



GUIDELINES FOR INTERNATIONAL PAIR COMPETITIONS

In the following, “Ice” must be understood as “Floor” and “blade” as “Plates”
Competitors will present only a long program for any of the categories.

Requirements to elements of Pair Skating

General

Pair Skating is the skating of two persons in unison who perform their movements in such harmony with each other as to give the impression of genuine Pair Skating as compared with independent Single Skating; attention should be paid to the selection of an appropriate partner.

All elements are to be linked together by connecting steps of a different nature and by other comparable Free Skating movements, together with a variety of positions and holds, while fully utilizing the entire ice surface.

a) Both partners need not always perform the same movements; they may separate from time to time, but they must give an impression of unison and harmony of composition of program and of execution of the skating.

Movements performed entirely on two feet must be kept to a minimum.¹⁰⁵

b) For the purpose of these Rules, a lift means a complete lift including full extension of the lifting arm/s, if required for the type of lift concerned.

Small lifts, which may be either ascending and descending or rotational in character, in which the Man does not raise his hands higher than the shoulder level, as well as movements which may include the holding of the Lady by the legs are also permitted.

c) Spinning movements in which the Man swings the Lady around in the air while holding her hand or foot, are illegal. Also illegal are the jumps of one of the partners towards the other partner, rotational movements with the grip of one of the partners on the leg, arm and neck of the other partner. Nevertheless, the so called death spiral in which the Lady circles around the Man, is permitted. One skate of the Lady must remain on the ice throughout the death spiral. Twist-like or rotational movements during which the Lady is turned over one or more times with her skating foot leaving the ice are not permitted. Multiple execution throughout a program of movements, where neither skate is on the ice must be penalized.

d) Harmonious steps and connecting movements, in time to the music, should be maintained throughout the program.

Lifts

Pair lifts are classified as follows:

Group One - Armpit Hold position

Group Two - Waist Hold position

Group Three - Hand to Hip or upper part of the leg (above the knee) position

Group Four - Hand to Hand position (Press Lift type)

Group Five - Hand to Hand position (Lasso Lift type)

The Lift's Group is determined by the hold at the moment the Lady passes the Man's shoulder. In Groups 3–5 full extension of the lifting arm(s) is mandatory.

A minimum of one (1) and maximum of three and a half (3 ½) revolutions of the Man.

Partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand to upper part of the leg (above the knee) grips. A change of hold means going from one of these grips to another or from one hand to another in a one hand hold. Changes of hold during the lift are permitted. If, however, the Man changes hold for less than one (1) revolution, it is not considered as a "change of hold". One hand holds and/or one hand landings count as Level features only when the Man uses one hand and the Lady uses either one hand or no hands.

Lady's positions are classified as follows: Upright (Lady's upper body vertical), Star (Lady's position sideways with upper body parallel to the ice) and Platter (Lady's position flat, facing up or down with upper body parallel to the ice). A change of position means going from one of these positions to another (one full revolution in each position).

If a change of hold and a change of Lady's position are executed at the same time, only one Level feature will be awarded.

The conclusion of the lift is when the Man's arm(s) begin to bend after full extension and consequently the Lady begins to descend. Level features (except related to take-off or landing) are counted from the moment the Man's arms are fully extended until the conclusion of the Lift. Three and a half (3 ½) allowed revolutions of the Man are counted from the moment the Lady leaves the ice until the conclusion of the Lift.

Twist lifts

The Lady must be caught in the air at the waist by the Man prior to landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. In the twist lift, a split position by the Lady, prior to rotating, is not mandatory.

Throw jumps

Throw jumps are partner assisted jumps in which the Lady is thrown into the air by the Man on the take-off and lands without assistance from her partner on a backward outside edge.

Solo jumps, jump combinations and jump sequences

In case of unequal number of revolutions of the partners in a jump performed as a solo jump or part of a combination or a sequence, this jump will be called as a jump with lesser amount of revolutions executed by the partners.

Solo spin combinations

Solo spin combinations may be commenced with jumps.

Pair spin combinations

The pair spin combination must include at least one change of foot and position of both partners.

