

**PRE-PRIMARY PAIR SKATING**

**ELIGIBILITY**

(ISA Rule 601)

Participants must be financial members of a State association, both of whom have at the closing date of entries:

1. Passed the ISA Elementary Level 2 or its equivalent
2. Only one partner may have competed in a Primary or higher Pair Championship event (State, Australian or other).

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS	PROGRAM DURATION
<p><u>FREE SKATING PROGRAM</u> (ISA Rule 321)</p> <p>A well balanced pair program composed and skated to music of the pair's own choice. Vocal music with lyrics is not permitted. 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 and spirals, linked harmoniously by steps and other movements. The accent is on good solo skating performed in unison with a partner of the opposite sex.</p> <p>No lifts, carries or throws are permitted and, if included, will incur a penalty of 2.00 deduction per illegal element.</p>	<p>Maximum (7) elements:</p> <ul style="list-style-type: none"> <li>• Min (1) and max (2) solo jumps</li> <li>• Max (1) jump sequence (could consist of up to (3) jumps)</li> <li>• Max (1) pair spin</li> <li>• Max (1) solo spin</li> <li>• Max (1) straight line, circular or serpentine step sequence, fully utilising the ice surface</li> <li>• Max 1 sequence of spirals fully utilising the ice surface</li> </ul> <p>Spins must have a minimum of 4 revolutions, counted from the entry of the spin until its exit.</p>	<p>2 min plus or minus 10 sec (ISA Rule 305)</p> <p>If competitors fail to finish a program within the allowed range of time, there will be a <u>1.0 point</u> deduction for up to every five <u>(5) seconds</u> lacking or in excess.</p>

**PRIMARY PAIR SKATING**

**ELIGIBILITY**

(ISA Rule 541)

Participation in a Primary Pair Championship shall be open to members of a State association who have, at the closing of entries:

1. passed the Primary Level Singles Test or its equivalent;
2. not won a previous Primary Pair Championship of Australia, except that where the partners have not reached the age of 14 for ladies and 16 for men by 1 July in the year in which the event takes place, the title may be defended; or
3. only one partner has won a previous Primary Pair Championship of Australia, and ;
4. only one partner has competed in a Novice Pair Championship (State, Australian or other).

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS	PROGRAM DURATION
<p><b>SHORT PROGRAM</b> (ISA Rule 313)</p> <ol style="list-style-type: none"> <li>a) Axel Paulsen (solo jump)</li> <li>b) Double jump (solo jump)</li> <li>c) Solo spin with or without change of foot (may be commenced with a jump)</li> <li>d) Pair spin (with no change of foot)</li> <li>e) Spiral step sequence fully utilising the ice surface</li> <li>f) Step sequence (straight line, circular or serpentine) fully utilising the ice surface</li> </ol>	<p>c) Solo Spin: With no change of foot - min (6) revolutions. With change of foot – min (5) revolutions on each foot for a total of (10).</p> <p>d) Pair Spin – min (6) revolutions in total (may change position).</p> <p>e) Spiral step sequence – <u>at least (2) spiral positions by each partner</u></p>	<p>Maximum Duration: 2 min 50 sec (ISA Rule 305)</p> <p>If competitors fail to finish a program within the allowed time, there will be a <u>1.0 point</u> deduction for every five <u>(5) seconds</u> in excess.</p>
<p><b>FREE SKATING PROGRAM</b> (ISA Rule 321)</p> <p>A well balanced pair program composed and skated to music of the pair's own choice. Vocal music with lyrics is not permitted. 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 and spirals, linked harmoniously by steps and other movements. The accent is on good solo skating performed in unison with a partner of the opposite sex.</p> <p>Lifts are not essential and, if included, must be from the permitted Group 1 or Group 2 lifts. A throw single jump is not essential but may be included.</p>	<p>Maximum (7) elements:</p> <ul style="list-style-type: none"> <li>• Min (1) and max (2) solo jumps (or (1) solo jump &amp; (1) permitted lift or (1) solo jump &amp; (1) throw single jump)</li> <li>• Max (1) jump sequence (could consist of up to (3) jumps)</li> <li>• Max (1) pair spin</li> <li>• Max (1) solo spin</li> <li>• Max (1) straight line, circular or serpentine step sequence, fully utilising the ice surface</li> <li>• Max 1 sequence of spirals fully utilising the ice surface</li> </ul> <p>Permitted Lifts: Group (1) Lifts (max 1-1/2 revolutions); waist hold loop lift Group (2), (max 1 revolution); any single twist lift. Single throw jumps also permitted.</p> <p>(See Remarks below)</p>	<p>3 min plus or minus 10 sec (ISA Rule 305)</p> <p>If competitors fail to finish a program within the allowed range of time, there will be a <u>1.0 point</u> deduction for up to every five <u>(5) seconds</u> lacking or in excess.</p>

