

## 2010-2011 Novice – Senior Pairs Short Program

NOVICE 8 SP Elements	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	PAIR SPIN	SOLO SPIN	DEATH SPIRAL	SPIRAL SEQUENCE
<p><b>NOVICE PAIRS Group B</b></p> <p>2:50 Max</p>	<p>One lift selected from Group 1-5. One-handed, changes of hold and changes of lady's position are permitted.</p> <p><u>Carry type lifts or carry type features not permitted.</u></p> <p>Min. 2 revs. by lady. Min. 1 rev. and Max. 3 ½ revs. by man</p>	<p>Single or Double</p>	<p>Single or Double</p>	<p>Double Loop</p>	<p>No change of foot.</p> <p>Optional change of position.</p> <p>Min 5 revs. in total</p> <p>May <u>not</u> commence with a jump</p>	<p>No change of foot.</p> <p>Optional change of position.</p> <p>Both partners must achieve at least 1 basic position for 2 revs. (camel/sit/upright)</p> <p>Min. 5 revs. in total</p> <p>May commence with a jump</p>	<p>Backward Inside</p> <p>Both partners must execute 1 full rev. with man in full pivot position</p> <p>Lady must skate on a clean edge with her body and head close to the ice surface</p>	<p><u>Choreographed Spiral Sequence</u></p> <p><u>Sequence consists primarily of spirals. Spiral is 1 blade on the ice and free leg (knee /foot) higher than hip level.</u></p> <p><u>Min. 2 spirals by both partners for 3 seconds each</u></p> <p><u>- OR -</u></p> <p><u>1 spiral by both partners for 6 seconds each for a fixed Base Value.</u></p>
JUNIOR/SENIOR 7 SP Elements	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SOLO SPIN		DEATH SPIRAL	STEP SEQUENCE
<p><b>JUNIOR PAIRS Group B</b></p> <p>2:50 Max</p>	<p>Toe Lasso lift take-off (Group 5)</p> <p>Min. 2 revs. by lady. Min. 1 rev. and Max. 3 ½ revs. by man.</p>	<p>Double</p> <p>Take-off either Flip or Lutz only</p>	<p>Double or Triple Toe Loop Throw Jump</p>	<p>Double Loop or Double Axel</p>	<p><u>Solo Combination Spin with only 1 change of foot and at least 1 change of position</u></p> <p><u>Both partners must achieve at least 2 basic positions for 2 revs. (camel/sit/upright)</u></p> <p><u>Min 5 revs. each foot</u></p> <p><u>Change of foot may be in form of step over or jump. Change of foot and change of position may be made at same time or separately.</u></p> <p><u>May commence with a jump</u></p>		<p>Backward Inside</p> <p>When final death spiral position is attained, both partners must execute 1 full rev. with man in full pivot position</p> <p>Lady must skate on a clean edge with her body and head close to the ice surface.</p>	<p><u>Step Sequence</u> <u>(Straight Line, Circular or Serpentine)</u></p> <p><u>Fully utilize ice surface.</u></p> <p><u>Partners should share workload, skate close together and to the character of the music.</u></p> <p><u>Changes of place and holds, short stops and small jump-like movements permitted.</u></p>
<p><b>SENIOR PAIRS Group B</b></p> <p>2:50 Max</p>	<p>Any Lasso lift take-off (Group 5)</p> <p>Min. 2 revs. by lady. Min. 1 rev. and Max. 3 ½ revs. by man.</p>	<p>Double or Triple</p> <p>Take-off either Flip or Lutz only</p>	<p>Double or Triple</p>	<p>Double or Triple</p>	<p><u>Solo Combination Spin with only 1 change of foot and at least 1 change of position.</u></p> <p><u>Both partners must achieve at least 2 basic positions for 2 revs. (camel/sit/upright)</u></p> <p><u>Min 5 revs. each foot</u></p> <p><u>Change of foot may be in form of step over or jump. Change of foot and change of position may be made at same time or separately.</u></p> <p><u>May commence with a jump</u></p>		<p>Backward Inside</p> <p>When final death spiral position is attained, both partners must execute 1 full rev. with man in full pivot position</p> <p>Lady must skate on a clean edge with her body and head close to the ice surface.</p>	<p><u>Step Sequence</u> <u>(Straight Line, Circular or Serpentine)</u></p> <p><u>Fully utilize ice surface.</u></p> <p><u>Partners should share workload, skate close together and to the character of the music.</u></p> <p><u>Changes of place and holds, short stops and small jump-like movements permitted.</u></p>