



## 2009-2010 Novice – Senior Pairs Short Program

2009-2010	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	PAIR SPIN	SOLO SPIN	DEATH SPIRAL	STEP SEQUENCE
<p><b>NOVICE PAIRS Group A</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>Lift may not include a carry</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 Flip</p>	<p>No change of foot. Optional change of position.</p> <p>Min 5 revs</p> <p>May <u>not</u> commence with a jump</p>	<p>No change of foot. Optional change of position. Both partners must achieve at least 1 basic position for 2 revs. (camel/sit/upright)</p> <p>Min 5 revs</p> <p>May commence with a jump</p>	<p>Backward Outside</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>Step Sequence (straight line, circular or serpentine)</p> <p>Executed to the character of the music, with partners close together, showing changes of hold and a variety of turns and steps evenly distributed throughout. May include small, jump like movements of not more than ½ rev. and short stops in accordance to music are permitted. Must fully utilize ice surface.</p>
<p><b>JUNIOR PAIRS Group A</b></p> <p>2:50 Max</p>	<p>Hand-to-hand loop lift take-off (Group 4)</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 Salchow</p>	<p>Double Flip or Double Axel</p>	<p>Combination Spin with only 1 change of foot and at least 1 change of position.</p> <p>Both partners must achieve at least 2 basic positions for 2 revs. (camel/sit/upright)</p> <p>Min 8 revs</p> <p>May <u>not</u> commence with a jump</p>	<p>Combination Spin with only 1 change of foot and at least 1 change of position</p> <p>Both partners must achieve at least 2 basic positions for 2 revs. (camel/sit/upright)</p> <p>Min 5 revs each foot</p> <p>May commence with a jump</p>	<p>Backward Outside</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's head should not be higher than her skating knee. Bodyline between knee of skating leg and head should be flat or shallow arch</p>	<p>Step Sequence (straight line, circular or serpentine)</p> <p>Executed to the character of the music, with partners close together, showing changes of hold and a variety of turns and steps evenly distributed throughout. May include small, jump like movements of not more than ½ revs. and short stops in accordance to music are permitted. Must fully utilize ice surface.</p>
<p><b>SENIOR PAIRS Group A</b></p> <p>2:50 Max</p>	<p>Any hand-to-hand lift take-off (Group 4)</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>Combination Spin with only 1 change of foot and at least 1 change of position.</p> <p>Both partners must achieve at least 2 basic positions for 2 revs. (camel/sit/upright)</p> <p>Min 8 revs</p> <p>May <u>not</u> commence with a jump</p>	<p>Combination Spin with only 1 change of foot and at least 1 change of position.</p> <p>Both partners must achieve at least 2 basic positions for 2 revs. (camel/sit/upright)</p> <p>Min 5 revs each foot</p> <p>May commence with a jump</p>	<p>Backward Outside</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's head should not be higher than her skating knee. Bodyline between knee of skating leg and head should be flat or shallow arch</p>	<p>Step Sequence (straight line, circular or serpentine)</p> <p>Executed to the character of the music, with partners close together, showing changes of hold and a variety of turns and steps evenly distributed throughout. May include small, jump like movements of not more than ½ revs. and short stops in accordance to music are permitted. Must fully utilize ice surface.</p>