

**Well Balanced Programs - Pairs
2009-2010 Competition Season**

<p align="center">Senior Pairs - Free Skating</p> <p>12 elements 4:30</p> <p>Maximum 3 Lifts - 1 from Group 3 or 4 Maximum 2 Twist Lifts (must be different takeoffs) Total 4 lifts & twists maximum</p> <p>2 different Throw Jumps 1 Solo Jump 1 Jump Combination or Sequence 2 jumps maximum in combo / sequence free</p> <p>1 Solo Combination Spin w or w/o change of foot (10) 1 Pair Combination Spin with change of foot (8)</p> <p>1 Death Spiral 1 Spiral Sequence</p>	<p align="center">Intermediate Pairs - Free Skating</p> <p>11 elements 3:00</p> <p>2 Lifts -- From Group 1 or Waist Loop Lift 1 may be Forward Press, 2-Hand Star or Platter 1 Twist Lift (single)</p> <p>2 different Throw Jumps (single or double) 1 Solo Jump (single or double) 1 Jump Combination or Sequence (single or double) 2 jumps maximum in combo / sequence free</p> <p>1 Solo Spin or Combination Spin (5) 1 Pair Spin or Combination Spin (5)</p> <p>1 Death Spiral (1/2 revolution in pivot) 1 Step Sequence</p>
<p align="center">Junior Pairs - Free Skating</p> <p>11 elements 4:00</p> <p>2 Lifts - 1 from Group 3 or 4 1 Twist Lift</p> <p>2 different Throw Jumps 1 Solo Jump 1 Jump Combination or Sequence 2 jumps maximum in combo / sequence free</p> <p>1 Solo Spin or Combination Spin (6 / 10) 1 Pair Spin or Combination Spin (6 / 8)</p> <p>1 Death Spiral 1 Spiral Sequence</p>	<p align="center">Juvenile Pairs - Free Skating</p> <p>9 elements 2:30</p> <p>2 Lifts -- From Group 1 or Waist Loop Lift</p> <p>1 Throw Jump (single) 1 Solo Jump (single or double) 1 Jump Combination or Sequence (singles or doubles) 2 jumps maximum in combo / sequence free</p> <p>1 Solo Spin or Combination Spin (5) 1 Pair Spin with no change of foot(3) Change of position optional 1 Death Spiral or Pivot Spiral (1/2 revolution in pivot) 1 Step Sequence</p>
<p align="center">Novice Pairs - Free Skating</p> <p>11 elements 3:30</p> <p>2 Lifts -- 1 from Group 3 or 4 1 Twist Lift (double or single)</p> <p>2 different Throw Jumps 1 Solo Jump 1 Jump Combination or Sequence 2 jumps maximum in combo / sequence free</p> <p>1 Solo Spin or Combination Spin (5) 1 Pair Spin or Combination Spin (5)</p> <p>1 Death Spiral (1 revolution by man in pivot) 1 Spiral Sequence</p>	<p align="center">Pre-Juvenile Pairs - Free Skating</p> <p>8 elements 2:00</p> <p>1 Lift -- From Group 1 or Waist Loop Lift*</p> <p>1 Throw Jump (single) 1 Solo Jump (single)* 1 Jump Sequence (no double Axel or triple jump) Jump combination is not permitted 1 Solo Spin (3)* 1 Pair Spin with no change or foot or position (3)*</p> <p>1 Death Spiral or Pivot Spiral (no min requirement) Stroking forward & backward, clockwise & counterclockwise* 1 Step Sequence (1/2 ice)* *required</p>