

2024-25 Pairs Short Program Requirements – This chart reflects the rules currently in place for the 2024-25 season, which begins May 21, 2024.



LEVEL	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<p>NOVICE PAIRS SHORT PROGRAM</p> <p>2:50 Max</p>	<p>Any hand to hand (Group 4) or hip (Group 3) lift take off</p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 rev by man (no max)</p> <p>One-handed variations and changes of hold or of the lady's position during the lift are permitted</p>	<p>Single or Double</p> <p>Take off must be flip or Lutz</p>	<p>Double or Triple (any take off)</p>	<p>Double (any take off)</p>	<p>Solo Spin Combination</p> <p>Only one change of foot (made at the same time by both partners)</p> <p>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.</p> <p>May be commenced with a jump</p>	<p>Any Death Spiral</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>Leveled Step Sequence</p> <p>Must fully utilize the ice surface</p>
<p>JUNIOR PAIRS SHORT PROGRAM</p> <p>2:40 +/- 10 sec</p>	<p>Any hand to hand (Group 4) lift take off</p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 rev by man (no max)</p>	<p>Double or Triple</p> <p>Take off must be flip or Lutz</p>	<p>Double or Triple Salchow</p>	<p>Double Flip or Double Axel</p>	<p>Solo Spin Combination</p> <p>Only one change of foot (made at the same time by both partners)</p> <p>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.</p> <p>May be commenced with a jump</p>	<p>Backward Outside</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>Leveled Step Sequence</p> <p>Must fully utilize the ice surface</p>
<p>SENIOR PAIRS SHORT PROGRAM</p> <p>2:40 +/- 10 sec</p>	<p>Any hand to hand (Group 4) lift take off</p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 rev by man (no max)</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>Solo Spin Combination</p> <p>Only one change of foot (made at the same time by both partners)</p> <p>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.</p> <p>May be commenced with a jump</p>	<p>Backward Outside</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>Leveled Step Sequence</p> <p>Must fully utilize the ice surface</p>

This chart outlines the required elements in each program. Definitions of elements and the element categories used in this chart are included in the current version of the U.S. Figure Skating Rulebook.