



2026-2027 Pairs Program & Technical Requirements Guide

Effective July 1, 2026

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As of the date of publication, rules cited in this guide are based on Skate Canada and ISU Rules.

Always refer to Rules as listed on the Skate Canada Info Centre, and the ISU Sports Rules – Figure Skating for complete and authoritative rules in effect at any point in time.

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

In domestic competition, a Pair team consists of two athletes.

These athletes will be identified as Athlete A and Athlete B. The listing of the team's name corresponds to their role (i.e., Athlete A / Athlete B).

When referring to ISU documents Athlete A must follow the requirements listed for the woman and Athlete B must follow the requirements listed for the man.



2026-2027 Pairs Short Program Technical Requirements

July 29, 2026

REQUIRED ELEMENTS	PRE-NOVICE Time: 2:40 ± 0:10	NOVICE Time: 2:40 ± 0:10	JUNIOR Time: 2:40 ± 0:10	SENIOR Time: 2:40 ± 0:10
LIFT	Must be from Group 1, 2, 3 or 4	Group 3 - Any hip lift take-off (3Li)	Group 3 - Any hip lift take-off (3Li)	Group 3 - Any hip lift take-off (3Li)
	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	Take-off/landing feature: Simple variation of the take-off or simple landing variation No credit feature: Change of rotational direction by Athlete B		
TWIST	Juvenile, Single or Double	Juvenile, Single or Double	Double or Triple	Double or Triple
	Max Level 2		BONUS: +1.0 for 3Tw with full base value (i.e. not <<)	
THROW	Any Single or Double (no 2ATh)	Double or Triple Loop (2LoTh or 3LoTh)	Double or Triple Loop (2LoTh or 3LoTh)	Any Double or Triple
		BONUS: +1.0 for 3LoTh with full base value (i.e. not < or <<)		
SOLO JUMP	Single Axel or Any Double	Double Lutz (2Lz) or Double Axel (2A)	Double Lutz (2Lz) or Double Axel (2A)	Any Double or Triple
	BONUS: +1.0 for 2A with full base value (i.e. not < or <<)	BONUS: +1.0 for 2A with full base value (i.e. not < or <<)		
SPIN	Solo Spin Combination Only one change of foot (4/4 revs)	Solo Spin Combination Only one change of foot (5/5 revs)	Pair Spin Combination (8 revs)	Pair Spin Combination (8 revs)
	Max Level 4			
DEATH SPIRAL	Any Death Spiral	Forward Inside	Forward Inside	Forward Inside
	Max Level 4			
STEP SEQUENCE	One Step Sequence	One Step Sequence	One Step Sequence	One Step Sequence
	Max Level 4			



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REQUIRED ELEMENTS	Minimum Requirements	Error	Penalty	Example
LIFT	Min. 1 rev by Athlete B All features must be executed in the first 4 revs Full extension of lifting arm(s) for Group 3 and 4	Less than 1 rev by Athlete B	No value	3Li
		Wrong take-off	No value and element invalidated	5Li*
		Illegal lift or grip	No higher than Basic and deduction for illegal element	3LiB+DED
		Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded; level is unrestricted	3Li (NV-4)
		Pre-Novice/Novice: change of rotational direction feature included	Feature not awarded	Pre-Novice: 4Li (B-2) Novice: 3Li (B-4)
TWIST	Take-off must be a Flip or Lutz	Axel or toe loop take-off	No value	(1-3) Tw
		Wrong number of revs	Element invalidated	Junior/Senior: 1Tw*
THROW		Wrong number of revs	Element invalidated	Pre-Novice: 3LoTh* Novice to Senior: 1LoTh*
		Wrong throw	Element invalidated	Pre-Novice: 2Ath* Novice/Junior: 2FTh*
SOLO JUMP		Wrong number of revs	Element invalidated	1Lz*
SOLO SPIN COMBINATION (Pre-Novice & Novice)	(F)CCoSp must consist of only one change of foot and at least one change of different basic position by both partners	No change of foot by one or both partners	No value and element invalidated	(F)CoSp*
		More than 1 change of foot by one or both partners	No value	(F)CCoSp
		One or both partners have less than 2 different basic positions with two revs and/or less than 3 revs before/after change of foot	No value	(F)CCoSp
		One or both partners have only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"	(F)CCoSp (B-4)V
		Less than minimum revs	GOE reduction for missing revolutions	



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REQUIRED ELEMENTS	Minimum Requirements	Error	Penalty	Example
PAIR SPIN COMBINATION (Junior & Senior)	PCoSp must consist of at least one change of foot and one change of position by both partners	Short stop, except when changing direction with the change of foot	Spin is concluded	
		One or both do not have at least 2 revs in 2 different basic positions	No value	PCoSp
		Less than 3 revs on both feet by one or both partners	No value	
		Less than 3 basic positions with 2 revs by one or both partners	Base value is reduced and indicated with "V"	PCoSp (B-4)V
		Less than 3 revs before or after the change of foot by one or both	Base value is reduced and indicated with "V"	PCoSp (B-4)V
		Less than minimum revs	GOE reduction for missing revolutions	
DEATH SPIRAL		Wrong death spiral or pivot figure	No value and element invalidated	BiDs* or PiF*
		Athlete A never reaches low position	No value	FiDs
		Athlete B's knees not clearly bent for 1 rev	No value	FiDs
		Athlete B's hold is with opposite hand	No value	FiDs
		Athlete B's holding arm not extended for 1 rev	No value	FiDs
		Athlete B changes pivot position	No value	FiDs
		Athlete A loses edge & goes to boot or knee	Element is concluded	FiDs (NV-4)
		Athlete B's anchored pivot re-positions or blade touches the ice	Element is concluded	FiDs (NV-4)
		Athlete A and B do not stay simultaneously in the low position for 1 rev.	Max Level 1	FiDs (NV-1)
STEP SEQUENCE	Must fully utilize the ice	Does not fully utilize the ice	No value	StSq
		Less than 2 difficult turns and steps executed on clean edges	No value	StSq



