

D**PAIR SKATING****1 Definition**

1.1 The discipline of Pair skating consists of:

- 1.1.1 a Short Program; and
- 1.1.2 a Free Skating Program.

1.2 The composition of a Pair shall be one lady and one man.

2 Sections

The sections in the Pair Skating discipline are:

- 2.1 Senior;
- 2.2 Junior;
- 2.3 Novice; and
- 2.4 Pre-Novice.

3 Age Entry Requirements

The age requirements for the sections in Pair Skating are as follows:

- 3.1 Senior: Both the lady and the man comprising the Pair must have reached the age of 14 before the 1st of July preceding the competition.
- 3.2 Junior: Both the lady and the man comprising the Pair must have reached the age of 13 but not the age of 19 for the lady and 21 for the man before the 1st of July preceding the competition.
- 3.3 Novice: Both the lady and the man comprising the Pair must have reached the age of ten (10) but not the age of fifteen (15) before the 1st of July preceding the competition.
- 3.4 Pre-Novice: Both the lady and the man comprising the Pair must have reached the age of ten (10) but not the age of fifteen (15) before the 1st of July preceding the competition.

4 Test Entry Requirements

To be eligible to compete in the Pair Skating sections concerned, the lady and the man of the Pair must have passed the following tests:

- 4.1 Senior:
 - 4.1.1 for the National Championships both the lady and the man of the Pair must have passed the Pair Gold Star Test; and

- 4.1.2 for an Interprovincial Championship both the lady and the man of the Pair must have passed the Skating Skills Level 5 Test.
- 4.2 Junior:
- 4.2.1 for the National Championships both the lady and the man of the Pair must have passed the Pairs Intergold Star Test; and
- 4.2.2 for an Interprovincial Championship both the lady and the man of the Pair must have passed the Skating Skills Level 4 Test.
- 4.3 Novice:
- 4.3.1 for the National Championships both the lady and the man of the Pair must have passed the Pairs Silver Star Test; and
- 4.3.2 for an Interprovincial Championship both the lady and the man of the Pair must have passed the Skating Skills Level 3 Test.
- 4.4 Pre-Novice:
- 4.4.1 for the National Championships both the lady and the man of the Pair must have passed the Pairs Bronze Star Test; and
- 4.4.2 for an Interprovincial Championship both the lady and the man of the Pair must have passed the Skating Skills Level 3 Test.

5. Duration of Skating

- 5.1 The skating time of the program must be reckoned from the moment one of the skaters of the Pair begins to move or skate until both of the skaters of the Pair arrive at a complete stop at the end of the program.
- 5.2 The skating time of the program must not exceed the time limit (mm:ss) for the different programs and sections set forth below:

SECTION	Short Prgm	Free Skating Prgm
Senior	02:50	04:30
Junior	02:50	04:00
Novice	---	03:30
Pre-Novice	---	03:00

- 5.3 In the Short Program, the skating times indicated are the maximum times but the skating time may be less than the

maximum times indicated provided that all the required elements in the Short Program are included. If one or both of the skaters of the Pair fail to finish the Short Program within the maximum time limit, the timekeeper(s) shall advise the Referee who shall indicate same by the blowing of a whistle. The timekeeper(s) shall inform the Referee who shall, in turn, inform the Judges of the number of seconds in excess.

- 5.4 In the Free Skating Program, the skating time must be completed within ten (10) seconds (either more or less) of the indicated skating time. The timekeeper(s) shall advise the Referee of the expiration of the required time plus ten (10) seconds and the Referee shall indicate same by the blowing of a whistle. If the program is completed before or after the required time minus or plus ten (10) seconds, respectively, the timekeeper(s) shall inform the Referee of the number of seconds lacking or in excess. If the duration of the program is thirty (30) seconds or more under the required time limit no marks will be awarded.
- 5.5 If one or both of the skaters in the Pair fail to finish within the allowed range of time (in the Free Skating Program) or exceeds the maximum skating time in the Short Program, there must be a 1.0 point deduction for every five (5) seconds lacking or in excess.
- 5.6 In both the Short and Free Skating Programs, no element commenced after the maximum time limit (in the Free Skating Program, the time plus ten (10) seconds) shall be considered in the marking and shall be considered as omitted.

