

FREE SKATING

SENIOR PAIRS

Penalties: <ul style="list-style-type: none"> • 0.1 each mark for each illegal element • 0.1 each mark for time violation • 0.1 in 1st mark for insufficient revs and lack of connecting steps/moves • 0.1 in 1st mark for step or spiral seq not fully utilizing the ice Note <ul style="list-style-type: none"> • 0.2 should be deducted for each element exceeding the max. • Unless otherwise indicated, there are no min requirements. • 0.2 should be deducted if an element indicated by an asterisk (*) is omitted. 	Lifts	Twist Lift	Throw Jump	Solo Jump	Jump Comb / Seq.	Pair Spin Comb	Solo Spin Comb	Death Spiral	Step Seq.	Spiral Seq.	Optional Add'l Element					
	Max 3 (One must be from Group 3 or 4) * With full extension of lifting arms	Max 1	Max 2	Max 1	Max 1	Max 1	Max 1	Max 1	Max 1	Max 1	Max 1	Max 1	Different death spiral, solo or pair combo spin, solo or pr spin	** Spin Revs: Solo Spin combo 10 Pair spin combo 8 ** Pair Spin Combo – At least 1 change of foot and 1 change of position both partners ** Solo Spin Combo – Change of foot is optional • Optional additional spin does not have to fulfill rotation requirements. NOTE: Unison must be considered in both marks.		
														T.E.	P.C.	Place
													Basic Mark			
													Deduction			
													Totals			
													Basic Mark			
													Deduction			
													Totals			
													Basic Mark			
													Deduction			
													Totals			

FREE SKATING

JUNIOR PAIRS

Penalties: • 0.1 each mark for each illegal element • 0.1 each mark for time violation • 0.1 in 1st mark for insufficient revs and lack of connecting steps/moves • 0.1 in 1st mark for step or spiral seq not fully utilizing the ice Note • 0.2 should be deducted for each element exceeding the max. • Unless otherwise indicated, there are no min requirements. • 0.2 should be deducted if an element indicated by an asterisk (*) is omitted.	Lifts	Twist Lift	Throw Jump	Solo Jump	Jump Comb / Seq.	Pair Spin or Pair Spin Comb	Solo Spin or Solo Spin Comb	Death Spiral	Step Seq.	Spiral Seq.				
	Max 3 (One must be from Group 3 or 4) * With full extension of lifting arms	Max 1	Max 2 different	Max 1	Max 1 Max # of jumps in combo 2 No limit to # of jumps in seq.	Max 1	Max 1	Max 1	Max 1	Max 1 straight line, circ. or serp. utilizing full ice	Max 1 sequence of spirals	** Spin Revs: Solo Spin combo 10 Pair spin combo 8 Solo and Pair Spin 6 ** Pair Spin Combo – At least 1 change of foot and 1 change of position both partners ** Solo Spin Combo – Change of foot is optional NOTE: Unison must be considered in both marks.		
											T.E.	P.C.	Place	
											Basic Mark			
											Deduction			
											Totals			
											Basic Mark			
											Deduction			
											Totals			
											Basic Mark			
											Deduction			
											Totals			

FREE SKATING

NOVICE PAIRS

Penalties: <ul style="list-style-type: none"> • 0.1 each mark for each illegal element • 0.1 each mark for time violation • 0.1 in 1st mark for insufficient revs and lack of connecting steps/moves • 0.1 in 1st mark for step seq not fully utilizing the ice Note <ul style="list-style-type: none"> • 0.2 should be deducted for each element exceeding the max. • Unless otherwise indicated, there are no min requirements. • 0.2 should be deducted if an element indicated by an asterisk (*) is omitted. 	Lifts	Twist Lift	Throw Jump	Solo Jump	Jump Combo or Seq.	Pair Spin	Solo Spin	Death Spiral	Step Seq.					
	Max 3 One must be from from Gr 3 or 4 * Variation of lady's pos, no-handed and 1-handed lifts and combo lifts are permitted	Max 1	Max 2 different Single, Double or Triple	Max 1	Max 1	Max # of jumps in combo 2 No limit to # of jumps in seq.	Max 1 Miin 5 Revs	Max 1 Miin 5 Revs	Max 1 See **	Max 1 straight line, circ. or serp. utilizing full ice	** Must be a regular hand-hold with at least one-half rev. by lady after man has attained pivot position. NOTE: Unison must be considered in both marks.			
											T.E.	P.C.	Place	
										Basic Mark				
										Deduction				
										Totals				
										Basic Mark				
										Deduction				
										Totals				
										Basic Mark				
										Deduction				
										Totals				

