

**2019-20 Pairs Free Skate Requirements** – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. These rules are subject to change by the U.S. Figure Skating Governing Council (May 10-11, 2019) or the ISU.



2019-20	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> <p>Min ½ rev by man (no max)</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>Jump sequence is any listed jump immediately followed by an Axel-type jump</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 by man (no max)</p>	N/A	<p><b>Max 1 Throw Jump</b></p> <p>Any throw single jump</p> <p>OR</p> <p>Throw double Salchow</p> <p>OR</p> <p>Throw double loop</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>Jump sequence is any listed jump immediately followed by an Axel-type jump</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>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

**2019-20 Pairs Free Skate Requirements** – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019.



These rules are subject to change by the U.S. Figure Skating Governing Council (May 10-11, 2019) or the ISU.

2019-20	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<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 by man (no max)</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>Jump sequence is any listed jump immediately followed by an Axel-type jump</p> <p>Single or double jumps only</p>	<p><u>N/A</u></p>	<p><b>Max 1 Pair Spin</b></p> <p>Min 5 revs</p> <p>No change of foot</p> <p>Optional change of position</p> <p>May not be commenced with a jump</p>	<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 1/2 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>Step sequence can achieve up to Level 2</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 by man (no max)</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>Jump sequence is any listed jump immediately followed by an Axel-type jump</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>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

**2019-20 Pairs Free Skate Requirements** – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019.

These rules are subject to change by the U.S. Figure Skating Governing Council (May 10-11, 2019) or the ISU.



2019-20	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	STEP SEQUENCE
<p><b>JUNIOR PAIRS</b></p> <p>3:30 +/- 10 sec</p>	<p><b>Max 2 Overhead Lifts</b></p> <p>Not all from the same group</p> <p>Full extension of the lifting arms required</p> <p>Both lifts may include a carry feature, but only first attempt counts for level</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 by man (no max)</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>Jump sequence is any listed jump immediately followed by an Axel-type jump</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	N/A	<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>4:00 +/- 10 sec</p>	<p><b>Max 3 Overhead Lifts</b></p> <p>Not all from the same group</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>All lifts may include a carry feature, but only first attempt counts for level</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 by man (no max)</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>Jump sequence is any listed jump immediately followed by an Axel-type jump</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	N/A	<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>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.