

**Pairs Short Program Requirements  
2008-2009 Competition Season**

**Senior Pairs - Short Program**

8 elements (Group C) 2:50 max

Hip Lift Takeoff (Group 3)

Triple or Double Twist Lift (Lutz or flip only)

Triple or Double Throw Jump

Triple or Double Solo Jump

Solo Combination Spin with change of foot (5-5)

Pair Combination Spin (8)

Only the solo  
combination  
spin may 'fly'

Forward Inside Death Spiral

Spiral sequence

**Junior Pairs - Short Program**

8 elements (Group C) 2:50 max

Toe Loop Hip Lift Takeoff (Group 3)

Double Twist Lift (Lutz or flip only)

Triple or Double Throw Loop

Double Lutz

Solo Combination Spin with change of foot (5-5)

Pair Combination Spin (8)

Only the solo  
combination  
spin may 'fly'

Forward Inside Death Spiral

Spiral sequence

**Novice Pairs - Short Program**

8 elements (Group C) 2:50 max

Lift

Double or Single Twist Lift

Double or Single Throw Jump

Double Lutz

Only the solo spin may 'fly'  
Both spins may change position

Solo Spin with no change of foot (5)

Pair Spin with no change of foot (5)

Forward Inside Death Spiral (minimum 1 rev in pivot)

Spiral Sequence