

**Note: For Adult Pairs Divisions refer to ISU Technical Requirements for ISU Adult Figure Skating Competitions – 11 April 2023**

Pairs must perform a well balanced program that may contain the elements below.

<p><b>(Warmup 4 mins)</b> <b>ISA By-Law 502</b></p> <p><b>ADULT</b></p> <p>2 minutes and 20 seconds +/- 10 seconds</p> <p>Program Component Factor 2.0</p> <p>Only features up to and including Level 1 will be counted.</p> <p>Each fall by either partner – 0.5 deduction</p>	<p><b>Lifts Max 1</b></p> <p>A maximum of one (1) lift of Group 1 or Group 2 with a minimum ½ revolution for the man</p> <p>The man’s lifting hand(s) should be above his shoulder line.</p> <p>Variations of woman’s position, no handed, one-handed lifts, and combination lifts are not permitted.</p> <p>Lifts of Groups 3-4-5 are not permitted,</p> <p>Twist lifts are not permitted.</p>	<p><b>Throw Jump Max 1</b></p> <p>Single jump</p> <p>Single Axel, Double and Triple jumps not permitted</p>	<p><b>Solo Jump Max 1</b></p> <p>Single Jumps only.</p> <p>Axel type, Double and Triple jumps not permitted</p>	<p><b>Jump Combo Max 1</b></p> <p>Max 2 listed jumps</p> <p>Only single jumps permitted.</p> <p>Axel type, Double and Triple jumps not permitted</p>	<p><b>Pair Spin Max 1</b></p> <p>No change of foot</p> <p>Change position not required but may be used for level feature</p> <p>Require min 2 revs in each position or position will not be counted.</p>	<p><b>Pivot Figure Spiral Max 1</b></p> <p>At least 1 revolution in pivot position by the man is required</p> <p>Position of woman is optional</p>	<p><b>Choreographic Sequence Max 1</b></p> <p>Fully utilizes ice surface</p> <p>Must consist of at least two movements: spirals, arabesques, spread eagles, Ina Bauers, hydro-blading, transitional (unlisted) jumps. Steps and turns may be used to link two or more different movements together.</p> <p>Base value and evaluated by judges in GOE only.</p>
<p><b>(Warmup 5 mins)</b> <b>ISA By-Law 502</b></p> <p><b>INTERMEDIATE</b></p> <p>2 minutes and 40 seconds +/- 10 seconds</p> <p>Program Component Factor 2.67</p> <p>Only features up to and including Level 2 will be counted</p> <p>Each fall by either partner – 1.0 deduction</p>	<p><b>Lifts Max 2</b></p> <p>Two different lifts of Group 1 or Group 2 with a minimum ½ revolution for the man and 1 revolution for the woman.</p> <p>The man’s lifting hand(s) should be above his shoulder line.</p> <p>Variations of the woman’s position, no handed, one-handed lifts, and combination lifts are not permitted.</p> <p>Lifts of Groups 3-4-5 are not permitted.</p> <p>Twist lifts are not permitted.</p> <p>A different take-off counts as a different lift.</p>	<p><b>Throw Jump Max 1</b></p> <p>Single jump</p> <p>Single Axel permitted.</p> <p>Double and Triple jumps not permitted</p>	<p><b>Solo Jump Max 1</b></p> <p>Single Jumps only.</p> <p>Single Axel permitted</p> <p>Double and Triple jumps not permitted</p>	<p><b>Jump Combo or Jump Sequence Max 1</b></p> <p><u>1 Jump Comb max 3 listed single jumps or 1 Jump sequence max 2 listed single jumps beginning with any single jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump</u></p> <p>Only single jumps, including single Axel.</p> <p>Double and Triple jumps not permitted</p> <p>Euler permitted in combination between two other listed jumps</p>	<p><b>Pair Spin or Pair Combo Spin Max 1</b></p> <p>Min 4 revs for pair spin Min 6 revs for pair combo spin</p> <p>Pair combo must have change of foot with at least 3 revs on each foot and at least one change of position by each partner</p> <p>Combo spin can start with jump</p> <p>Flying entry can be consider feature by either partner</p> <p>If &lt;3 revs before/after change of foot by both partners, the combo spin will be marked V</p> <p>&lt;3 revs on both feet by both partners spin will be no value</p> <p>Must be a min of 2 revs in each position or the position will not be counted.</p>	<p><b>Death Spiral or Pivot Figure Spiral Max 1</b></p> <p>At least ¾ rev in pivot for man in death spiral</p> <p>At least 1 rev in pivot position by man for pivot figure</p> <p>Position of woman is optional</p>	<p><b>Step Sequence Max 1</b></p> <ul style="list-style-type: none"> <li>Fully utilizes ice surface</li> </ul>