<b>PRIMARY PAIR SKATING (CONT)</b>
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**Free Skating – Remarks:**

All permitted Group (1) Armpit Hold position and Group (2) waist hold loop position pair skating lifts must consist of one continuous ascending and descending rotational movement which may be interrupted by a maximum of one complete revolution of the lifting partner with extended arms. Lifts in which the carrying partner executes more than one and a half complete revolutions are illegal.

The carrying of one partner by the other on the back, shoulders or knees and movements in which the lady is supported by leg holds entirely off the ice are also illegal and there must be a 2.00 point deduction for every illegal element/movement included in the program.

Small lifts, either ascending and descending or rotational in character, in which the man does not raise his hands higher than shoulder level, as well as movements which include the holding of the lady by the legs are also permitted, provided that the man does not exceed 1-1/2 revolutions in duration. These lifts will be considered in the component "Transition". They do not have a value and are not limited in number.

**NOVICE PAIR SKATING**

ELIGIBILITY

(ISA Rule 544)

Participation in a Novice Pair Championship shall be open to members of a State association who have, at the closing of entries:

1. passed the Novice Level Pair Test or its equivalent;
2. not won a previous Novice Pair Championship of Australia, except that where the partners have not reached the age of 15 for ladies and 17 for men by 1 July in the year in which the event takes place, the title may be defended; or
3. only one partner has won a previous Novice Pair Championship of Australia, and ;
4. only one partner has competed in a Junior Pair Championship (State, Australian or other).

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS	PROGRAM DURATION
<p><u>SHORT PROGRAM</u> (ISA Rule 313)</p> <p>a) Double Salchow or Double Toe Loop (solo jump)</p> <p>b) One throw jump (single)</p> <p>c) Solo spin with or without a change of foot (may be commenced with a jump)</p> <p>d) Any ISU Group 1 Lift (free choice of any Armpit Hold position) or a Waist Loop Lift (Group 2)</p> <p>e) Pair spin combination with a change of foot and/or at least one change of position (sit, camel, upright or any variation thereof)</p> <p>f) Death spiral</p> <p>g) Spiral step sequence fully utilising the ice surface</p> <p>h) Step sequence (straight line, circular or serpentine) fully utilising the ice surface</p>	<p>c) Solo Spin: With no change of foot - minimum (6) revolutions. With change of foot – minimum (5) revolutions on each foot for a total of (10).</p> <p>e) Pair spin combination – a minimum of six (6) revolutions in total, with a change of foot &amp; at least one change of position.</p> <p>f) Spiral step sequence – at least (2) spiral positions by each partner</p>	<p>Maximum Duration: 2 min 50 sec (ISA Rule 305)</p> <p>If competitors fail to finish a program within the allowed time, there will be a <u>1.0 point</u> deduction for every five <u>(5) seconds</u> in excess.</p>
<p><u>FREE SKATING PROGRAM</u> (ISA Rule 321)</p> <p>A well balanced pair program composed and skated to music of the pair's own choice. Vocal music with lyrics is not permitted. 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 and spirals, linked harmoniously by steps and other movements. The accent is on good solo skating performed in unison with a partner of the opposite sex.</p>	<p>Maximum (11) elements:</p> <ul style="list-style-type: none"> <li>• Min (1) &amp; max (2) different lifts, only (1) of which may be a twist lift</li> <li>• Max (1) single throw jump</li> <li>• Min (1) &amp; max (2) solo jumps</li> <li>• Max (1) jump sequence (could consist of up to (3) jumps)</li> <li>• Max (1) pair spin combination</li> <li>• Max (1) solo spin</li> <li>• Max (1) death spiral</li> <li>• Max (1) straight line, circular or serpentine step sequence, fully utilising the ice surface</li> <li>• Max (1) sequence of spirals fully utilising the ice surface</li> </ul>	<p>3 min 30 sec plus or minus 10 sec (ISA Rule 305)</p> <p>If competitors fail to finish a program within the allowed range of time, there will be a <u>1.0 point</u> deduction for up to every five <u>(5) seconds</u> lacking or in excess.</p>

