

Pair Skating : Time duration- 3 minutes

Compulsory Elements:

1. " S" in flying position covering 3/4th of the skating surface
2. One foot sequences any pattern covering 75% of the skating surface: The skaters may choose to skate the footwork in shadow or in contact with each other (side by side or in line). Connected / in contact foot sequence for more than 75% will be rated higher than separate/ shadow sequence .Spins and jumps involving more than one rotation are not allowed.
3. Contact spin: A contact spin is performed by both partners holding and maintaining the same rotation axis. The partners trace one or two concentric circumferences on the skating surface, according to the respective positions and holds employed. In spins in which the woman is lifted from the skating surface, the lifter must have only one foot in contact with the skating surface
4. One position lift
5. One throw /twist jump: A throw jump is a movement in which her partner in the take-off and performance of a recognized jump assists the woman. The landing may be affected as in the single jump, or with the woman held by her partner (twist jump). In the later, the positioning of the partners must be frontal, with the handhold on the waist. Any other position can be accepted, but shall be given less credit.
6. One Death Spiral : Important that the man must pivot on his toe stop. Hold should not be two hands by the man. Edge for the woman is not on two wheels, should have at least three wheels on the floor. Man's position should be as bent as possible.
7. Shadow jump: The jump may be accomplished by the partners skating either side by side or one behind the other, provided in both cases; they maintain their original distance at the landing. The optimum distance should be 1.5 meters.
8. Shadow spin: No combinations. Minimum of three (3) revolutions. The optimum distance between skaters should be 1.5 meters. Any spin with more than one (1) position will be given a deduction of .5 from the A mark.
