

2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<p><b>NOVICE PAIRS SHORT PROGRAM</b></p> <p>2:50 Max</p>	<p>One lift selected from Group 4</p> <p>Min 1 rev by man (<u>no max</u>)</p> <p>One-handed variations and changes of hold or of the lady's position during the lift are permitted</p> <p>The lift may not include a carry feature or be a carry lift</p>	<p>Single or Double</p> <p>Take off must be flip or Lutz</p>	<p>Single, Double or Triple <u>Salchow</u></p>	<p><u>Double Flip or Double Axel</u></p>	<p><u>Solo Spin or Solo Spin Combination</u></p> <p><u>Optional change of foot</u> and optional change of position</p> <p>Min. 5 revs. total</p> <p>May be commenced with a jump</p>	<p><u>Backward Outside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Leveled Step Sequence</b></p> <p>Must fully utilize the ice surface</p>
<p><b>JUNIOR PAIRS SHORT PROGRAM</b></p> <p>2:40 +/- 10 sec</p>	<p>Any <u>hand to hand lift take off (Group 4)</u></p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>Double or Triple</p> <p>Take off must be flip or Lutz</p>	<p>Double or Triple <u>Salchow</u></p>	<p><u>Double Flip or Double Axel</u></p>	<p><u>Solo Spin Combination</u></p> <p>Only one change of foot (made at the same time by both partners)</p> <p><u>Min. 5 revs. on each foot, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</u></p> <p>May be commenced with a jump</p>	<p><u>Backward Outside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Leveled Step Sequence</b></p> <p>Must fully utilize the ice surface</p>
<p><b>SENIOR PAIRS SHORT PROGRAM</b></p> <p>2:40 +/- 10 sec</p>	<p>Any <u>hand to hand lift take off (Group 4)</u></p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>Double or Triple</p> <p>Take off must be flip or Lutz</p>	<p>Double or Triple (any take off)</p>	<p>Double or Triple (any take off)</p>	<p><u>Solo Spin Combination</u></p> <p>Only one change of foot (made at the same time by both partners)</p> <p><u>Min. 5 revs. on each foot, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</u></p> <p>May be commenced with a jump</p>	<p><u>Backward Outside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Leveled Step Sequence</b></p> <p>Must fully utilize the ice surface</p>