<b>NOVICE PAIR SKATING (CONT)</b>
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**Free Skating – Remarks:**

All permitted Group (1) Armpit Hold position and Group (2) waist hold loop position pair skating lifts must consist of one continuous ascending and descending rotational movement which may be interrupted by a maximum of one complete revolution of the lifting partner with extended arms. Lifts in which the carrying partner executes more than one and a half complete revolutions are illegal.

The carrying of one partner by the other on the back, shoulders or knees and movements in which the lady is supported by leg holds entirely off the ice are also illegal and there must be a 2.00 point deduction for every illegal element/movement included in the program.

**Permitted Lifts:**

Group (1) Lifts (max 1-1/2 revolutions); waist hold loop lift Group (2), (max 1 revolution); any single twist lift. Single throw jumps also permitted.

Small lifts, either ascending and descending or rotational in character, in which the man does not raise his hands higher than shoulder level, as well as movements which include the holding of the lady by the legs are also permitted, provided that the man does not exceed 1-1/2 revolutions in duration. These lifts will be considered in the component "Transition". They do not have a value and are not limited in number.

**JUNIOR PAIR SKATING**

ELIGIBILITY

Participation in a Junior Pair Championship shall be open to members of a State association who have, at the closing of entries, passed the Junior Level Pair Test or its equivalent, and where NEITHER partner has:

Exceeded the ISU Junior age of 19 for Ladies and 21 for Men in Pair Skating competition by 1 July in the year in which the event takes place;

OR where:

1. Only one partner has won a previous Junior Pair Championship of Australia; or
2. Only one partner has competed in a Senior Pair Championship, (State, Australian or other).

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS	PROGRAM DURATION
<p><u>SHORT PROGRAM</u> (ISA Rule 313)</p> <p><b>Group C 2008-2009</b></p> <p>a) Toe loop hip lift take-off (Group 4 Hand to Hip)</p> <p>b) Twist lift (double – <u>Lutz or Flip takeoff by the lady</u>)</p> <p>c) Double or triple loop throw jump</p> <p>d) Double Lutz solo jump</p> <p>e) Solo spin combination with only one change of foot and at least one change of position</p> <p>f) Pair spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof)</p> <p>g) Death spiral forward inside</p> <p>h) Spiral sequence</p>	<p>e) Solo Spin Combination* – min (5) revolutions on each foot, for a total of ten (10). May commence with a jump; only one change of foot and at least one change of position. <u>To be counted any position must be executed for at least (2) full revolutions. No change of foot and/or no change of position by both partners receives no Level and no value.</u></p> <p>f) Pair Spin Combination – min (8) revolutions in total (must include at least (2) basic positions or their variations by both partners and change of foot must be made at the same time by both partners).</p> <p>The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. If a skater or both skaters fall when entering a spin, a spin or spinning movement is allowed immediately after this fall (for filling time purposes) with this spin/movement not being counted as an element. The concluding upright position if not one of the required positions (<u>final wind-up</u>), is not considered to be another position <u>if it does not exceed (3) revolutions.</u></p> <p><u>Shapes allowed in Spiral Sequences in Pairs Short Programs: circle (oval), serpentine, a combination of 2 circles or 2 serpentine or 1 circle and 1 serpentine.</u></p>	<p>Maximum Duration: 2 min 50 sec (ISA Rule 305)</p> <p>If competitors fail to finish a program within the allowed time, there will be a <u>1.0 point</u> deduction for every five <u>(5) seconds</u> in excess.</p>

