



2025-2026 Pairs Program Requirements Quick Reference Guide

February 7, 2025

Short Program

Effective July 1, 2025

CATEGORY / TIME / BONUS	LIFT	TWIST	THROW	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
Pre-Novice (2:40 ±0:10) Bonus: +1.0 for 2A receiving full base value (i.e. not < or <<)	Must be from Grp 1, 2, 3 or 4	Juvenile, Single, or Double	Any Single or Double (no 2A)	Single Axel or Any Double	Solo Spin Combo Only 1 change of foot (3/3 revs)	Any Death Spiral	Must fully utilize the ice
	Max Level 2 Take-off/landing feature: Simple variation of the take-off or simple landing variation No credit feature: Change of rotational direction by Athlete B	Max Level 2			Max Level 2	Max Level 2	Max Level 2
Novice (2:40 ±0:10)	Any hand-to-hand lift take-off (Group 4) or Any Lasso lift take-off (Grp 5)	Juvenile, Single, or Double	<u>2T or 2F/Lz</u>	<u>2Lo</u> or 2A	Solo Spin Combo Only 1 change of foot (4/4 revs)	<u>Backward Inside</u>	Must fully utilize the ice
	Take-off/landing feature: Simple variation of the take-off or simple landing variation No credit feature: Change of rotational direction by Athlete B						
Junior (2:40 ±0:10)	Any <u>Lasso lift take-off (Grp 5)</u>	Double or Triple	<u>2T or 3T or 2F/Lz or 3F/Lz</u>	<u>2Lo</u> or 2A	Solo Spin Combo Only 1 change of foot (5/5 revs)	<u>Backward Inside</u>	Must fully utilize the ice
Senior (2:40 ±0:10)	Any <u>Lasso lift take-off (Grp 5)</u>	Double or Triple	Any Double or Triple	Any Double or Triple	Solo Spin Combo Only 1 change of foot (5/5 revs)	<u>Backward Inside</u>	Must fully utilize the ice

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



2025-2026 Pairs Program Requirements Quick Reference Guide

Effective July 1, 2025

February 7, 2025

CATEGORY / TIME / BONUS / PCs	LIFT	TWIST	THROW	JUMP	SOLO SPIN	PAIR SPIN	DEATH SPIRAL	STEP / CHOREO SEQUENCE
Juvenile (2:30 ±0:10) 2 PCs: Presentation & Skating Skills	Max 1 Any non-overhead lift permitted Group 1 or Group 2	Max 1 (Juvenile or Single)	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 or 3/3)	Max 1 May NOT be in combination (may have change of foot OR change of position) (3/3 or 3 revs)	Max 1 Pivot Figure or Death Spiral	Max 1 Step Sequence Must fully utilize the ice
	Max Level B	Max Level B			Max Level B	Max Level B	Max Level B	Max Level B
Pre-Novice (3:00 ±0:10) Bonus: +1.0 for each 2A eligible for full base value (i.e. not < or <<)	Max 2 Must be from different groups unless both from Group 1	Max 1 (Juvenile, Single, or Double)	Max 2 Must be different	Max 2 jump elements 1 solo jump 1 jump combination (max 2 jumps) or sequence	N/A	Max 1 Pair Spin or Pair Spin combination (6 revs)	Max 1 Any Death Spiral	Max 1 Choreo Sequence
	Max Level 2 Take-off/landing feature: Simple variation of the take-off or simple landing variation No credit features: Change of rotational direction by Athlete B							
Novice (3:30 ±0:10) Bonus: +1.0 for each throw triple or triple jump eligible for full base value (i.e. not <, << or e)	Max 2 Must be from different group and at least 1 must be from Group 3 or 4	Max 1 (Juvenile, Single, Double, or Triple)	Max 2 Must be different	Max 2 jump elements 1 solo jump 1 jump combination (max 2 jumps) or sequence	N/A	Max 1 Pair Spin or Pair Spin Combination (6 revs)	Max 1 Any	Max 1 Choreo Sequence
	Take-off/landing feature: Simple variation of the take-off or simple landing variation No credit feature: Change of rotational direction by Athlete B							
Junior (3:30 ±0:10)	Max 2 Not all from same group	Max 1	Max 2 Must be different	Max 2 jump elements 1 solo jump 1 Jump combination or sequence (max 3 jumps)	N/A	Max 1 Pair Spin Combination (8 revs)	Max 1 Any	Max 1 Choreo Sequence
Senior (4:00 ±0:10)	Max 3 Not all from same group	Max 1	Max 2 Must be different	Max 2 jump elements 1 solo Jump 1 Jump combination or sequence (max 3 jumps)	N/A	Max 1 Pair Spin Combination (8 revs)	Max 1 Must be different from SP (i.e. No <u>BiDs</u>)	Max 1 Choreo Sequence

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



JUVENILE TWIST LIFT (JTW)

DEFINITION: A hand-to-waist lift where Athlete A is lifted into the air on the take-off. At the top of the lift, Athlete A may or may not be released by Athlete B. **NO** rotation is performed by Athlete A and a split position is optional. Athlete B will assist Athlete A with their landing.

Partners may give each other assistance only through: hand-to-waist.

Scale of Values: Juvenile Twist Lift will be called to a maximum of level base.

JTWB	Juvenile Twist Lift	-0.23	-0.18	-0.14	-0.09	-0.05	0.45	+0.05	+0.09	+0.14	+0.18	+0.23
------	---------------------	-------	-------	-------	-------	-------	-------------	-------	-------	-------	-------	-------

Guidelines for establishing Grade of Execution: developed per ISU Communication No. 2558

Guidelines for +GOEs: JTW
For +1: 1 bullet / For +2: 2 bullets / For +3: 3 bullets / For + 4: 4 bullets / For + 5: 5 or more bullets
FOR + 4 and +5, THE FIRST THREE bullets highlighted in bold must be present
<ol style="list-style-type: none"> 1) good split position of Athlete A in air position 2) good position of the Athlete B with full extension of the arms 3) effortless throughout 4) good take-off and exit 5) very good speed and flow 6) element matches the music

Guidelines for establishing GOE reductions for errors: JTW	
Fall	-5
Serious problems on the catch	-3 to -4
Slight problems on the catch	-1 to -2
Skater A lands on two feet	-2 to -3
Touch down with the free foot	-1
Poor height or distance	-1 to -3
Poor take-off (poor speed, serious scratching, no toe-pick)	-1 to -3
Weak landing (poor speed, bad positions)	-1 to -2
Long preparation	-1 to -2

[VIDEO EXAMPLES](#)