



## 2010/2011 SKATE CANADA PAIR PROGRAM REQUIREMENTS

2010/2011 PAIR SHORT PROGRAM REQUIREMENTS									
	Lift	Twist	Throw	Solo Jump	Solo Spin	Pair Spin	Death Spiral	Step Sequence	Spiral Sequence
<b>Pre-Novice</b> max 2:40	any lift from group 1, 2, 3, or 4 (min. one revs for the woman, min. one rev and max three and one half revs by man)	one single or double	<i>Not Allowed</i>	one solo jump (Axel or any double)	one position, no change of foot (cannot be a combination) GOE: (min 4 revs)	any (cannot be a combination*) GOE: (min 4 revs)	one spiral figure or death spiral	one step sequence (straight, circular or serpentine)	one spiral sequence ( minimum two positions (held for 3 seconds each) for each partner or one position (held for 6 seconds) for each partner).
<b>Novice</b> max 2:40	toe lasso-lift take-off (Group 5T) (min two rev by woman, min one rev and max three and one half revs by man)	one double	throw double toe loop	any double or triple jump	solo spin combo with only one change of foot and at least one change of position GOE: (min 5 + 5 revs)	pair combo with only one change of foot and at least one change of position GOE: (min 8 revs)	backward inside		one spiral sequence ( minimum two positions (held for 3 seconds each) for each partner or one position (held for 6 seconds) for each partner).

2010/2011 PAIR FREE PROGRAM – WELL BALANCED PROGRAM REQUIREMENTS							
	Lifts (maximum)	Twist (maximum)	Throws (maximum)	Jump Elements (maximum)	Spin Elements (maximum)	Death Spiral (maximum)	Step Sequences (maximum)
<b>**Pre-Juvenile</b> 2:00 +/- 10 sec OR 2:30 +/- 10 sec (determined by individual section)	Two lifts, both must be from group one. Lifts must not contain a change of position (min one revolution for the woman, min one rev and max three and one half revs by man)	<i>Not Allowed</i>	one throw jump	One solo jump  One jump combination (no more than two jumps) or sequence	One solo spin or solo spin combination  One pair spin or pair spin combination	One spiral figure or death spiral	One step sequence
<b>**Juvenile</b> 2 :30 +/- 10 sec	Two lifts of any nature, one of which must be from group one. Lifts must not contain a change of position (min one revolution for the woman, min one rev and max three and one half revs by man)	One twist lift	one throw jump	One solo jump  One jump combination (no more than two jumps) or sequence	One solo spin or solo spin combination  One pair spin or pair spin combination	One spiral figure or death spiral	One step sequence
<b>Pre-Novice</b> 3:00 +/- 10 sec	Two lifts, one of which must be from group one, two, three or four (min one revolution for the woman, min one rev and max three and one half revs by man)	One twist lift	Two different throw jumps	One solo jump  One jump combination (no more than two jumps) or sequence	One solo spin or solo spin combination  One pair spin or pair spin combination	One spiral figure or death spiral	One step sequence
<b>Novice</b> 3:30 +/- 10 sec	Two lifts, one of which must be from group three or four (min two revs by woman, min one rev and max three and one half revs by man)	One twist lift	Two different throw jumps	One solo jump  One jump combination (no more than two jumps) or sequence	One solo spin or spin combination  One pair spin or pair spin combination	One death spiral	One step sequence

\* See definition of a "pair spin and pair spin combination" in pre-event technical package \*\* All lifts, solo spins, pair spins, death spirals and step sequences shall be called no higher than level one regardless of content.