**JUNIOR PAIR SKATING (CONT)**

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS	PROGRAM DURATION
<p><u>FREE SKATING PROGRAM</u> (ISA Rule 321)</p> <p>A well-balanced Junior Pair program composed and skated to music of the pair's own choice. Vocal music with lyrics is not permitted.</p>	<p>Maximum (12) elements:</p> <ul style="list-style-type: none"> <li>• Maximum (2) lifts, one of which must be from Group 3 or 4, with full extension of the lifting arm/s;</li> <li>• Maximum (1) twist lift</li> <li>• Maximum (2) different throw jumps</li> <li>• Maximum (1) solo jump</li> <li>• Maximum (1) jump combination or sequence</li> <li>• Maximum (1) solo spin or solo spin combination</li> <li>• Maximum (1) pair spin or pair spin combination</li> <li>• Maximum (1) death spiral</li> <li>• Maximum (1) step sequence</li> <li>• Maximum (1) sequence of spirals</li> </ul> <p>(See Remarks below)</p>	<p>4 min plus or minus 10 sec (ISA Rule 305)</p> <p>If competitors fail to finish a program within the allowed range of time, there will be a <u>1.0 point</u> deduction for up to every five <u>(5) seconds</u> lacking or in excess.</p>

**Remarks - Well-balanced Junior & Senior Free Skating Program:**

- Carry Lifts: One of the allowed lifts with at least one continuous revolution of the man may include a carry. Only one such lift can be executed. Lifts that are just "Carries" consist of the carrying of a partner without rotation. Only half a revolution of the Man is allowed on the take-off and/or exit. All holds in Carry lifts are unrestricted. The carrying of one partner by the other on the back, shoulders or knees is allowed in these lifts. Carry lifts shall not be counted in the number of overhead lifts. These lifts will be considered as Transitions. They do not have a value and are not limited in number.
- Twist Lift: In free skating, the number of revolutions in the twist lift is not limited. The take-off can be different from a Lutz or Flip take-off by the lady.
- Jump Combination: May consist of only two (2) jumps. If the two jumps are connected with a not listed jump (eg half loop), the element is called a jump sequence. If the first jump of a two-jump-combination fails to be successful and turns out as a "non-listed jump", the unit will still be considered as a jump-combination. In a jump combination, the landing foot of the first jump is the take off foot of the second. A three turn on one foot between the jumps without touching the ice with the free foot keeps the element in the frame of this definition allowing still to call it a combination (with an error), but if together with this turn the skater's free leg touches the ice, the element becomes a jump sequence.

<b>JUNIOR PAIR SKATING (CONT)</b>
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**Remarks - Well-balanced Junior & Senior Free Skating Program:**

- Jump Sequence: May consist of any number of jumps of any number of revolutions linked by non-listed jumps immediately following each other while maintaining the jump rhythm (knee); there can be not more than 2 (two) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. A jump sequence consisting of only one listed jump together with other non-listed jumps is not considered a jump sequence, but will count as a solo jump. If an Axel-type jump immediately follows any other jump (without any steps, turns, hops, mazurkas and unlisted jumps), this is not considered as a jump combination or a jump sequence and will be identified as individual jumps.
- Solo Jumps, Jump Combinations & Jump Sequences: In case of unequal number of revolutions of the partners in a jump performed as a solo jump or part of a combination or a sequence, this jump will be called as a jump with lesser amount of revolutions executed by the partners. All jumps executed with more than 2 revolutions (Double Axel and all triple and quadruple jumps) must be of different nature (different name), however the jump combination or sequence can include two same such jumps.
- Spins: Must have a required minimum number of revolutions; six (6) for the solo spin and the pair spin, ten (10) for solo spin combination and eight (8) for the pair spin combination, the lack of which must be reflected by Judges in their marking. However a spin with less than three rotations is considered as a skating movement and not a spin. These minimum number of required revolutions must be counted from the entry of the spin until its exit. The concluding upright position at the end of the spin (final wind-up) is not considered to be another position if it does not exceed (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions. The second change of foot in a solo spin combination counts as a feature for a higher level. The minimum number of revolutions required in a position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted. If the skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.
- In the pair spin combination there must be at least one change of foot of both partners not necessarily executed by both partners at the same time. In the solo spin combination change of foot is optional. The pair spin combination must include at least one change of position of both partners. Solo spins and combinations may be commenced with jumps. To be counted, any position must be executed for at least 2 full revolutions. If there is no change of foot or no change of position by both partners the element will be called a pair spin. The features for Levels of difficulty and the guidelines for marking the GOE of pair spins will be applied.
- If the spinning centres (before and after the change of foot) are too far apart and the criteria of 'two spins' is fulfilled (there is a curve of exit after the first part and a curve of entry into the second part), two spins will be called. (\*NB: Also applicable to the Short Program).

