

## 2010-2011 Novice – Senior Pairs Free Skate Program

2010-2011	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	PAIR SPIN/ COMBINATION	SOLO SPIN/ COMBINATION	DEATH SPIRAL	STEP SEQUENCE/SPIRAL SEQUENCE
<b>NOVICE PAIRS</b> 3:30 +/- 10 sec  *means element is required	<b>Max 2</b> <u>From Different Groups</u> *One must be from Group 3 or 4  Variations of position, no handed, 1-handed, combo lifts and lifts that turn in both directions are <u>permitted</u> .  Carry type lifts or carry features <u>not permitted</u> .  Min. 2 rev. by lady and Min. 1 rev. and Max. 3½ rev. by man.	<b>Max 1</b> Single or Double	<b>Max 2</b> Different  Single, Double, or Triple	<b>Max 1</b> No limit on the number of revs.	<b>Max 1</b> Max 2 jumps in Jump Combination  No limit to number of jumps in the Jump Sequence  <u>Both may include jumps with same name.</u>	<b>Max 1</b> Pair Spin or Pair Spin Combination  Pair Combination Spin must change foot by both partners and min 1 change of position by both partners  Min. 5 revs	<b>Max 1</b> Solo Spin or Solo Spin Combination  Change of foot and position, and flying entry are optional. Both partners must achieve basic position for 2 revs. (sit/camel/upright)  Min. 5 revs	<b>Max 1</b> Regular 1-hand to 1-hand hold required.  When the death spiral position is attained, both partners must execute min 1 rev. with man in full pivot position.  Lady must skate on a clean edge with her body and head close to the ice surface.	<b>Max 1</b> <u>Step Sequence (Straight Line, Circular, Serpentine)</u>  Fully utilizing ice surface. Partners should share workload, skate close together and to the character of the music.  Changes of place and holds, short stops and small jump-like movements permitted.
<b>JUNIOR PAIRS</b> 4:00 +/- 10 sec  *means element is required	<b>Max 2</b> *One must be from Group 3 or 4  Full extension of lifting arms.  Min. 2 revs by lady and Min. 1 rev. and Max. 3 ½ revs. by man.  Only 1 lift may include a carry feature. Carry type lifts (1/2 rotation exit/entry) are permitted, but not included in the allowed number of lifts (transitions only).	<b>Max 1</b> No limit to number of revs.  Take-off may be Toe Loop, Flip/Lutz or Axel	<b>Max 2</b> Different	<b>Max 1</b> No limit on the number of revs.	<b>Max 1</b> <u>Jump Combination may consist of 2 or 3 jumps.</u>  No limit to number of jumps in Jump Sequence  <u>Both may include jumps with same name.</u>	<b>Max 1</b> Pair Spin Min. 6 revs. Optional change of position - OR - Pair Spin Combination Min. 8 rev. w/ at least 1 change of foot and 1 change of position by each partner (3 revs. before and after change of foot)	<b>Max 1</b> Solo Spin Min. 6 revs. - OR - Spin Combination Min. 10 revs.  Optional change position and foot (3 revs. before and after change of foot)	<b>Max 1</b> When death spiral position is attained, both partners must execute 1 rev. with man in full pivot position.  Lady must skate on a clean edge with her body and head close to the ice surface.  <u>Variations of arm holds and pivot positions possible.</u>	<b>Max 1</b> <u>Choreographed Spiral Sequence</u>  <u>Sequence consists primarily of spirals. Spiral is 1 blade on the ice and free leg (knee/foot) higher than hip level.</u>  <u>Min. 2 spirals by both partners for 3 seconds each -OR- 1 spiral by both partners for 6 seconds each for a fixed Base Value.</u>
<b>SENIOR PAIRS</b> 4:30 +/- 10 sec  *means element is required	<b>Max 4 Lifts Total</b> 3 lifts, 1 twist lift OR 2 lifts, 2 twist lifts  <b>Max 3</b> *One must be from Group 3 or 4  Full extension of lifting arms.  Min 2 revs by lady and Min. 1 rev and Max. 3 ½ revs. by man.  If 2 Group 5 lifts are executed, each must have different take-off (Toe, Step, Reverse, or Axel type lasso).  Only 1 lift may include a carry feature. Carry type lifts (1/2 rotation exit/entry) are permitted, but not included in the allowed number of lifts (transitions only).	<b>Max 2</b> No limit to number of revs.  Take-off may be Toe Loop, Flip/Lutz or Axel  Each twist lift must have different take-off	<b>Max 2</b> Different	<b>Max 1</b> No limit on the number of revs.	<b>Max 1</b> <u>Jump Combination may consist of 2 or 3 jumps.</u>  No limit to number of jumps in Jump Sequence  <u>Both may include jumps with same name.</u>	<b>Max 1</b> Pair Spin Combination  At least 1 change of position and 1 change of foot by each partner (3 revs before and after change of foot)  Min. 8 revs	<b>Max 1</b> Spin Combination  At least 1 change of position  Optional change of foot (3 revs. before and after change of foot)  Min. 10 revs.	<b>Max 1</b> <u>Different from the death spiral of the short program</u>  When death spiral position is attained, both partners must execute 1 rev with man in full pivot position.  Lady must skate on a clean edge with her body and head close to the ice surface.  <u>Variations of arm holds and pivot positions possible.</u>	<b>Max 1</b> <u>Choreographed Spiral Sequence</u>  <u>Sequence consists primarily of spirals. Spiral is 1 blade on the ice and free leg (knee/foot) higher than hip level.</u>  <u>Min. 2 spirals by both partners for 3 seconds each -OR- 1 spiral by both partners for 6 seconds each for a fixed Base Value.</u>