

**2023-24 Pairs Free Skate Requirements** – This chart reflects the rules currently in place for the 2023-24 season, which begins July 1, 2023.



LEVEL	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p><b>JUVENILE PAIRS</b></p> <p>2:30 +/- 10 sec</p>	<p><b>Max 1 Lift</b></p> <p>Lift may be chosen from Group 1 or Group 2</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p> <p>Min 1 rev by man (no max)</p>	N/A	<p><b>Max 1 Throw Jump</b></p> <p>Any throw single jump</p> <p>OR</p> <p>Throw double Salchow</p> <p>OR</p> <p>Throw double loop</p>	<p><b>Max 1 Solo Jump</b></p> <p>Single or double</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Max 2 jumps in jump combination</p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump (Max 2 jumps in jump sequence)</p> <p>Single or double jumps only</p>	<p><b>Max 1 Solo Spin or Solo Spin Combination</b></p> <p>Min 5 revs</p> <p>Change of foot, change of position, and flying entry are optional</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Pair Spin</b></p> <p>Min 3 revs</p> <p>No change of foot</p> <p>Optional change of position</p> <p>May not be commenced with a jump</p>	<p><b>Max 1 Pivot Figure</b></p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the man clearly in pivot position</p>	<p><b>Max 1 Choreographic Sequence</b></p> <p>Must be clearly visible</p>
<p><b>INTERMEDIATE PAIRS</b></p> <p><a href="#">3:15 +/- 10 sec</a></p>	<p><b>Max 2 Lifts</b></p> <p>Lifts can be selected from Groups 1-4 and must be from different groups. One must be from Group 1 or Group 2</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 rev by man (no max)</p>	<p><a href="#">Max 1 Twist Lift</a></p> <p><a href="#">Single only</a></p> <p><a href="#">Take off must be flip or Lutz</a></p> <p><a href="#">max level 2</a></p>	<p><b>Max 1 Throw Jump</b></p> <p>Single or double</p>	<p><b>Max 1 Solo Jump</b></p> <p>Single or double</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Max 2 jumps in jump combination</p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump (Max 2 jumps in jump sequence)</p> <p>Single or double jumps only</p>	<p><b>Max 1 Solo Spin or Solo Spin Combination</b></p> <p>Min 5 revs</p> <p>Change of foot, change of position, and flying entry are optional</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Pair Spin</b></p> <p>Min 5 revs</p> <p>No change of foot</p> <p>Optional change of position</p> <p>May not be commenced with a jump</p>	<p><b>Max 1 Death Spiral or Pivot Figure</b></p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the knees of the man clearly in pivot position</p>	<p><b>Max 1 Choreographic Sequence</b></p> <p>Must be clearly visible</p>

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<p><b>NOVICE PAIRS</b></p> <p>3:30 +/- 10 sec</p>	<p><b>Max 2 Overhead Lifts</b></p> <p>Lifts must be from different groups, and 1 must be from Group 3 or Group 4</p> <p>Variations of lady's position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted</p> <p>Carry lifts and carry features are NOT permitted</p> <p>Min 1 rev by man (no max)</p>	<p><b>Max 1 Twist Lift</b></p> <p>Single or double</p> <p>Take off must be flip or Lutz</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Single, double or triple</p> <p>Must be different</p>	<p><b>Max 1 Solo Jump</b></p> <p>Single, double or triple</p> <p>If double Axel or triple, must be different from jumps executed in the jump sequence / combination</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p><a href="#">Jump combination may consist of 2 or 3 jumps</a></p> <p><a href="#">A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump.</a></p> <p>Both may include jumps with same name</p> <p>Single, double or triple jumps permitted</p>	N/A	<p><b>Max 1 Pair Spin Combination</b></p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With a least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>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.</p>	<p><b>Max 1 Death Spiral</b></p> <p>Regular 1-hand-to-1-hand hold required</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's head must reach the level of her skating knee</p>	<p><b>Max 1 Choreographic Sequence</b></p> <p>Must be clearly visible</p>
<p><b>JUNIOR PAIRS</b></p> <p>3:30 +/- 10 sec</p>	<p><b>Max 2 Overhead Lifts</b></p> <p>Not all from the same group</p> <p>Full extension of the lifting arms required</p> <p>Both lifts may include a carry, <a href="#">but will not count for level</a></p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts</p> <p>Min 1 rev by man (no max)</p>	<p><b>Max 1 Twist Lift</b></p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, flip, Lutz or Axel</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Must be different</p> <p>No limit to the number of revs</p>	<p><b>Max 1 Solo Jump</b></p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump.</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	N/A	<p><b>Max 1 Pair Spin Combination</b></p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With a least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>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.</p>	<p><b>Max 1 Death Spiral</b></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's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p><b>Max 1 Choreographic Sequence</b></p> <p>Must be clearly visible</p>

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<p><b>SENIOR PAIRS</b></p> <p>4:00 +/- 10 sec</p>	<p><b>Max 3 Overhead Lifts</b></p> <p>All lifts must have different abbreviations</p> <p>Full extension of the lifting arms required</p> <p>If 2 Group 5 lifts are executed, each must have a different take off (toe, step, reverse, backward or Axel)</p> <p>All lifts may include a carry feature, but only first attempt counts for level</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts</p> <p>Min 1 rev by man (no max)</p>	<p><b>Max 1 Twist Lift</b></p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, flip, Lutz or Axel</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Must be different</p> <p>No limit to the number of revs</p>	<p><b>Max 1 Solo Jump</b></p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump.</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	N/A	<p><b>Max 1 Pair Spin Combination</b></p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With at least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>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.</p>	<p><b>Max 1 Death Spiral</b></p> <p>Must be different from the death spiral in the short program</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's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p><b>Max 1 Choreographic Sequence</b></p> <p>Must be clearly visible</p>