

2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p><b>PRE-JUVENILE PAIRS</b></p> <p>2:00 +/- 10 sec</p>	<p><b>1 Lift</b></p> <p>Group 1 Lift or Group 2 Waist Lift</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p>	N/A	<p><b>1 (optional) Throw Jump</b></p> <p>Single</p>	<p><b>1 Solo Jump</b></p> <p>Single</p>	<p><b>1 Jump Sequence</b></p> <p>No limit to the number of jumps in jump sequence</p> <p>Single jumps only</p> <p>Jump combination not permitted</p>	<p><b>1 Solo Spin</b></p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p><b>1 Pair Spin</b></p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p><b>1 (optional) Pivot Figure</b></p> <p>No minimum requirements</p> <p>Pivot figure not eligible for features</p>	<p><b>1 Step Sequence*</b></p> <p>Utilizing one-half the ice surface</p> <p>Stroking both forward and backward, clockwise and counterclockwise</p> <p><b>*If IJS is used, then: ChSt</b></p>
<p><b>JUVENILE PAIRS</b></p> <p>2:30 +/- 10 sec</p>	<p><b>Max 1 Lift</b></p> <p>Lift may be chosen from Group 1 or Group 2</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p> <p>Min 1 rev and max 3 ½ revs by man</p>	N/A	<p><b>Max 1 Throw Jump</b></p> <p>Any throw single jump</p> <p><u>OR</u></p> <p><u>Throw double Salchow</u></p> <p><u>OR</u></p> <p><u>Throw double loop</u></p>	<p><b>Max 1 Solo Jump</b></p> <p>Single or double</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Single or double jumps only</p>	<p><b>Max 1 Solo Spin or Solo Spin Combination</b></p> <p>Min 5 revs</p> <p>Change of foot, change of position, and flying entry are optional</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Pair Spin</b></p> <p>Min 3 revs</p> <p>Change of position optional</p> <p>No change of foot</p>	<p><b>Max 1 Pivot Figure</b></p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the man clearly in pivot position</p>	<p><b>Max 1 Choreographic Sequence</b></p> <p>Must be clearly visible</p>

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<p><b>INTERMEDIATE PAIRS</b></p> <p>3:00 +/- 10 sec</p>	<p><b>Max 2 Overhead Lifts</b></p> <p>Lifts can be selected from Groups 1-4 and must be different</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p><b>Max 1 Twist Lift</b></p> <p>Single</p> <p>Take off must be flip or Lutz</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Single or double</p> <p>Must be different</p>	<p><b>Max 1 Solo Jump</b></p> <p>Single or double</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Single or double jumps only</p>	<p><b>Max 1 Solo Spin or Solo Spin Combination</b></p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	N/A	<p><b>Max 1 Death Spiral or Pivot Figure</b></p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the knees of the man clearly bent and in full pivot position</p>	<p><b>Max 1 Leveled Step Sequence</b></p> <p><u>Step sequence can achieve up to Level 2</u></p> <p>Must be clearly visible</p>
<p><b>NOVICE PAIRS</b></p> <p>3:30 +/- 10 sec</p>	<p><b>Max 2 Overhead Lifts</b></p> <p>Lifts must be from different groups, and 1 must be from Group 3 or Group 4</p> <p>Variations of lady's position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted</p> <p>Carry lifts and carry features are NOT permitted</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p><b>Max 1 Twist Lift</b></p> <p>Single or double</p> <p>Take off must be flip or Lutz</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Single, double or triple</p> <p>Must be different</p>	<p><b>Max 1 Solo Jump</b></p> <p>Single, double or triple</p> <p>If double Axel or triple, must be different from jumps executed in the jump sequence / combination</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>Single, double or triple jumps permitted</p>	<p><b>Max 1 Solo Spin or Solo Spin Combination</b></p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Pair Spin or Pair Spin Combination</b></p> <p>Min 5 revs</p> <p>If pair spin combination, must have at least 1 change of foot and 1 change of position by each partner</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Death Spiral</b></p> <p>Regular 1-hand-to-1-hand hold required</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Max 1 Choreographic Sequence</b></p> <p>Must be clearly visible</p>

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<p><b>JUNIOR PAIRS</b></p> <p><u>3:30</u> +/- 10 sec</p>	<p><b>Max 2 Overhead Lifts</b></p> <p>Not all from <u>the same group</u></p> <p>Full extension of the lifting arms required</p> <p>Only 1 lift may include a carry feature</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p><b>Max 1 Twist Lift</b></p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, loop, flip, Lutz or Axel</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Must be different</p> <p>No limit to the number of revs</p>	<p><b>Max 1 Solo Jump</b></p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p><u>No longer required/allowed in junior pairs free skate</u></p>	<p><b>Max 1 Pair Spin Combination</b></p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With a least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Death Spiral</b></p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p><b>Max 1 Choreographic Sequence</b></p> <p>Must be clearly visible</p>
<p><b>SENIOR PAIRS</b></p> <p><u>4:00</u> +/- 10 sec</p>	<p><b>Max 3 Overhead Lifts</b></p> <p>Not all from <u>the same group</u></p> <p>Full extension of the lifting arms required</p> <p>If 2 Group 5 lifts are executed, each must have a different take off (toe, step, reverse, backward or Axel)</p> <p>Only 1 lift may include a carry feature</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p><b>Max 1 Twist Lift</b></p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, flip, Lutz or Axel</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Must be different</p> <p>No limit to the number of revs</p>	<p><b>Max 1 Solo Jump</b></p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p><u>No longer required/allowed in senior pairs free skate</u></p>	<p><b>Max 1 Pair Spin Combination</b></p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With at least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Death Spiral</b></p> <p>Must be different from the death spiral in the short program</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p><b>Max 1 Choreographic Sequence</b></p> <p>Must be clearly visible</p>

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