

LEVEL	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<b>JUVENILE PAIRS</b>  2:30 +/- 10 sec	<b>Max 1 Lift</b>  Lift may be chosen from Group 1 or Group 2  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  Min 1 rev by man (no max)	N/A	<b>Max 1 Throw Jump</b>  Any throw single jump  OR  Throw double Salchow  OR  Throw double loop	<b>Max 1 Solo Jump</b>  Single or double	<b>Max 1 Jump Sequence or Jump Combination</b>  Max 2 jumps in jump combination  Jump sequence is any listed jump immediately followed by an Axel-type jump (Max 2 jumps in jump sequence)  Single or double jumps only	<b>Max 1 Solo Spin or Solo Spin Combination</b>  Min 5 revs  Change of foot, change of position, and flying entry are optional  If combination, must have all 3 basic positions to receive full value.	<b>Max 1 Pair Spin</b>  Min 3 revs  No change of foot  Optional change of position  May not be commenced with a jump	<b>Max 1 Pivot Figure</b>  Regular 1-hand-to-1-hand hold required  Pivot figure not eligible for features  When the position is attained, both partners must execute min ½ rev with the man clearly in pivot position	<b>Max 1 Choreographic Sequence</b>  Must be clearly visible
<b>BONUSES*</b>	<b><u>1.0 for each solo Double Axel</u></b>  <u>To be eligible for the bonus, jumps must be fully rotated, landed on the quarter (q) or under-rotated (&lt;).</u>								

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<b>INTERMEDIATE PAIRS</b>  3:15 +/- 10 sec	<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><b>Max 1 Twist Lift</b></p> <p>Single only</p> <p>Take off must be flip or Lutz</p> <p>max level 2</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>
<b>BONUSES*</b>	<p><b><u>1.0 for each solo Double Axel</u></b></p> <p><u>To be eligible for the bonus, jumps must be fully rotated, landed on the quarter (q) or under-rotated (&lt;).</u></p>								

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<b>NOVICE PAIRS</b>  3:30 +/- 10 sec	<b>Max 2 Overhead Lifts</b>  Lifts must be from different groups, and 1 must be from Group 3 or Group 4  Variations of lady's position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted  Min 1 rev by man (no max)	<b>Max 1 Twist Lift</b>  Single or double  Take off must be flip or Lutz	<b>Max 2 Throw Jumps</b>  Single, double or triple  Must be different	<b>Max 1 Solo Jump</b>  Single, double or triple  If double Axel or triple, must be different from jumps executed in the jump sequence / combination	<b>Max 1 Jump Sequence or Jump Combination</b>  Jump combination may consist of 2 or 3 jumps  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.  Both may include jumps with same name  Single, double or triple jumps permitted	N/A	<b>Max 1 Pair Spin Combination</b>  Must be combination  Min 8 revs  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)  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.	<b>Max 1 Death Spiral</b>  Regular 1-hand-to-1-hand hold required  When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position  Lady's head must reach the level of her skating knee	<b>Max 1 Choreographic Sequence</b>  Must be clearly visible
<b>BONUSES*</b>	<u><b>1.0 for each solo Double Axel</b></u> <u><b>2.0 for each solo Triple Jump</b></u> <u><b>1.0 for each throw Double Axel or Throw Triple</b></u>  <u>To be eligible for the bonus, jumps and throws must be fully rotated, landed on the quarter (q) or under-rotated (&lt;).</u> <u>Triple jumps with wrong edge ( e ) or edge attention ( ! ) are still eligible for the bonus.</u>								

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<b>JUNIOR PAIRS</b>  3:30 +/- 10 sec	<b>Max 2 Overhead Lifts</b>  Not all from the same group  Full extension of the lifting arms required  Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts  Min 1 rev by man (no max)	<b>Max 1 Twist Lift</b>  No limit to the number of revs  Take off may be toe loop, flip, Lutz or Axel	<b>Max 2 Throw Jumps</b>  Must be different  No limit to the number of revs	<b>Max 1 Solo Jump</b>  No limit to the number of revs  If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination	<b>Max 1 Jump Sequence or Jump Combination</b>  Jump combination may consist of 2 or 3 jumps  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.  Both may include jumps with same name  No limit to the number of revs	N/A	<b>Max 1 Pair Spin Combination</b>  Must be combination  Min 8 revs  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)  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.	<b>Max 1 Death Spiral</b>  When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position  Lady's head must reach the level of her skating knee  Variations of arm holds and pivot positions are allowed	<b>Max 1 Choreographic Sequence</b>  Must be clearly visible
<b>BONUSES*</b>	<u><b>1.0 for one Triple Twist</b></u> <u><b>1.0 for one solo Triple Jump (first one achieved. May be part of jump combination/sequence)</b></u> <u><b>1.0 for one Throw Triple (first one achieved)</b></u>  <u>To be eligible for the bonus, triple twist must be fully rotated.</u> <u>To be eligible for the bonus, jumps and throws must be fully rotated, landed on the quarter (q) or under-rotated (&lt;).</u> <u>Triple jumps with wrong edge ( e ) or edge attention ( ! ) are still eligible for the bonus.</u>								

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<b>SENIOR PAIRS</b> 4:00 +/- 10 sec	<b>Max 3 Overhead Lifts</b>  must not all be from the same group  All lifts must have different abbreviations  Full extension of the lifting arms required  If 2 Group 5 lifts are executed, each must have a different take off (toe, step, reverse, backward or Axel)  Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts  Min 1 rev by man (no max)	<b>Max 1 Twist Lift</b>  No limit to the number of revs  Take off may be toe loop, flip, Lutz or Axel	<b>Max 2 Throw Jumps</b>  Must be different  No limit to the number of revs	<b>Max 1 Solo Jump</b>  No limit to the number of revs  If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination	<b>Max 1 Jump Sequence or Jump Combination</b>  Jump combination may consist of 2 or 3 jumps  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.  Both may include jumps with same name  No limit to the number of revs	N/A	<b>Max 1 Pair Spin Combination</b>  Must be combination  Min 8 revs  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)  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.	<b>Max 1 Death Spiral</b>  Must be different from the death spiral in the short program  When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position  Lady's head must reach the level of her skating knee  Variations of arm holds and pivot positions are allowed	<b>Max 1 Choreographic Sequence</b>  Must be clearly visible

*\* Bonuses – For more information, see Calling Clarifications for Junior and Below Pair Skating*