6. General Definitions and Requirements for the Short and Free Skating Programs

- 6.1 Pair Skating is defined as the skating of two persons in unison who perform their movements in harmony with each other so as to give the impression of genuine Pair Skating as compared to Single Skating. The selection of an appropriate partner is important.
- 6.2 All elements should be linked together by connecting steps of a difficult nature and by other comparable Free Skating movements, together with a variety of positions and holds whilst fully utilising the entire ice surface.
 - 6.2.1 Both partners need not always perform the same movements and they may separate from time to time, but they must give an impression of unison and harmony of composition of program and of the

execution of the skating. Movements performed entirely on two feet must be kept to a minimum.

6.2.2 For the purpose of these regulations a lift means a complete lift with full extension of the lifting arm(s) if required for the type of lift concerned. Small lifts, which may be ascending, descending or rotational in nature, in which the man does not raise his hands higher than shoulder level, as well as movements which may include the holding of the lady by the legs is also permitted.

6.2.3 Spinning movements, in which the man swings the lady around in the air while holding her hand or foot, are illegal. Also illegal are the jumps of one of the partners towards the other partner, rotational movements with the grip of one of the partners on the leg, arm and neck of the other partner. Nevertheless, the so called Death Spiral, in which the lady circles around the man, is permitted. One skate of the lady must remain on the ice throughout the Death Spiral. Twist-like or rotational movements during which the lady is turned over one or more times with her skating foot leaving the ice are not permitted. Multiple execution throughout a program of movements, where neither skate is on the ice must be penalised.

6.2.4 Harmonious steps and connecting movements, in time to the music, should be maintained throughout the program.

6.3 Pair Skating Pair lifts

6.3.1 Pair lifts are classified as follows:

- a) Group One - Armpit Hold position
- b) Group Two - Waist Hold position
- c) Group Three - Hand-to-Hip or upper part of the leg (above the knee) position
- d) Group Four - Hand-to-Hand position (Press Lift type)
- e) Group Five - Hand-to-Hand position (Lasso Lift type)

6.3.2 The above listed lifts are listed in their order of their difficulty, from the easiest to the most difficult. However, Group Three and Four lifts are to be considered as being of the same difficulty. The Axel Lasso (side-by-side Lasso) and the Reverse Lasso

lifts are considered to be the most difficult Group Five lifts.

- 6.3.3 The Lift's Group is determined by the Hold at the moment that the Lady passes the Man's shoulder. In Groups 3, 4 and 5, the full extension of the lifting arm(s) is mandatory.
- 6.3.4 All classified Pair Skating lifts require a minimum of two (2) revolutions by the lady, and a minimum of one (1) and a maximum of three and a half (3½) revolutions by the man.
- 6.3.5 Partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand-to-upper-part-of-the-leg (above the knee) grips
- 6.3.6 Changing hold during the execution of the lifts is permitted and entails changing from one of the grips listed in Section D, part D.6.3.1 to another or from one hand to the other in a one-hand hold. Once changing hold, the man must maintain the new hold for at least one (1) revolution to be considered a change of hold. One-hand Pair lift holds and/or one-hand Pair lift landings shall count towards Level features only in cases when the man uses one hand and the lady uses either one or no hands.
- 6.3.7 The Lady's' positions in the Pair lift are classified as follows:
- a) Upright (Lady's upper body held vertical to the ice surface);
 - b) Star (Lady's upper body sideways to the ice surface with the lower side of the upper body held parallel to the ice surface); and
 - c) Platter (Lady's upper body flat, facing up or down with upper body parallel to the ice surface).
- 6.3.8 A change of Lady's position means going from one of the positions listed in Section D, part 6.3.7, to another with one (1) full revolution in each position.
- 6.3.9 If a change of hold and a change of position are executed at the same time, only one Level feature will be awarded.
- 6.3.10 The conclusion of the Pair lift commences when the man begins to bend the arm(s) after their full extension and the lady consequently commences to

descend. Level features (except those relating to take-offs or landings) are counted from the moment the Man's arms are fully extended until the conclusion of the Pair lift. The three and a half (3½) permitted revolutions of the Man are counted from the moment the Lady leaves the ice until the conclusion of the Pair lift.