FREE SKATING

INTERMEDIATE PAIRS

Penalties: • 0.1 each mark for each illegal element • 0.1 each mark for time violation • 0.1 in 1st mark for insufficient revs and lack of connecting steps/moves • 0.1 in 1st mark for step seq not fully utilizing the ice Note • 0.2 should be deducted for each element exceeding the max. • Unless otherwise indicated, there are no min requirements. • 0.2 should be deducted if an element indicated by an asterisk (*) is omitted.	Lifts	Twist Lift	Throw Jump	Solo Jump	Jump Combo or Seq.	Pair Spin	Solo Spin	Death or Pivot Spiral	Step Seq.				
	Max 2 from Gr 1 Lifts and Gr 2 Waist Loop Lift or 1 may be from press lift, 2-handed star lift or platter lift	Max 1 (single)	Max 2 different Single or, Double	Max 1	Max 1 Max # of jumps in combo 2 No limit to # of jumps in seq.	Max 1 Min 4 Revs	Max 1 Min 5 Revs	Max 1 * straight line, circ. or serp. utilizing full ice	Max 1	NOTE: Unison must be considered in both marks.			
											T.E.	P.C.	Place
										Basic Mark			
										Deduction			
										Totals			
										Basic Mark			
										Deduction			
										Totals			
										Basic Mark			
										Deduction			
										Totals			

FREE SKATING

JUVENILE PAIRS

Penalties: • 0.1 each mark for each illegal element • 0.1 each mark for time violation • 0.1 in 1st mark for insufficient revs and lack of connecting steps/moves • 0.1 in 1st mark for step seq not fully utilizing the ice Note • 0.2 should be deducted for each element exceeding the max. • Unless otherwise indicated, there are no min requirements. • 0.2 should be deducted if an element indicated by an asterisk (*) is omitted.	Lifts	Throw Jump	Solo Jump	Jump Combo or Seq.	Pair Spin	Solo Spin	Death or Pivot Spiral	Step Seq.						
	Max 2 Both may be from from G r. 1 OR 1 may be waist loop lift from Gr. 2	Max 1 Single	Max 1	Max 1	Max 1 Max # of jumps in combo 2 No limit to # of jumps in seq.	Max 1 Min 3 Revs	Max 1 Min 4 Revs	Max 1	Max 1 straight line, circ. or serp. utilizing full ice	NOTE: Unison must be considered in both marks.				
											T.E.	P.C.	Place	
										Basic Mark				
										Deduction				
										Totals				
										Basic Mark				
										Deduction				
										Totals				
										Basic Mark				
										Deduction				
										Totals				

FREE SKATING

PRE-JUVENILE PAIRS

Penalties: • 0.1 each mark for each illegal element • 0.1 each mark for time violation • 0.1 in 1st mark for insufficient revs and lack of connecting steps/moves	0.2 Deduction for each extra or lacking element in the mark for Technical Elements								** Clockwise & counter-clockwise. Footwork and connecting moves such as spirals, spread eagles, etc. utilizing one-half ice surface. NOTE: Unison must be considered in both marks.			
	Lift	Throw Jump	Solo Jump	Jump Seq.	Pair Spin	Solo Spin	Death Spiral	Stroking				
	1 gr. 1 lift or waist loop lift from gr. 2	1 (optional) Single	1 Single	1 (optional)	1 (No change of foot or position)	1 Min 3 revs	1 Min 3 revs	1 or pivot spiral (optional)	1 both forward & backward **		T.E.	P.C.
									Basic Mark			
									Deduction			
									Totals			
									Basic Mark			
									Deduction			
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									Deduction			
									Totals			

FREE SKATING

PRELIMINARY PAIRS

Penalties: • 0.1 each mark for each illegal element • 0.1 each mark for time violation • 0.1 in 1st mark for insufficient revs and lack of connecting steps/moves	0.2 Deduction for each extra or lacking element in the mark for Technical Elements								** Clockwise & counter-clockwise. Footwork and connecting moves such as spirals, spread eagles, etc. utilizing one-half ice surface. NOTE: Unison must be considered in both marks.				
	Lift	Throw Jump	Solo Jump	Jump Seq.	Pair Spin	Solo Spin	Death Spiral	Stroking					
	1 gr. 1 lift or waist loop lift from gr. 2	1 (optional) Single	1 Single	1 (optional)	1 Min 3 revs (no change of foot or position)	1 Min 3 revs	1 or pivot spiral (optional)	1 both forward & backward **					
										Basic Mark	T.E.	P.C.	Place
										Deduction			
										Totals			
										Basic Mark			
										Deduction			
										Totals			
										Basic Mark			
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										Totals			