



LEVEL	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
NOVICE PAIRS SHORT PROGRAM 2:50 Max	<u>Any Lasso lift take-off (Group Five)</u> ; Any hand to hand (Group 4) hand to hip (Group 3) lift take off 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	Single or Double Take off must be flip or Lutz	Double or Triple (any take off)	Double (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	Any Death Spiral 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
BONUSES*	<u>1.0 for one solo Double Axel</u> To be eligible for the bonus, jumps must be fully rotated, landed on the quarter (q) or under-rotated (<).						
JUNIOR PAIRS SHORT PROGRAM 2:40 +/- 10 sec	<u>Any Lasso lift take-off (Group Five)</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	<u>Double or Triple Toe Loop or Flip/Lutz throw jump</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>Death spiral 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
BONUSES*	<u>1.0 for one Triple Twist</u> <u>1.0 for one throw triple Toe Loop, or Flip/Lutz</u> To be eligible for the bonus, triple twist must be fully rotated. To be eligible for the bonus, throw must be fully rotated, landed on the quarter (q) or under-rotated (<).						

This chart outlines the required elements in each program. Definitions of elements and the element categories used in this chart are included in the current version of the U.S. Figure Skating Rulebook.

2025-26 Pairs Short Program Requirements – This chart reflects the rules currently in place for the 2025-26 season, which begins June 2, 2025.



LEVEL	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
SENIOR PAIRS SHORT PROGRAM 2:40 +/- 10 sec	Any Lasso lift take-off (Group Five) 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	Death spiral backward inside 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

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