

2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<p><b>NOVICE PAIRS SHORT PROGRAM</b></p> <p>2:50 Max</p>	<p>One lift selected from Group 4</p> <p>Min 1 and max 3 ½ revs. by man</p> <p>One-handed variations and changes of hold or of the lady's position during the lift are permitted</p> <p>The lift may not include a carry feature or be a carry lift</p>	<p>Single or Double</p> <p>Take off must be flip or Lutz</p>	<p>Single, Double or Triple <u>Salchow</u></p>	<p>Double <u>Flip</u> or <u>Double Axel</u></p>	<p><u>Solo Spin or Solo Spin Combination</u></p> <p><u>Optional change of foot</u> and <u>optional change of position</u></p> <p>Min. 5 revs. total</p> <p>May be commenced with a jump</p> <p>The rotation must be continuous, and no stop is permitted</p>	<p><u>Backward Outside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Leveled Step Sequence</b></p> <p>Must fully utilize the ice surface</p>
<p><b>JUNIOR PAIRS SHORT PROGRAM</b></p> <p>2:40 +/- 10 sec</p>	<p>Any <u>hand to hand</u> lift take off (Group 4)</p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 and max 3 ½ revs. by man</p>	<p>Double or Triple</p> <p>Take off must be flip or Lutz</p>	<p>Double or Triple <u>Salchow</u></p>	<p>Double <u>Flip</u> or <u>Double Axel</u></p>	<p><u>Solo Spin Combination</u></p> <p>Only one change of foot (made at the same time by both partners)</p> <p><u>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.</u></p> <p><u>May be commenced with a jump</u></p> <p>The rotation must be continuous, and no stop is permitted</p>	<p><u>Backward Outside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Leveled Step Sequence</b></p> <p>Must fully utilize the ice surface</p>
<p><b>SENIOR PAIRS SHORT PROGRAM</b></p> <p>2:40 +/- 10 sec</p>	<p>Any <u>hand to hand</u> lift take off (Group 4)</p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 and max 3 ½ revs. by man</p>	<p>Double or Triple</p> <p>Take off must be flip or Lutz</p>	<p>Double or Triple (any take off)</p>	<p>Double or Triple (any take off)</p>	<p><u>Solo Spin Combination</u></p> <p>Only one change of foot (made at the same time by both partners)</p> <p><u>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.</u></p> <p><u>May be commenced with a jump</u></p> <p>The rotation must be continuous, and no stop is permitted</p>	<p><u>Backward Outside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Leveled Step Sequence</b></p> <p>Must fully utilize the ice surface</p>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.