Pairs Short Program Requirements
2009-2010 Competition Season

Senior Pairs - Short Program

8 elements **(Group C)** 2:50 max

Hand-to-Hand Lift Takeoff (Group 4)
Triple or Double Twist Lift (Lutz or Flip only)

Triple or Double Throw Jump
Triple or Double Solo Jump

Only the solo combination spin may 'fly'

Solo Combination Spin with change of foot (5-5)
must include at least 2 basic positions for 2 revs
Pair Combination Spin (8)
Backward Outside Death Spiral
Step Sequence (straight line, circular or serpentine)

Junior Pairs - Short Program

8 elements **(Group C)** 2:50 max

Hand-to-Hand Loop Lift Takeoff (Group 4)
Double Twist Lift (Lutz or flip only)

Triple or Double Salchow Throw
Double Flip or Double Axel

Only the solo combination spin may 'fly'

Solo Combination Spin with change of foot (5-5)
must include at least 2 basic positions for 2 revs
Pair Combination Spin (8)
Backward Outside Death Spiral
Step Sequence (straight line, circular or serpentine)

Novice Pairs - Short Program

8 elements **(Group C)** 2:50 max

Lift
Double or Single Twist Lift
Double or Single Throw Jump
Double Flip

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)

Backward Outside Death Spiral (minimum 1 rev in pivot)
Step Sequence (straight line, circular or serpentine)

5/7/2009