6.4 Twist lifts

The lady must be caught in the air at the waist by the man prior to landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. The man also exits from the lift on one foot. When the twist lift is executed, a split position by the lady, prior to rotating, is not mandatory.

6.5 Throw jumps

Throw jumps are partner assisted jumps in which the lady is thrown into the air by the man on the take-off and lands without assistance from her partner on a backward outside edge.

6.6 Solo Jumps, Jump Combinations and Jump Sequences

In the case of the execution of an unequal number of rotations by the man and lady in a jump performed as a Solo Jump or as a jump that forms part of a Jump Combination or Jump Sequence, the jump concerned will be called as a jump with lesser amount of revolutions.

6.7 Solo spins and solo spin combinations

Solo spins and solo spin combinations may be commenced with a jump.

If one or both partners of the Pair fall when entering a spin, a spinning movement or spin may be performed after the fall for time-filling purposes. This spin or spinning movement will not be counted as an element.

6.8 Death Spiral

During the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of one (1) revolution with the knees of the man clearly bent and in full pivot position. To qualify for a possibly higher Level, the Man should stay in a low pivot position (this is when the lower part of his buttocks is not higher than the upper part of the knee of the pivot foot). The lady must simultaneously skate on a clean edge with her body and head close to the ice surface; however she must not touch the ice with her head or assist herself with the free hand or any other part of the body. The lady's body weight is supported by the

force of the spiralling edge and the hold of the man. The man must be in a centred position with fully extended arm.

Any kind of position is counted as a feature if the pair's hold lasts for at least one (1) revolution.

6.8.1 Death Spiral backward outside

Both partners are skating on a backward outside edge. The man performs a pivot and holds the hand of the lady with the same arm as his skating foot fully extended. The lady is leaning backward to the ice and her arm is also fully extended as she circles around the man in this position. Any variation of the man's position, skating direction or edge is allowed as long as the man maintains the pivot position and the lady circles around the man on an outside edge.

6.8.2 Death Spiral forward inside

The man is skating on a backward outside edge, and the lady is skating on a forward inside edge. The man performs a pivot and holds the hand of the lady with the same arm as his skating foot and fully extended. The lady is leaning sideways to the ice and her arm is also fully extended as she circles around the man in this position. Any variation of the man's position, skating direction or edge is allowed as long as the man maintains the pivot position and the lady circles around the man on an inside edge.

6.8.3 Death Spiral backward inside

The same as for the backward outside death spiral, but the lady circles around the man on a firm backward inside edge leaning to the ice.

6.8.4 Death Spiral forward outside

The same as for the forward inside death spiral except that the lady circles around the man on a firm forward outside edge.

6.9 Pivot Figure

The Pivot Figure is similar to the Death Spiral except that the lady does not attain the deep lean into the circle whilst circling the man. During the final position while the lady is performing the actual Spiral, both the man and the lady must execute a minimum of one (1) revolution with the knees of the man clearly bent and in full pivot position. The lady must simultaneously skate on a clean edge (inside or outside) either forwards or backwards; however she must not touch the ice or assist herself with the free hand or any other part of

the body. The man must be in a centred position with fully extended arm.

If the man does not remain in the pivot position with the toe pick in the ice while the lady is executing any kind of changes of position or holds, the Pivot Figure will not be counted but will occupy a "box".

6.10 Step Sequences

Step Sequences should be executed together or close together and must fully utilize the ice surface. Credit will be given to a Pair that change places and holds or uses difficult moves together during a Step Sequence. The workload between both partners must be even if this is to be taken into account for a possibly higher Level.

6.11 Singles Skating General Definitions and Requirements of Elements

The general definitions and requirements of elements in Single Skating listed in Section C, part 6 also apply to the Pair Skating Short and Free Skating Programs.

7 Short Program – General Regulations and Requirements

7.1 The Short Program is defined as the skating of required elements with connecting steps in harmony with music of the Pairs' choice. The sequence of the required elements is optional.

