

ADULT PAIRS

2010-2011	LIFTS	THROW JUMP	SOLO JUMP	JUMP COMBINATION OR SEQUENCE	PAIR SPIN OR PAIR COMBINATION SPIN	SOLO SPIN OR SOLO COMBINATION SPIN	PIVOT FIGURE or DEATH SPIRAL	STEP SEQUENCE OR SPIRAL SEQUENCE
<p style="text-align: center;">CHAMP. PAIRS & ADULT MASTERS PAIRS & ADULT GOLD PAIRS</p> <p style="text-align: center;">3:40 max</p> <p style="text-align: center;">** IJS at Adult Nationals only</p>	<p style="text-align: center;">Max 3 different*</p> <p>*If from the same group, each must have different take-off (for example, one star and one platter, both from Group 3).</p> <p style="text-align: center;">One may be twist lift.</p> <p>Variations of position, no-handed, one-handed and combination lifts are permitted.</p> <p>Carry type lifts or carry features <u>not permitted</u>.</p> <p>Min. 1 rev by lady required. Min. ½ rev and max. 3 ½ revs by man required.</p>	<p style="text-align: center;">Max 2 different</p> <p>Must have different IJS codes.</p> <p>No limit on number of revolutions in throw jump.</p>	<p style="text-align: center;">Max 1</p> <p>Single, double or triple jumps permitted.</p>	<p style="text-align: center;">Max 1 Comb. or Seq.</p> <p>Single, double or triple jumps permitted.</p> <p>Max two jumps in jump combination.</p> <p>No limit to number of jumps in jump sequence.</p>	<p style="text-align: center;">Max 1*</p> <p>Pair spin:</p> <ul style="list-style-type: none"> • Min. 4 revs. • Optional change of position. • Min 2 revs in each position. <p>Pair combination spin:</p> <ul style="list-style-type: none"> • Min. 6 revs total. • Min. 1 change of position by each partner. • Min. 1 change of foot by each partner. • Min 2 revs in each position. 	<p style="text-align: center;">Max 1</p> <p>Spin: Min. 4 revs;</p> <p>Combo spin with change of foot: Min. 6 revs total.</p> <p>Min 2 revs in each position.</p>	<p style="text-align: center;">Max 1*</p> <p>Regular 1-hand to 1-hand hold required.</p> <p>At least ½ revolution with man in full pivot position.</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 must skate on a clean edge with her body and head close to the ice surface.</p> <p>The level of a death spiral without ½ rev in the described man's and lady's position simultaneously cannot be higher than level 1.</p>	<p style="text-align: center;">Max 1*</p> <p>Step Sequence -Circular, straight or serpentine using the full ice surface.</p> <p style="text-align: center;">Or</p> <p style="text-align: center;"><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 style="text-align: center;"><u>Min. 2 spirals by both partners for 3 seconds each</u></p> <p style="text-align: center;"><u>- OR -</u></p> <p><u>1 spiral by both partners for 6 seconds each for a fixed Base Value.</u></p>
	<p>*Additional Element</p> <p>May choose to perform 1 additional element from:</p> <ul style="list-style-type: none"> • Pair Spin if not already performed • Pair Combination Spin if not already performed • Pivot/Death Spiral (max 2 per program, different IJS codes) • Step sequence if not already performed • Choreographed Spiral sequence if not already performed. <p>Additional elements must have an IJS code that is different from that of any other program element.</p>							

Penalties:

• 0.1 each mark for each illegal element	• 0.1 in 1 st mark for insufficient revs.	• 0.2 in 1 st mark should be deducted for each element exceeding the max.
6.0 System • 0.1 each mark for time violation	• 0.1 in 1 st mark for step seq. not fully utilizing ½ the ice	• 0.2 in 1 st mark should be deducted if an element indicated by an * is omitted

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<p style="text-align: center;">ADULT SILVER PAIRS</p> <p style="text-align: center;">2:40 max</p> <p style="text-align: center;">** 6.0 at Adult Nationals & Adult Sectionals</p>	<p style="text-align: center;">Max 2 different</p> <p>One must be from Group 1.</p> <p>Other lift may be from Group 1 with a different take off or from Group 2 or may be a single twist lift.</p> <p>Full extension is optional for Group 2 Waist Loop Lift.</p> <p>Min. 1 rev by lady required. Min. ½ rev and max. 3 ½ revs by man required.</p> <p>Overhead lifts, carry type lifts or carry features <u>not permitted</u>.</p> <p>Variation of position, no-handed, one-handed and combination lifts not permitted.</p>	<p style="text-align: center;">Max 1</p> <p>Single only</p> <p>Double or triple throw jumps not permitted.</p>	<p style="text-align: center;">Max 1</p> <p>Single only</p> <p>Double or triple jumps not permitted.</p>	<p style="text-align: center;">Max 1</p> <p>Single only</p> <p>Max two jumps in jump combination.</p> <p>No limit to number of jumps in jump sequence.</p>	<p style="text-align: center;">Max 1</p> <p>Pair spin:</p> <ul style="list-style-type: none"> • Min. 3 revs. • Optional change of position. • Min 2 revs in each position. <p>Pair combination spin:</p> <ul style="list-style-type: none"> • Min. 5 revs total. • Min 2 revs in each position. 	<p style="text-align: center;">Max 1</p> <p>Min. 3 revs; min. 5 revs total if change of foot.</p> <p>Min 2 revs in each position.</p>	<p style="text-align: center;">Max 1</p> <p>Pivot position <u>not</u> required.</p> <p>Choice of hand-hold.</p>	<p style="text-align: center;">Max 1</p> <p>Circular, straight, serpentine or spiral sequence using at least 1/2 of ice surface.</p>