If there is no change of foot or no change of position by both partners, the element will have no value.

Death Spirals

In the final position while the Lady is performing the actual death spiral, both the Man and the Lady must execute a minimum of one (1) revolution with the knees of the Man clearly bent and in full pivot position. For a possible higher Level, the Man should stay in a low pivot position (this is when the lower part of his buttocks is not higher than the upper part of the knee of the pivot foot). The Lady simultaneously must skate on a clean edge with her body and head close to the ice surface, however she must not touch the ice with her head or assist herself with the free hand or any part of the body. The Lady's body weight is supported by the force of the spiraling edge and the hold of the Man.

The Man must be in a centered position with a fully extended arm.

Any kind of position is counted as a feature if Skaters' hold lasts for at least one (1) revolution.

Step sequences

Should be executed together or close together. Step sequence must fully utilize the ice surface. Credit will be given to a pair which changes places and holds or uses difficult skating moves together during a step sequence. The workload between both partners must be even to be taken into account for a possible higher Level.

Free Skating Pairs

1. Free Skating for pairs consists of a well balanced program composed and skated to music of the pair's own choice for a specified period of time. Vocal music with lyrics is permitted. A good program contains moves of Single Skating executed simultaneously either symmetrically (mirror skating) or in parallel (shadow skating) and especially typical Pair Skating moves such as pair spins, spirals, lifts, partner assisted jumps and the like, linked harmoniously by steps and other movements.

NOVICE (CUB and NOVICE)

Age requirements in International Competitions, a Novice is a Skater who has met the following requirements before August 1st preceding the event (the specific date: before August 1st, applies to all indicated dates):

- has reached at least the age of ten (10)
- has not reached the age of fifteen (15) for Girls and seventeen (17) for Boys in Pair Skating and Ice Dance

Levels explanations:

For all Novice Pairs, only **Level base** will be granted by the Technical Panel.

The Program Components are only judged in

Skating Skills

Performance/Execution

The factor of the Program Components is 2.0

Two subgroups offering a different technical package are established:

Cub (Basic Novice) , requirement is to do a Free Skating 2:30 min, +/- 10 sec.

- a) has reached at least the age of ten (10) before August 1st preceding the event
- b) has not reached the age of thirteen (13) for Girls and Boys in singles competitions, before August 1st preceding the event.

A well balanced Free Skating program must contain a maximum of:

- a) One very simple lift
- b) One Throw jump (single or double), (waltz jump is allowed and get the value of 1S)
- c) One solo jump (single or double)
- d) One solo or pair spin, minimum two (2) revolutions
- e) One pivot figure *)
- f) One choreographic sequence which includes at least one (1) spiral position of each partner at least three (3) seconds long.

*Like a kind of death spiral, the lady position is free, 1 rotation minimum, total sit position of the man is not compulsory.

There is no Bonus for elements, program, in Pair Skating.

Novice (Novice advance) requirement is to do a Free Skating 3 min, +/- 10 sec.

- a) has reached at least the age of thirteen (13) before August 1st preceding the event
- b) has not reached the age of fifteen (15) for Girls and seventeen (17) for Boys before August 1st preceding the event

A well balanced Free Skating program must contain a maximum of:

- g) Two different lifts carry or of Groups 1 to 2, one arm holds not allowed, (in group 1 and 2 full extension of the lifting arm of the partner is not required).
- h) One Twist lift (single or double) or a Throw jump
- i) One Throw jump (single or double), different from the first one, (waltz jump is allowed and get the value of 1S)
- j) One solo jump (single or double)
- k) One pair spin or pair spin combination (minimum of two (2) revolutions in total)
- l) One pivot figure *)
- m) One choreographic sequence which includes at least one (1) spiral position of each partner at least three (3) seconds long.

*Like a kind of death spiral, the lady position is free, 1 rotation minimum, total sit position of the man is not compulsory.

There is no Bonus for elements, program, in Pair Skating.