7.2 The Short Program shall be skated in all Senior and Junior International competitions and in the Senior and Junior sections at the National, Interprovincial and Provincial Championships and may be included in other competitions at provincial level.

7.3 The required elements for the Senior and Junior sections shall be those specified by the ISU regulation(s) or communication(s) and these regulations **unless otherwise specified by an NTC communication(s)**.

7.4 The NTC shall announce which group of required elements and the commencement and end dates for the skating season if the announced group of required elements and/or skating season does not correspond to the ISU group of elements and/or skating season.

7.5 No extra marks are obtained by unnecessarily extending the program to the maximum time allowed. Connecting steps are allowed and must be marked.

- 7.6 Non-prescribed or additional elements such as lifts, throws, jumps, spins, death spirals, steps or repetitions, even of elements which have failed are not marked and consequently do not block a "box" (spot) of another type of element. If, however, such a non-prescribed or additional element performed substitutes a required element that was not performed, the respective "box" will be blocked and this performed element will be considered as "not according to the requirements" and with no value.

8 Short Program – Section Specific Regulations / Requirements

8.1 Senior Pairs

8.1.1 The seven (7) required elements shall be as follows:

8.1.1.1 Group B (1 July 2010 – 30 June 2011)

- a) Any Lasso lift take-off (Group Five);
- b) One (1) Twist lift (double or triple);
- c) One (1) Throw jump (double or triple);
- d) One (1) Solo jump (double or triple);
- e) Solo spin combination with only one (1) change of foot and at least one (1) change of position;
- f) Death spiral backward inside; and
- g) **Step Sequence (straight line, circular or serpentine).**

8.1.1.2 Group C (1 July 2011 – 30 June 2012)

- a) Any hip lift take-off (Group Three);
- b) One (1) Twist lift (double or triple);
- c) One (1) Throw jump (double or triple);
- d) One (1) Solo jump (double or triple);
- e) Pair spin combination with only one (1) change of foot and at least one (1) change of position;
- f) Death spiral forward inside; and
- g) **Step Sequence (straight line, circular or serpentine).**

8.1.1.3 Group A (1 July 2012 – 30 June 2013)

- a) Any hand-to-hand lift take-off (Group Four);
- b) One (1) Twist lift (double or triple);
- c) One (1) Throw jump (double or triple);
- d) One (1) Solo jump (double or triple);
- e) Solo spin combination with only one (1) change of foot and at least one (1) change of position;
- f) Death spiral backward outside; and

- g) [Step Sequence \(straight line, circular or serpentine\)](#).

8.1.2 A detailed clarification and description of each of the required elements can be found in Section D, parts 6, 7 and 9 of these regulations.

8.2 Junior Pairs

8.2.1 The seven (7) required elements shall be as follows:

8.2.1.1 Group B (1 July 2010 – 30 June 2011)

- a) Toe Lasso-lift take-off (Group Five);
- b) Twist lift (double);
- c) Double or triple Toe-Loop throw jump;
- d) Double Loop or double Axel solo jump;
- e) Solo spin combination with only one (1) change of foot and at least one (1) change of position;
- f) Death spiral backward inside; and
- g) [Step Sequence \(straight line, circular or serpentine\)](#).

8.2.1.2 Group C (1 July 2011 – 30 June 2012)

- a) Toe loop hip-lift take-off (Group Three);
- b) Twist lift (double);
- c) Double or triple Loop throw jump;
- d) Double Lutz solo jump;
- e) Pair spin combination with only one (1) change of foot and at least one (1) change of position;
- f) Death spiral forward inside; and
- g) [Step Sequence \(straight line, circular or serpentine\)](#).

8.2.1.3 Group A (1 July 2012 – 30 June 2013)

- a) Hand-to-hand Loop lift take-off (Group Four);
- b) Twist lift (double);
- c) Double or triple Salchow Throw jump;
- d) Double Flip or double Axel solo jump;
- e) Solo spin combination with only one (1) change of foot and at least one (1) change of position;
- f) Death spiral backward outside; and
- g) [Step Sequence \(straight line, circular or serpentine\)](#).