<b>JUNIOR PAIR SKATING (CONT)</b>
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**Remarks - Well-balanced Junior & Senior Free Skating Program:**

- Death Spiral (new): In the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of 1 revolution with the knees of the man clearly bent and in full pivot position. The lady must 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 part of the body. The lady's body weight is supported by the force of the spiraling edge and the hold of the man. The man must be in a centered position with a fully extended arm. Variations of arm holds and pivot positions (backward and forward) are possible. The change of the lady's arm hold or the opposite hold of the man is counted as an additional feature. Any kind of position is counted as a feature if skaters' hold lasts for at least 1 revolution. Each additional revolution of the lady (full 360 degrees) after the first revolution will count as one additional feature to increase the Level. If the man does not reach the pivot position at all (including toe pick in the ice), while the lady is executing any kind of changes of positions or holds, the position of the lady does not count as a feature.
- Step Sequence (new) Should be executed together or close together and may include small jump-like movements with not more than half a revolution. Short stops in accordance with the music are permitted. Step sequences must fully utilize the ice surface. Credit will be given to a pair which changes places and holds or uses difficult skating moves together during a step sequence. A variety and/or complexity of turns and steps must be distributed throughout the sequence. The workload between both partners must be even to be taken into account for a possible higher Level.
- Spiral Sequences (new): Consists primarily of spirals. Any shape is allowed, however the spiral sequence must fully utilize the ice surface. At least (2) spiral positions by each partner must be executed. A spiral position in order to be counted must have a minimum of (3) seconds hold. The number of spirals, length of hold of position, workload and edges used must be even between both partners to be considered as "balanced". Any spiral sequence with only (1) spiral position by (1) partner and (2) or more spiral positions by another partner will receive Level 1 and GOE in the minus. A spiral sequence with only (1) position by both partners or (1) position by (1) partner and no spirals by another partner will receive no Level and consequently no value. A spiral sequence in which all executed spiral positions are held with less than 3 seconds receives no Level and therefore no value. A spiral sequence in which less than (2) positions by each partner (with at least (3) seconds hold) are executed will receive Level 1.

**SENIOR PAIR SKATING**

ELIGIBILITY

Participation in the Senior Pair Championship shall be open to members of a State association who have, at the closing of entries, passed the Senior Pair Test Level or its equivalent.