JUNIOR to ADULT MASTER

Age limits for Single & Pair Skating

a) In International Senior Competitions only Skaters may compete who have reached at least the age of fifteen (15) before August 1st preceding the competition.

b) In International Junior Competitions a Junior is a Skater who has met the following requirements before August 1st preceding these Events:

- has reached at least the age of thirteen (13);
- has not reached the age of nineteen (19) for Ladies and the age of twenty-one (21) for Men in Pair competition.

c) Adult silver is a skater who has met the following requirements before August 1st preceding these Events:

- has reached at least the age of sixteen (16);

d) Adult Master Pair are 2 skaters who has met the following requirements before August 1st preceding these Events:

- the sum of age of both partners has reached at least the age of (62);

Free Skating

Senior:

Pairs 4 minutes

Junior:

Pairs 3 1/2 minutes

The Competitor is allowed to finish the Free Skating within ten (10) seconds plus or minus the required time. If the Competitor fails to finish his Free Skating program within the allowed range of time, there should be a 1.0 point deduction for up to every five (5) seconds lacking or in excess. All the elements started after the required time (plus the 10 seconds allowed) must not be marked by the Technical Panel and will have no value. The timekeepers must inform the Referee. If the duration of the program is thirty (30) seconds or more under the required time range, no marks will be awarded.

<p>JUNIOR</p> <p style="margin-left: 40px;">3'30"</p>	<p><u>A Junior Well Balanced Program must contain:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> maximum of 2 lifts, not all from Group 5 with full extension of the lifting arm/s; <input type="checkbox"/> maximum of 1 twist lift; <input type="checkbox"/> maximum of 2 different throw jumps; <input type="checkbox"/> maximum of 1 solo jump; <input type="checkbox"/> maximum of 1 jump combination or sequence; <input type="checkbox"/> maximum of 1 solo spin combination; <input type="checkbox"/> maximum of 1 pair spin combination; <input type="checkbox"/> maximum of 1 death spiral; <input type="checkbox"/> maximum of 1 choreographic sequence. <p>Any additional element or elements exceeding the prescribed numbers will not be counted in the result of a pair. Only the first attempt (or allowed number of</p>

	attempts) of an element will be taken into account.
SENIOR 4'	<p><u>A Senior Well Balanced Program must contain:</u></p> <input type="checkbox"/> maximum of 3 lifts, not all from Group 5, with full extension of the lifting arm/s; <input type="checkbox"/> maximum of 1 twist lift; <input type="checkbox"/> maximum of 2 different throw jumps; <input type="checkbox"/> maximum of 1 solo jump; <input type="checkbox"/> maximum of 1 jump combination or sequence; <input type="checkbox"/> maximum of 1 solo spin combination; <input type="checkbox"/> maximum of 1 pair spin combination; <input type="checkbox"/> maximum of 1 death spiral <input type="checkbox"/> maximum of 1 choreographic sequence.
ADULT SILVER 2'30" +/- 10"	<p><u>An Adult Silver Well Balanced Program must contain:</u></p> <p>a) maximum One lift carry b) maximum One Throw jump (single), (waltz jump is allowed and get the value of 1S) c) maximum One solo jump (single), (waltz jump is allowed and get the value of 1S) d) maximum One solo or pair spin, minimum two (2) revolutions e) maximum One pivot figure *) f) maximum One choreographic sequence which includes at least one (1) spiral position of each partner at least three (3) seconds long.</p> <p>*Like a kind of death spiral, the lady position is free, 1 rotation minimum, total sit position of the man is not compulsory.</p>
ADULT MASTER 3' +/- 10"	<p><u>An Adult Master Well Balanced Program must contain:</u></p> <input type="checkbox"/> maximum of 2 lifts, not all from Group 5, with full extension of the lifting arm/s; <input type="checkbox"/> maximum of 1 twist lift; <input type="checkbox"/> maximum of 1 throw jumps; <input type="checkbox"/> maximum of 1 solo jump or 1 jump combination or sequence; <input type="checkbox"/> maximum of 1 solo spin combination or 1 pair spin combination; <input type="checkbox"/> maximum of 1 death spiral <input type="checkbox"/> maximum of 1 choreographic sequence.

