

2017-18	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<p><b>INTERMEDIATE PAIRS SHORT PROGRAM</b></p> <p>2:30 Max</p>	<p><b>One lift selected from Groups 1-4.</b></p> <p>Variations of the lady's position, no-handed and one-handed lifts, combination lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 and max 3 ½ revs. by man</p>	<p><b>Single</b></p> <p>Take off must be flip or Lutz</p>	<p>Not allowed in the Intermediate Pairs Short Program</p>	<p><b>Single or Double (any take off)</b></p>	<p><b>Pair Spin</b></p> <p>No change of foot and optional change of position</p> <p>Min. 5 revs. total</p> <p>May NOT be commenced with a jump</p> <p>The rotation must be continuous, and no stop is permitted</p>	<p><b>One Death Spiral or Pivot Figure</b></p> <p>Regular hand-to-hand hold required</p> <p>In the final position when the lady is performing the actual death spiral or pivot figure, both the man and the lady must execute a minimum of one-half rev. with the knees of the man clearly bent and in full pivot position</p>	<p><b>Choreographic Step Sequence</b></p> <p>Must fully utilize the ice surface</p>
<p><b>NOVICE PAIRS SHORT PROGRAM</b></p> <p>2:50 Max</p>	<p><b>One lift selected from Group 3</b></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><b>Single or Double</b></p> <p>Take off must be flip or Lutz</p>	<p><b>Single, Double or Triple Loop</b></p>	<p><b>Double Lutz</b></p>	<p><b>Pair Spin</b></p> <p>No change of foot and optional change of position</p> <p>Min. 5 revs. total</p> <p>May <u>NOT</u> be commenced with a jump</p> <p>The rotation must be continuous, and no stop is permitted</p>	<p><b>Forward Inside</b></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>

2017-18	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<b>JUNIOR PAIRS SHORT PROGRAM</b>  2:40 +/- 10 sec	Any <u>hip</u> lift take off (Group 3)  Full extension of the lifting arm(s) is required  Min 1 and max 3 ½ revs. by man	Double or Triple  Take off must be flip or Lutz	Double or Triple <u>Loop</u>	Double <u>Lutz</u>	<b>Pair Spin Combination</b>  Only one change of foot (made at the same time by both partners)  <u>Min. 8 revs. total, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each</u>  May <u>NOT</u> be commenced with a jump  The rotation must be continuous, and no stop is permitted	<b>Forward Inside</b>  When death spiral position is attained, both partners must execute one revolution with man in full pivot position  Lady's head must reach the level of her skating knee	<b>Leveled Step Sequence</b>  Must fully utilize the ice surface
<b>SENIOR PAIRS SHORT PROGRAM</b>  2:40 +/- 10 sec	Any <u>hip</u> lift take off (Group 3)  Full extension of the lifting arm(s) is required  Min 1 and max 3 ½ revs. by man	Double or Triple  Take off must be flip or Lutz	Double or Triple (any take off)	Double or Triple (any take off)	<b>Pair Spin Combination</b>  Only one change of foot (made at the same time by both partners)  <u>Min. 8 revs. total, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each</u>  May <u>NOT</u> be commenced with a jump  The rotation must be continuous, and no stop is permitted	<b>Forward Inside</b>  When death spiral position is attained, both partners must execute one revolution with man in full pivot position  Lady's head must reach the level of her skating knee	<b>Leveled Step Sequence</b>  Must fully utilize the ice surface