

INTERMEDIATE PAIRS

Components Judged

Component Factor - 1.67

Pass Mark - (C): 6.3
(HP): 7.3

Programme (Max 2:30 min)

1. 1 Lift element (Groups 3 - 5)
2. 1 Throw jump (different from solo)
3. 1 Solo jump (1A or any double)
4. 1 Side by side spin (1 position; no change of foot)
5. 1 Pair spin (6 rotations; change of foot optional)
6. 1 Death spiral

CHOREO /
STEP
SEQUENCE

1 choreo sequence (SAFSA rules)

BEGINNERS PAIRS

Components Judged

Component Factor - 1.67

Pass Mark - (C): 6.3
(HP): 7.3

Programme (Max 2:30 min)

1. 1 Group 1 lift (3 seconds)
2. 1 Throw jump
3. 1 Side by side jump
4. 1 Side by side spin (1 position; no change of foot)
5. 1 Pair spin (3 rotations; 1 position; no change of foot)
6. 1 Pivot figure (1 rotation)

CHOREO /
STEP
SEQUENCE

1 choreo sequence (SAFSA rules)

ADULT BEGINNER PAIRS

Components Judged

Component Factor - 1.67

Programme (Max 2:30 min)

1. 1 Group 1 lift (3 seconds)
2. 1 Throw jump
3. 1 Side by side jump
4. 1 Side by side spin (1 position; no change of foot)
5. 1 Pair spin (3 rotations; 1 position; no change of foot)
6. 1 Pivot figure (1 rotation)

CHOREO /
STEP
SEQUENCE

1 choreo sequence (SAFSA rules)