4. Remarks

For all pair programs, the following will apply:

Lifts

For Seniors if two (2) of Group 5 Lifts are executed, the take-offs have to be of different nature (abbreviation). If the take-off is not different, the second executed Group 5 lift will not be marked, but will block a Lift box.

Carry Lifts

a) One of the allowed Lifts with at least one continuous revolution of the Man may include a carry. Only one such lift can be executed. The next performed

such a lift will have no value (but will block a Lift box if there is still any left);

b) Lifts that are just "Carries" consist of the simple carrying of a partner without rotation, only half a revolution of the Man is allowed on the take-off and/or exit. All holds in "Carry" lifts are unrestricted. The carrying of one partner by the other on the back, shoulders or knees is allowed in these lifts. Carry lifts shall not be counted in the number of overhead lifts. These lifts will be considered in the component "Transition". They do not have a value and are not limited in number.

Twist lift

In Free Skating the number of revolutions in the twist lift is not limited. A Lutz, Flip, Toe loop or Axel take-off by the Lady is accepted.

Solo jumps, jump combinations and jump sequences

The jump combination may consist of two (2) or three (3) jumps.

All jumps executed must be of different nature (different name), however the jump combination or sequence can include two same such jumps.

Spins

The spins must have a required minimum number of revolutions: **three (3)** for solo spin combination and **Three (3)** for the pair spin combination, the lack of which must be reflected by Judges in their marking, however a spin with less than **two (2)** rotations is considered as a skating movement and not a spin. These minimum number of required revolutions must be counted from the entry of the spin until its exit.

In the pair spin combination there must be at least one change of foot of both partners, not necessarily executed by both partners at the same time. The pair spin combination must include at least two (2) different basic positions by both partners.

In the solo spin combination the change of foot is optional.

Death Spiral

Variations of arm holds and pivot positions (backward or forward) are possible.

Choreographic Sequences

A Choreographic Sequence consists of any kind of movements like steps, turns (except twizzles), spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, small lifts etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible.

The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program).

This element has a fixed base value and will be evaluated by the judges in GOE only.

Prohibited elements:

- Split on the floor is treated as a fall - deduction (1 mark/point)
- Acrobatic elements – deduction (1 mark)

GENERAL TECHNICAL RULES EXTRACT

(MAIN POINTS FOR MEMORY)

Pair Inline Figure Skating

A competitor can compete in only one pair category per event.

VALID RULES:

1. ISU COMMUNICATION 1861 + 1874 + 1884 !!!
2. TECHNICAL PANNEL HANDBOOK 2014-2015 (27/07/2014) + corrections

FOR :

Scale of Values , Levels of difficulty , Guidelines for marking Grade of Execution GOE

CHANGES for Inline Figure Skating , which differs from Ice Skating :

SPINS

- Minimum rotation to validate a spin **is two (2) rotations** per foot ~~instead of 3~~.
- Feature of "six" (6) rotations in the same position without interruption" is replaced by "**four (4) rotations** in the same position without interruption". Regular upright position is considered final wind-up but count in the number of revolution ..
- "Changes of edge in the same basic position" counts once per program as a feature in **any basic position** .
- **Minimum rotation to validate a position is one (1) full rotation , instead of 2 .**
- **Any flying entrance count as a feature . Regular flying camel is a feature if there is a clear jump and the camel basic position is reached within the first 2 rotations after the landing and is held for one (1) full rotation. instead of 2.**
- **Jump on same foot or changing foot through a jump requires one (1) full rotation before and one (1) full rotation after the landing in a basic position . The basic position has to be reached within the first 2 rotations after the landing .**
- **Combination spin requires a minimum of 2 different basic positions (held for 1 rotation minimum each)**

Sign V1 :

For any spin with change of foot:

at least one basic position on each foot (minimum 1 rotation) .

FALL

A fall is defined as loss of control by a skater with the result that the majority of the skater's own body weight is on the **floor** supported by any other part of the body other than the blades (e.g. hand(s), knee(s), back, buttock(s) or any part of the arm).

MUSIC

Music with voice and lyrics is allowed. The lyrics must not contain swearing or sexy connotations.

Le Président
Fernand Féron