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS	PROGRAM DURATION
<p><u>SHORT PROGRAM</u> (ISA Rule 313)</p> <p><b>Group C 2008 – 2009</b></p> <p>a) Any hip lift take-off (Group 3 – hand to hip position)</p> <p>b) One twist lift (double <u>or triple – Lutz or Flip takeoff by the lady</u>)</p> <p>c) One throw jump (double or triple)</p> <p>d) One solo jump (double or triple)</p> <p>e) Solo spin combination with only one change of foot and at least one change of position</p> <p>f) Pair spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof)</p> <p>g) Death spiral forward inside</p> <p>h) Spiral sequence</p>	<p>e) Solo Spin Combination – min (5) revolutions on each foot, for a total of ten (10). May commence with a jump; only (1) change of foot and at least (1) change of position. <u>To be counted any position must be executed for at least (2) full revolutions. No change of foot and/or no change of position by both partners receives no Level and no value.</u></p> <p>f) Pair Spin Combination – min (8) revolutions in total (must include at least (2) basic positions or their variations by both partners and change of foot must be made at the same time by both partners).</p> <p>The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. If a skater or both skaters fall when entering a spin, a spin or spinning movement is allowed immediately after this fall (for filling time purposes) with this spin/movement not being counted as an element. The concluding upright position if not one of the required positions (<u>final wind-up</u>), is not considered to be another position <u>if it does not exceed (3) revolutions.</u></p> <p><u>Shapes allowed in Spiral Sequences in Pairs Short Programs:</u> circle (oval), serpentine, <u>a combination of 2 circles or 2 serpentines or 1 circle and 1 serpentine.</u></p>	<p>Maximum Duration: 2 min 50 sec (ISA Rule 305)</p> <p>If competitors fail to finish a program within the allowed time, there will be a <u>1.0 point</u> deduction for every five <u>(5) seconds</u> in excess.</p>

**SENIOR PAIR SKATING (CONT):**

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS	PROGRAM DURATION
<p><u>FREE SKATING PROGRAM</u> (ISA Rule 321)</p> <p>A well-balanced Senior Pair program composed and skated to music of the pair's own choice. Vocal music with lyrics is not permitted.</p>	<p>Maximum (13) elements:</p> <ul style="list-style-type: none"> <li>• Maximum (3) lifts, one of which must be from Group 3 or 4, with full extension of the lifting arm/s;</li> <li>• Maximum (1) twist lift</li> <li>• Maximum (2) different throw jumps</li> <li>• Maximum (1) solo jump</li> <li>• Maximum (1) jump combination or sequence</li> <li>• Maximum (1) solo spin combination</li> <li>• Maximum (1) pair spin combination</li> <li>• Maximum (1) death spiral</li> <li>• Maximum (1) step sequence</li> <li>• Maximum (1) sequence of spirals</li> </ul> <p>See Remarks below.</p>	<p>4 min 30 sec plus or minus 10 sec (ISA Rule 305)</p> <p>If competitors fail to finish a program within the allowed range of time, there will be a <u>1.0 point</u> deduction for up to every five <u>(5) seconds</u> lacking or in excess.</p>

**Remarks - Well-balanced Junior & Senior Free Skating Program:**

- Carry Lifts: One of the allowed lifts with at least one continuous revolution of the man may include a carry. Only one such lift can be executed. Lifts that are just “Carries” consist of the carrying of a partner without rotation. Only half a revolution of the Man is allowed on the take-off and/or exit. All holds in Carry lifts are unrestricted. The carrying of one partner by the other on the back, shoulders or knees is allowed in these lifts. Carry lifts shall not be counted in the number of overhead lifts. These lifts will be considered as Transitions. They do not have a value and are not limited in number.
- Twist Lift: In free skating, the number of revolutions in the twist lift is not limited. The take-off can be different from a Lutz or Flip take-off by the lady.
- Jump Combination: May consist of only two (2) jumps. If the two jumps are connected with a not listed jump (eg half loop), the element is called a jump sequence. If the first jump of a two-jump-combination fails to be successful and turns out as a “non-listed jump”, the unit will still be considered as a jump-combination. In a jump combination, the landing foot of the first jump is the take off foot of the second. A three turn on one foot between the jumps without touching the ice with the free foot keeps the element in the frame of this definition allowing still to call it a combination (with an error), but if together with this turn the skater’s free leg touches the ice, the element becomes a jump sequence.

