

SENIOR PAIRS FREE SKATING

SKATERS	Lifts 3 min, 5 max. 1 must be a twist lift, but not more than 2.	Throws Min. of 1. 2 Max.	Side-by-Side Solo Jumps Min of 1. 2 max.	Side-by-Side Solo Spins	Pair Spin Comb's 1 pair spin combination. A second may be comb. or solo.	Death Spirals 1 death spiral. A 2nd of a different nature or other pivot maneuver ok.	Step Sequences 1	Connect'g Moves Speed	Composition Variat'n in speed Use of Ice Timing Carriage/Style Originality Expres'n of Music Unison	
			Side-by-Side Comb's / Seq's 1	Side-by-Side Spin Comb's 1 solo or comb.			Spiral Sequences 1			
1.										T.M.
										Pres.
										Total
2.										T.M.
										Pres.
										Total
3.										T.M.
										Pres.
										Total
4.										T.M.
										Pres.
										Total
5.										T.M.
										Pres.
										Total
6.										T.M.
										Pres.
										Total
7.										T.M.
										Pres.
										Total
8.										T.M.
										Pres.
										Total
9.										T.M.
										Pres.
										Total
10.										T.M.
										Pres.
										Total

0.1 in each mark Lying on the ice. Prolonged posing. Prolonged movements executed on two feet.	Multiple execution throughout a program of movements with neither skate on the ice. Somersault type jumps and other forbidden movements. For each ten seconds over the time limit.	0.1 in Presentation Vocal music with lyrics. Clothing not meeting the requirements.	0.1 in Technical Merit Each extra or lacking well-balanced program element. Lack of connecting steps and comperable free skating movements.	Other notes: Minimum revolution requirements for spins.
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