Max Level 2 No credit features: <ul style="list-style-type: none"> • Change of rotational direction by <u>athlete B</u> • Carry 	Max Level 2				Max Level 2	Max Level 2	
Novice (3:30 ±0:10) Bonus: +1.0 for each throw triple or triple jump eligible for full base value (i.e. not <, << or e)	Max 2 Must be from different group and at least 1 must be from Group 3 or 4	Max 1 (Single, Double or Triple)	Max 2 Must be different	Max 2 jump elements 1 solo jump 1 jump combination (max 2 jumps) or sequence	N/A	Max 1 Pair Spin or Pair Spin Combination (6 revs)	Max 1 Any	Max 1 Choreo Sequence
	No credit feature: <ul style="list-style-type: none"> • Change of rotational direction by <u>athlete B</u> 							
Junior (3:30 ±0:10) N/A	Max 2 Not all from same group	Max 1	Max 2 Must be different	Max 2 jump elements 1 solo jump 1 Jump combination or sequence (max 3 jumps)	N/A	Max 1 Pair Spin Combination (8 revs)	Max 1 Any	Max 1 Choreo Sequence
Senior (4:00 ±0:10) N/A	Max 3 Not all from same group	Max 1	Max 2 Must be different	Max 2 jump elements 1 solo Jump 1 Jump combination or sequence (max 3 jumps)	N/A	Max 1 Pair Spin Combination (8 revs)	Max 1 Must be different from SP (i.e. No <u>FiDs</u>)	Max 1 Choreo Sequence

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