

2022-23 Pairs Short Program Requirements – This chart reflects the rules currently in place for the 2022-23 season, which begins July 1, 2022. We are not anticipating any changes from the 2022 Governing Council.



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

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.