



## 2016-2017 Pairs Quick Reference Chart

June 30, 2016

### Short Program

Effective July 1, 2016

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<b>Pre-Novice</b> (max 2:50)  N/A	Must be from Grp 1, 2, 3 or 4  <b>Max Level 2</b> <u>No credit feature:</u> <ul style="list-style-type: none"> <li>Change of rotational direction by the man</li> </ul>	Single or Double   <b>Max Level 2</b>	Any Single or Double (no 2A)	Single Axel or Any Double	Pair Spin (4 revs) or Pair Spin Combo (4 revs)   <b>Max Level 2</b>	Any Spiral Figure or Any Death Spiral	Must fully utilize the ice
	<b>Novice</b> (max 2:50)  N/A	<u>Toe Lasso</u> Take-Off (Grp <b>5T</b> )  <u>No credit feature:</u> <ul style="list-style-type: none"> <li>Change of rotational direction by the man</li> </ul>	Double	<b>2T</b> or <b>2F/Lz</b>	<b>2Lo</b> or 2A	<b>Solo</b> Spin Combo  Only 1 change of foot and min 1 change of pos (4/4 revs)	Backward <b>Inside</b>
<b>Junior</b> (max 2:50 <u>2:40 ±0:10</u> )  N/A	<u>Any Lasso</u> Take-Off (Grp <b>5</b> )	Double or Triple	<b>2T, 2F/Lz</b> or <b>3T, 3F/Lz</b>	<b>2Lo</b> or 2A	<b>Solo</b> Spin Combo  Only 1 change of foot and min 1 change of pos (5/5 revs)	Backward <b>Inside</b>	Must fully utilize the ice
<b>Senior</b> (max 2:50 <u>2:40 ±0:10</u> )  N/A	<u>Any Lasso</u> Take-Off (Grp <b>5</b> )	Double or Triple	Any Double or Triple	Any Double or Triple	<b>Solo</b> Spin Combo  Only 1 change of foot and min 1 change of pos (5/5 revs)	Backward <b>Inside</b>	Must fully utilize the ice

Elements highlighted in blue are rotating as per Skate Canada or ISU Special Regulations.

Please note: Junior & Senior categories subject to change by the ISU

## 2016-2017 Pairs Quick Reference Chart

June 30, 2016

### Free Program

Effective July 1, 2016

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	JUMP	SOLO SPIN	PAIR SPIN	DEATH SPIRAL	SPIRAL / STEP / CHOREO SEQUENCE
<b>Pre-Juvenile</b> (2:30 ±0:10) N/A	N/A	N/A	Max 1	Max 2 jump elements  1 solo jump 1 solo jump, may be in combo (max 2 jumps) or sequence	Max 1  May be in combination (change of foot optional) (3 revs) <b>Max Level B</b>	Max 1  Must be in 1 position, no change of foot (3 revs) <b>Max Level B</b>	Max 1  Spiral Figure or Death Spiral <b>Max Level B</b>	Max 1  Spiral Sequence <b>Max Level B</b>
<b>Juvenile</b> (2:30 ±0:10) N/A	N/A	Max 1 (Single)  <b>Max Level B</b>	Max 1	Max 2 jump elements  1 solo jump 1 solo jump, may be in combo (max 2 jumps) or sequence	Max 1  May be in combination (change of foot optional) (3 revs) <b>Max Level B</b>	Max 1  May <b>NOT</b> be in combination (may have change of foot <b>OR</b> change of position) (3 revs) <b>Max Level B</b>	Max 1  Spiral Figure or Death Spiral <b>Max Level B</b>	Max 1  Step Sequence (must cover at least half the ice) <b>Max Level B</b>
<b>Pre-Novice</b> (3:00 ±0:10) N/A	Max 2  Must be from different groups and 1 must be from Grp 1, 2, 3 or 4 <b>Max Level 2</b> <b>No credit features:</b> • <a href="#">Change of rotational direction by man</a> • <a href="#">Carry</a>	Max 1  <b>Max Level 2</b>	Max 2  Must be different	Max 2 jump elements  1 solo jump 1 jump combination (max 2 jumps) or sequence	Max 1  May be in combination (change of foot optional) (4 revs) <b>Max Level 2</b>	N/A	Max 1  Spiral Figure or Death Spiral	Max 1  Choreo Sequence
<b>Novice</b> (3:30 ±0:10) Each Twist, Throw, Jump identified as a fully rotated triple	Max 2  Must be from different group and at least 1 must be from Grp 3 or 4 <b>No credit feature:</b> • <a href="#">Change of rotational direction by man</a>	Max 1	Max 2  Must be different	Max 2 jump elements  1 solo jump 1 jump combination (max 2 jumps) or sequence	Max 1  May be in combination (change of foot optional) (6 revs)	Max 1  May be in combination (8 revs)	Max 1 (Any)	Max 1  Choreo Sequence
<b>Junior</b> (4:00 ±0:10) N/A	Max 2  Not all from Grp 5	Max 1	Max 2  Must be different	Max 2 jump elements  1 solo jump 1 Jump combination (max 3 jumps) or sequence	Max 1  Must be in combination (change of foot optional) (10 revs)	Max 1  Pair Spin Combination (8 revs)	Max 1 (Any)	Max 1  Choreo Sequence
<b>Senior</b> (4:30 ±0:10) N/A	Max 3  Not all from Grp 5	Max 1	Max 2  Must be different	Max 2 jump elements  1 Solo Jump 1 Jump combination (max 3 jumps) or sequence	Max 1  Must be in combination (10 revs)	Max 1  Pair Spin Combination (8 revs)	Max 1  Must be different from SP (i.e. NO BiDs)	Max 1  Choreo Sequence

Please note: Junior & Senior categories subject to change by the ISU