8.2.2 A detailed clarification and description of each of the required elements can be found in Section D, parts 6, 7 and 9 of these regulations.

9 Comments: Senior and Junior Short Program Required Elements

9.1 Lifts

Only the prescribed overhead lift take-off is permitted.

- a) Hand-to hand loop lift take-off:
The partners skate one behind the other, backward outside, in hand-to-hand position. The lady is lifted from the backward outside edge.
- b) Toe Lasso lift take-off:
The partners skate in Lasso position with the lady skating backward and the man forward. The lady is lifted in the air from a backward toe take-off.
- c) Toe Loop hip lift take-off:
The partners skate backward with a hip grip. The lady picks as in a Toe-Loop jump. The man turns together with the lady.

9.2 Twist lift (Senior, Junior, Novice and Pre-Novice)

The Twist lift take-off is limited to either a Lutz or a Flip take-off by the Lady.

Senior:

The lady must rotate freely in the air for between two (2) and three (3) revolutions.

Junior:

The lady must rotate freely in the air for only two (2) revolutions.

9.3 Throw jump

Senior:

Any double or triple throw jump is permitted.

Junior:

Only the prescribed double or triple throw jump is permitted.

9.4 Solo jump

Senior:

Any double or triple jump is permitted.

Junior:

Only the prescribed double jump is permitted.

9.5 Solo Spin Combination

There must be at least one (1) change of foot and two (2) different basic spin positions with a minimum of five (5) revolutions on each foot and two (2) revolutions in each position.

The change of foot may be executed in the form of a step over or a jump and the change of foot and the change of position may be made either at the same time or separately.

9.6 Pair Spin Combination

There must be only one (1) change of foot and at least two (2) different basic spin positions or their variations by both partners with a minimum of eight (8) revolutions in total.

The change of foot and positions may be made either at the same time or separately, but the change of foot must be made at the same time by both partners.

The rotation in the spin must be continuous and no stop is permitted. The Pair spin combination may not be commenced with a jump.

9.7 Death Spiral

Only the prescribed death spiral is permitted.

9.8 Step sequences

May include any unlisted jumps. Short stops in accordance with the music are permitted.

9.9 Spiral sequence

Although the Spiral Sequence is no longer an element of the Pairs Short Program, the execution of Spirals will be rewarded in the Transitions Program Component.

10 Free Skating Program – General regulations and Requirements

10.1 The Pair Skating Free Skating Program consists of a well-balanced program composed and skated to music of the pairs' choice for a specified period of time. A good program contains moves of Single Skating executed simultaneously, either symmetrically (mirror skating) or in parallel (shadow skating) and especially typical Pair Skating moves such as

pair spins, spirals, lifts, partner assisted jumps and so forth, linked harmoniously by steps and other movements.

10.2 The Free Skating Program shall be skated in all Senior and Junior International competitions and in the Senior, Junior, Novice and Pre-Novice sections at the National, Interprovincial and Provincial Championships and may be included in other competitions at provincial level.

10.3 A well-balanced Free Skating programme for the:

10.3.1 Senior, Junior and Novice sections shall conform to the ISU regulation(s) or communication(s) and these regulations **unless otherwise specified by an NTC communication(s); and**

10.3.2 Pre-Novice shall conform to these regulations **unless otherwise specified by an NTC communication(s).**

10.4 Any additional element or elements exceeding the prescribed numbers will not be counted in the result of a Pair. Only the first attempt or allowed number of attempts of an element will be taken into account.

11 Free Skating Program – Section Specific Regulations / Requirements

11.1 Senior Pairs

11.1.1 A well-balanced Senior Pair Free Skating Program must contain:

11.1.1.1 Three (3) lifts, one of which must be from group 3 or 4, with full extension of the lifting arm(s);

11.1.1.2 Two (2) Twist lifts (there can be no more than four (4) lifts and Twist lifts in total and if there are two (2) Twist lifts, these two Twist lifts must be executed with different take-offs);

11.1.1.3 Two (2) different Throw jumps;

11.1.1.4 One (1) solo jump;

11.1.1.5 One (1) jump combination or sequence;

11.1.1.6 One (1) solo spin combination;

11.1.1.7 One (1) pair spin combination;

11.1.1.8 One (1) death spiral **that is different to the death spiral performed in the Short Program; and**

11.1.1.9 One (1) Spiral Sequence.

11.1.2 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section D, parts 6, 10 and 12 of these regulations.