<b>SENIOR PAIR SKATING (CONT)</b>
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**Remarks - Well-balanced Junior & Senior Free Skating Program:**

- Jump Sequence: May consist of any number of jumps of any number of revolutions linked by non-listed jumps immediately following each other while maintaining the jump rhythm (knee); there can be not more than 2 (two) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. A jump sequence consisting of only one listed jump together with other non-listed jumps is not considered a jump sequence, but will count as a solo jump. If an Axel-type jump immediately follows any other jump (without any steps, turns, hops, mazurkas and unlisted jumps), this is not considered as a jump combination or a jump sequence and will be identified as individual jumps.
- Solo Jumps, Jump Combinations & Jump Sequences: In case of unequal number of revolutions of the partners in a jump performed as a solo jump or part of a combination or a sequence, this jump will be called as a jump with lesser amount of revolutions executed by the partners. All jumps executed with more than 2 revolutions (Double Axel and all triple and quadruple jumps) must be of different nature (different name), however the jump combination or sequence can include two same such jumps.
- Spins: Must have a required minimum number of revolutions; six (6) for the solo spin and the pair spin, ten (10) for solo spin combination and eight (8) for the pair spin combination, the lack of which must be reflected by Judges in their marking. However a spin with less than three rotations is considered as a skating movement and not a spin. These minimum number of required revolutions must be counted from the entry of the spin until its exit. The concluding upright position at the end of the spin (final wind-up) is not considered to be another position if it does not exceed (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions. The second change of foot in a solo spin combination counts as a feature for a higher level. The minimum number of revolutions required in a position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted. If the skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.
- In the pair spin combination there must be at least one change of foot of both partners not necessarily executed by both partners at the same time. In the solo spin combination change of foot is optional. The pair spin combination must include at least one change of position of both partners. Solo spins and combinations may be commenced with jumps. To be counted, any position must be executed for at least 2 full revolutions. If there is no change of foot or no change of position by both partners the element will be called a pair spin. The features for Levels of difficulty and the guidelines for marking the GOE of pair spins will be applied.
- If the spinning centres (before and after the change of foot) are too far apart and the criteria of 'two spins' is fulfilled (there is a curve of exit after the first part and a curve of entry into the second part), two spins will be called. (\*NB: Also applicable to the Short Program).

<b>SENIOR PAIR SKATING</b>
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**Remarks - Well-balanced Junior & Senior Free Skating Program:**

- Death Spiral (new): In the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of 1 revolution with the knees of the man clearly bent and in full pivot position. The lady must 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 part of the body. The lady's body weight is supported by the force of the spiraling edge and the hold of the man. The man must be in a centered position with a fully extended arm. Variations of arm holds and pivot positions (backward and forward) are possible. The change of the lady's arm hold or the opposite hold of the man is counted as an additional feature. Any kind of position is counted as a feature if skaters' hold lasts for at least (1) revolution. Each additional revolution of the lady (full 360 degrees) after the first revolution will count as one additional feature to increase the Level. If the man does not reach the pivot position at all (including toe pick in the ice), while the lady is executing any kind of changes of positions or holds, the position of the lady does not count as a feature.
- Step Sequence (new) Should be executed together or close together and may include small jump-like movements with not more than half a revolution. Short stops in accordance with the music are permitted. Step sequences must fully utilize the ice surface. Credit will be given to a pair which changes places and holds or uses difficult skating moves together during a step sequence. A variety and/or complexity of turns and steps must be distributed throughout the sequence. The workload between both partners must be even to be taken into account for a possible higher Level.
- Spiral Sequences (new): Consists primarily of spirals. Any shape is allowed, however the spiral sequence must fully utilize the ice surface. At least (2) spiral positions by each partner must be executed. A spiral position in order to be counted must have a minimum of (3) seconds hold. The number of spirals, length of hold of position, workload and edges used must be even between both partners to be considered as "balanced". Any spiral sequence with only (1) spiral position by (1) partner and (2) or more spiral positions by another partner will receive Level 1 and GOE in the minus. A spiral sequence with only (1) position by both partners or (1) position by 1 partner and no spirals by another partner will receive no Level and consequently no value. A spiral sequence in which all executed spiral positions are held with less than (3) seconds receives no Level and therefore no value. A spiral sequence in which less than (2) positions by each partner (with at least (3) seconds hold) are executed will receive Level 1.