<p>(Warmup 5 mins) ISA By-Law 502</p> <p><b>MASTERS / MASTERS ELITE</b></p> <p>3 minutes and 30 seconds +/- 10 seconds</p> <p>Program Component Factor 2.67</p> <p>Only features up to and including Level 4 will be counted.</p> <p>Each fall by either partner – 1.0 deduction</p>	<p><b>Lifts Max 3</b></p> <p>Three different lifts. One lift may be a twist</p> <p>In lifts of Group 1 and 2, man's lifting hand(s) should be above his shoulder line</p> <p>In lifts of Groups 3 to 5, full extension of the lifting arm(s) is mandatory</p>	<p><b>Solo Jump Max 1</b></p> <p>Single, double and triple jumps permitted</p>	<p><b>Jump Combo or Jump Sequence Max 1</b></p> <p>Max 3 listed jumps</p> <p>Jump sequence consists of 2 or 3 listed jumps or any number revolutions. The 2<sup>nd</sup> and/or 3<sup>rd</sup> jump is an Axel type jump with a direct step from the landing curve of 1<sup>st</sup>/2<sup>nd</sup> jump to take-off curve of Axel jump.</p> <p>Euler permitted in combination between two other listed jumps</p>	<p><b>Throw Jump Max 2</b></p> <p>Single or double</p>	<p><b>Pair Spin or Pair Combo Spin Max 1</b></p> <p>Min 4 revs for pair spin</p> <p>Min 6 revs for pair combo spin</p> <p>Pair combo must have change of foot with at least 3 revs on each foot and at least one change of position by both partners</p> <p>Combo spin can start with jump</p> <p>Flying entry can be considered feature by either partner.</p> <p>If there are not 3 revs before or after change of foot by both partners, the spin will be marked with a "V".</p> <p>If there are &lt;3 revs on both feet by either partner spin will have no value.</p> <p>Pair spin is any spin with no change of foot. It does not require a change of position by one or both partners. Change of positions may be used for level feature.</p> <p>Must be min of 2 revs in each position or position will not be counted.</p>	<p><b>Solo Spin Max 1</b></p> <p>Flying spin no change of foot after landing – min 5 revs</p> <p>One position and no change of foot – min 5 revs</p> <p>Combo with no change of foot – min 5 revs</p> <p>Combo with change foot – min 8 revs (4+4)</p> <p>One position with change of foot - min 8 revs (4+4)</p> <p>Min of 2 revs in each position or position will not be counted</p> <p>Combo must include min of 2 different basic positions either 2 revs in each position anywhere in spin</p> <p>For spin combo to receive full value, combo must include all 3 basic positions.</p>	<p><b>Death Spiral or Pivot Figure Spiral Max 1</b></p> <p>At least ¾ rev in pivot for man in death spiral</p> <p>At least 1 rev in pivot position by man for pivot figure</p> <p>Position of the woman optional</p>	<p><b>Step Sequence Max 1</b></p> <p>Fully utilizing the ice surface</p>
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