



# **TECHNICAL NOTIFICATION 29**

**DATE: July 3, 2008**

**It is the policy of U.S. Figure Skating to adopt the changes from the ISU on the Junior and Senior events.**

**From ISU Communication 1504: The Junior and Senior Pairs well-balanced free skate programs with the 2008 ISU Congress changes incorporated.**

## **JUNIOR PAIRS WELL-BALANCED FREE SKATE 2008-2009 COMPETITION SEASON**

**JUNIOR PAIRS:** 1 free program to music of 4.0 minutes (+ or – 10 seconds)

- (a) maximum of 2 lifts, one of which must be from Group 3 or 4;
- (b) maximum of 1 twist lift;
- (c) maximum of 2 different throw jumps;
- (d) maximum of 1 solo jump;
- (e) maximum of 1 jump combination or sequence;
- (f) maximum of 1 solo spin or solo spin combination;
- (g) maximum of 1 pair spin or pair spin combination;
- (h) maximum of 1 death spiral;
- (i) maximum of 1 step sequence

## **SENIOR PAIRS WELL-BALANCED FREE SKATE 2008-2009 COMPETITION SEASON**

**SENIOR PAIRS:** 1 free program to music of 4.5 minutes (+ or – 10 seconds).

- (a) maximum of 4 lifts:
  - 3 lifts, one of which must be from Group 3 or 4, and one twist lift **OR**
  - 2 lifts, one of which must be from Group 3 or 4, and two different twist lifts;
- (b) maximum of 2 different throw jumps;
- (c) maximum of 1 solo jump;
- (d) maximum of 1 jump combination or sequence;
- (e) maximum of 1 solo spin combination;
- (f) maximum of 1 pair spin combination;
- (g) maximum of 1 death spiral;
- (h) maximum of 1 step sequence