11.2 Junior Pairs

11.2.1 A well-balanced Junior Pair Free Skating Program must contain:

- 11.2.1.1 Two (2) lifts, one of which must be from group 3 or 4, with full extension of the lifting arm(s);
- 11.2.1.2 One (1) Twist lift;
- 11.2.1.3 Two (2) different Throw jumps;
- 11.2.1.4 One (1) solo jump;
- 11.2.1.5 One (1) jump combination or sequence;
- 11.2.1.6 One (1) solo spin or solo spin combination;
- 11.2.1.7 One (1) pair spin or pair spin combination;
- 11.2.1.8 One (1) death spiral; and
- 11.1.1.9 One (1) Spiral Sequence.

11.2.2 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section D, parts 6, 10 and 12 of these regulations.

11.3 Novice Pairs

11.3.1 A well-balanced Novice Pair Free Skating Program must contain:

- 11.3.1.1 Two (2) different lifts from Group 1 to Group 4;
- 11.3.1.2 One (1) Lutz Twist lift (single or double);
- 11.3.1.3 One (1) Throw jump (single or double);
- 11.3.1.4 One (1) Solo jump (single or double);
- 11.3.1.5 One (1) Solo spin, Solo spin combination, Pair Spin or Pair Spin combination;
- 11.3.1.6 One (1) Death Spiral or any other pivot figure;
- 11.3.1.7 One (1) Spiral Sequence with at least two (2) Spiral positions; and
- 11.3.1.8 One (1) Step sequence.

11.3.2 For all Required Elements that are subject to Levels, only features up to Level 3 will be counted. Additional features included in the Required Elements over and above those resulting in a Level 3 call by the

Technical Panel will be ignored and not counted by the Technical Panel.

- 11.3.3 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section D, parts 6, 10 and 12 of these regulations.

11.4 Pre-Novice Pairs

- 11.4.1 A well-balanced Pre-Novice Pair Free Skating Program must contain:

- 11.4.1.1 Two (2) different lifts from Group 1 to Group 2;
- 11.4.1.2 One (1) single Lutz Twist lift;
- 11.4.1.3 One (1) Solo jump (single or double);
- 11.4.1.4 One (1) Solo or Pair spin;
- 11.4.1.5 One (1) pivot figure or Death Spiral; and
- 11.4.1.6 One (1) Spiral sequence with a maximum of two (2) spiral positions.

- 11.4.2 For all Required Elements that are subject to Levels, only features up to Level 2 will be counted. Additional features included in the Required Elements over and above those resulting in a Level 2 call by the Technical Panel will be ignored and not counted by the Technical Panel.

- 11.4.3 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section D, parts 6, 10 and 12 of these regulations.

12 Comments: Senior, Junior, Novice and Pre-Novice Free Skating Programs

12.1 Lifts (Senior, Junior, Novice, Pre-Novice)

Where one of the lifts are specified to be from a specific Group or of different take-off nature and in cases where the lifts performed do not conform to these specifications, the lift performed second will have no value but will fill a lift "box".

Senior:

If two (2) Group 5 lifts are performed, the take-offs must be of a different nature (Toe Lasso, Step in Lasso, Reverse Lasso or Axel type Lasso).