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<p style="text-align: center;">ADULT BRONZE PAIRS</p> <p style="text-align: center;">2:10 max</p> <p style="text-align: center;">** 6.0 at Adult Nationals & Adult Sectionals</p>	<p>Max 2 different</p> <p>One must be from Group 1.</p> <p>Other lift may be from Group 1 with a different take off or from Group 2.</p> <p>Full extension is optional for Group 2 Waist Loop Lift.</p> <p>Min. 1 rev by ady required. Min. . ½ rev and max. 3 ½ revs by man required.</p> <p>Overhead lifts, carry type lifts or carry features <u>not permitted</u>.</p> <p>Variation of position, no-handed, one-handed and combination lifts <u>not</u> permitted.</p>	<p>Max 1</p> <p>Single only</p> <p>Axel, double or triple throw jumps <u>not</u> permitted.</p>	<p>Max 1</p> <p>Single only</p> <p>Axel, double or triple jumps <u>not</u> permitted.</p> <p>Solo jump may only be repeated once, either in combination or sequence</p>	<p>Max 1</p> <p>Single only</p> <p>Axel, double or triple jumps <u>not</u> permitted.</p> <p>Max two jumps in jump combination.</p> <p>No limit to number of jumps in jump sequence.</p>	<p>Max 1</p> <p>Pair spin:</p> <ul style="list-style-type: none"> • Min. 3 revs. • Optional change of position. • Min 2 revs in each position. <p>Pair combination spin:</p> <ul style="list-style-type: none"> • Min. 5 revs total. • Min 2 revs in each position. 	<p>Max 1</p> <p>Min. 3 revs; min. 5 revs total if change of foot.</p> <p>Min 2 revs in each position.</p>	<p>Max 1</p> <p>Pivot position <u>not</u> required.</p> <p>Choice of hand-hold.</p>	<p>Max 1</p> <p>Circular, straight, serpentine or spiral sequence using at least 1/2 of ice surface.</p>

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<p>CENTENNIAL PAIRS</p> <p>3:10 max</p> <p>** 6.0 at Adult Nationals & Adult Sectionals</p>	<p>Max 2 different*</p> <p>Lifts may be from Group 1 or Group 2.</p> <p>*If from the same group, each must have different take-off (for example, one lutz lift and one axel lift, both from Group 1).</p> <p>One may be Single Twist Lift.</p> <p>Full extension is optional for Group 2 Waist Loop Lift.</p> <p>Min. 1 rev by lady required. Min. ½ rev and max. 3 ½ revs by man required.</p> <p>Group 3, 4, & 5 Lifts and carry lifts are not permitted.</p>	<p>Max 1</p> <p>Only Single Throw Jumps are permitted</p> <p><u>Single Axel</u> jumps are permitted</p>	<p>Max 1</p> <p>Only Single jumps are permitted</p> <p><u>Single Axel</u> jumps are permitted</p>	<p>Max 1 Comb. or Seq.</p> <p>Only Single jumps are permitted</p> <p>Max two jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p><u>Single Axel</u> Jumps are permitted</p>	<p>Max 1</p> <p>Pair spin:</p> <ul style="list-style-type: none"> • Min. 3 revs. • Optional change of position. • Min 2 revs in each position. <p>Pair combination spin:</p> <ul style="list-style-type: none"> • Min. 5 revs total. • Min. 1 change of position by each partner. • Min. 1 change of foot by each partner. • Min 2 revs in each position. 	<p>Max 1</p> <p>Spin: Min. 3 revs;</p> <p>Combo spin with change of foot: Min. 5 revs total.</p> <p>Min 2 revs in each position</p>	<p>Max 1</p> <p>Pivot position <u>not</u> required.</p> <p>Choice of hand-hold.</p>	<p>Max 1</p> <p>Circular, straight, serpentine or spiral sequence using half the ice surface</p> <p>Additional moves in the field and spiral sequences will not be counted as a step sequence but will be counted as transitions and marked as such.</p>

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