- Junior:
One of the lifts must be from Group 3 or 4.
- Novice and Pre-Novice:
The two lifts must be different. **One arm holds are not permitted. Lifts in Group 1 and 2 do not require full extension of the lifting arm of the partner.**
- 12.2 Carry Lifts (Senior and Junior)
One of the allowed Lifts above with at least one continuous revolution of the man may include a carry. Only one such Lift can be executed. The next performed such Lift will have no value but will block a Lift box if there are still any left.
- 12.3 Carries (Senior, Junior, Novice, Pre-Novice)
Lifts that are just "Carries" consist of the simple carrying of a partner without rotation, only half a revolution of the man is allowed on the take-off and/or exit and the number of Carries is unrestricted. All holds in "Carries" are unrestricted. The carrying of one partner by the other on the back, shoulder or knees is allowed in these Carries. Carries shall not be counted in the number of overhead lifts, do not have a Base Value and will therefore be considered in the component "Transitions".
- 12.4 Twist Lift (Senior, Junior, Novice, Pre-Novice)
- Senior and Junior
The number of revolutions in the Twist lift is not limited. A Lutz, Flip, **Toe-Loop or Axel** take-off by the lady **is permissible.**
- Novice and Pre-Novice**
Only the Lutz take-off by the lady is permissible.
- 12.5 Throw Jump (Senior, Junior, Novice)
Any Throw Jump is permitted.
- Senior and Junior
The two (2) Throw Jumps must be different.
- Novice
Only a single or double Throw jump is permitted.
- 12.6 Solo Jumps, Jump Combinations and Jump Sequences (Senior, Junior)
The Jump Combination may consist of two (2) **or three (3) jumps.** Any jump executed with more than two (2) revolutions must be of a different name. The Jump

Combination and Jump Sequence may include two (2) jumps of the same name.

12.7 Spins (Senior, Junior, Novice, Pre-Novice)

All spins must have the required number of revolutions, the lack of which must be reflected by the Judges in their GOE's. A Spin with less than three (3) revolutions is considered as a skating movement and not a spin. The minimum number of required revolutions must be counted from the entry of the spin until its exit.

Solo and Combination Spins may be commenced with a jump.

Senior and Junior:

In the Pair Spin Combination there must be at least one change of foot by both partners that is not necessarily executed by both partners at the same time. The Pair Spin Combination must also include at least one change of position by both partners. In the Solo Spin Combination the change of foot is optional.

Solo Spin and Pair Spin – minimum six (6) revolutions

Pair Spin Combination – minimum eight (8) revolutions

Solo Spin Combination – minimum ten (10) revolutions

Novice:

In the Pair Spin Combination there may be changes of foot by both partners that is not necessarily executed by both partners at the same time. The Pair Spin Combination must also include at least one change of position by both partners. In the Solo Spin Combination the change of foot is optional.

Solo Spin and Solo Spin Combination – minimum five (5) revolutions

Pair Spin and Pair Spin Combination – minimum five (5) revolutions

Pre-Novice:

Solo Spin: The change of position in the Solo Spin (thereby making it a Solo Spin Combination) is optional. There may be no change of foot.

Pair Spin: The change of position in the Pair Spin (thereby making it a Pair Spin Combination) is optional. There may be no change of foot.

Solo Spin and Solo Spin Combination – minimum five (5) revolutions

Pair Spin and Pair Spin Combination – minimum five (5) revolutions

12.8 Death Spiral (Senior, Junior, Novice, Pre-Novice)
Variations of arm holds and pivot positions (backward or forward) are possible. For Senior, the Death Spiral performed in the Free Skating Program must be of a different type to the one performed in the Short Program.

12.9 Pivot Figure (Novice, Pre-Novice)
Any Pivot Figure is permissible but both the lady and the man must perform at least one (1) full revolution.

12.10 Spiral sequence

The Spiral Sequence consists primarily of spirals. A Spiral is a position with one blade on the ice and the free leg (including the knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (inside, outside), direction (forward, backward) and position of the free leg (backward, forward, sideways).

Spiral positions must be held for at least three (3) seconds when two (2) or more Spirals are executed, otherwise for six (6) seconds if only one (1) Spiral is executed.

If any of the requirements are not fulfilled, the Spiral Sequence will have no value. The Spiral Sequence has only one fixed Base Value and shall be evaluated by the Judges in GOE only.

Senior, Junior, Novice

At least two (2) spiral positions by each partner or, for the Senior and Junior sections only, one (1) spiral position by each partner must be executed.

Pre-Novice

A maximum of two (2) spiral positions by each partner must be executed.

12.11 Step sequence (Novice)

The pattern of the Step Sequence must be straight-line, circular or serpentine with full utilisation of the ice surface.