2026-2027 Pairs Free Program Technical Requirements

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REQUIRED ELEMENTS	JUVENILE Time: 2:30 ± 0:10	PRE-NOVICE Time: 3:00 ± 0:10	NOVICE Time: 3:30 ± 0:10	JUNIOR Time: 3:30 ± 0:10	SENIOR Time: 4:00 ± 0:10
LIFT	Max 1: Any non-overhead lift permitted Group 1 or 2	Max 2: Must be from different Groups (unless both are Group 1 lifts with different take-offs)	Max 2: Must be from different Groups One must be Group 3 or Group 4	Max 2: Not from the same Group	Max 2 Lifts: Not from the same Group Max 1: Choreographic Pair Lift
	Max Level B	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	Take-off/landing feature: Simple variation of the take-off or simple landing variation No credit feature: Change of rotational direction by Athlete B		
TWIST	Max 1: Juvenile or Single	Max 1: Juvenile, Single or Double	Max 1: Single, Double or Triple	Max 1	Max 1
	Max Level B	Max Level 2		BONUS: +1.0 for 3Tw with full base value (i.e. not <<)	
THROW	Max 1	Max 2: Must be different	Max 2: Must be different	Max 2: Must be different	Max 2: Must be different
			BONUS: +1.0 for each triple with full base value (i.e. not < or <<)		
SOLO JUMP	Max 1 jump element: May be in combo or sequence (max 2 jumps, <u>may not include Eu</u>)	Max 2 jump elements: One solo jump and one jump combo or sequence (max 2 jumps, <u>may not include Eu</u>)	Max 2 jump elements: One solo jump and one jump combo or sequence (max 2 jumps, <u>may not include Eu</u>)	Max 2 jump elements: One solo jump and one jump combo or sequence (max 2 jumps)	Max 2 jump elements: One solo jump and one jump combo or sequence (max 2 jumps)
		BONUS: +1.0 for each 2A with full base value (i.e. not < or <<)	BONUS: +1.0 for each 2A and higher base value jump with full base value (i.e. not <, << or e)		
SOLO SPIN (Juvenile Only)	Max 1: May be in combination Change of foot optional (3 revs or 3/3 revs)	N/A	N/A	N/A	N/A
	Max Level B				
SPIN	Max 1: Pair Spin May NOT be in combination (may have change of foot OR change of position) (3 revs or 3/3 revs)	Max 1: Pair Spin or Pair Spin Combination (6 revs)	Max 1: Pair Spin or Pair Spin Combination (6 revs)	Max 1: Choreographic Pair Spin	Max 1: Choreographic Pair Spin
	Max Level B	Max Level 4			
DEATH SPIRAL	Max 1: Pivot Figure or Death Spiral	Max 1: Any Death Spiral	Max 1: Any Death Spiral	Max 1: Any Death Spiral	Max 1: Must be different from SP (i.e. not FiDs)
	Max Level B	Max Level 4			
STEP SEQUENCE (Juvenile Only)	Max 1 Step Sequence	N/A	N/A	N/A	N/A
	Max Level 1 (achieved through difficult steps & turns)				



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REQUIRED ELEMENTS	Minimum Requirements	Error	Penalty	Example
LIFT	Min. 1 rev by Athlete B All features must be executed in the first 4 revs Full extension of lifting arm(s) required for Group 3, 4 & 5	Juvenile: Change of hold or change of Athlete A's position during the lift with 1 rev before and after the change	No value	1Li 2Li
		Less than 1 rev by Athlete B	No value	
		Illegal lift or grip	No higher than Basic and deduction for illegal element	3LiB+DED
		Pre-Novice/Novice: change of rotational direction included	Feature not awarded	
		Lifting arm begins to bend (excluding while changing hold/position)	Lift is concluded; level is unrestricted	
		Both lifts from the same Group (except Group 1 in Pre-Novice) Pre-Novice: Both Group 1 lifts have the same take-off	Repeated lift group is invalidated	4Li2 & 4LiB*
TWIST	Lz, F, T or A take-off is permitted	Missing rotation of ½ revolutions or more	Downgraded Twist	2TwB<<
		Novice/Junior/Senior: Executes a Juvenile twist	Downgraded Single Twist	1Tw(B-4)<<
		Wrong number of revs	Element invalidated	Juv: 2TwB* Pre-Novice: 3Tw(B-2)*
THROW	FTh and LzTh are considered the same for WBP purposes	More than permitted throws are performed	Extra throw is invalidated	Juv: 2STh & 2LoTh*
		Both Flip and Lutz throw are included	Second throw is invalidated	2FTh & 2LzTh*
SOLO JUMP	All jumps executed with more than 2 revs (2A and higher) may only be repeated in the same combo/sequence	Jump combo/sequence includes more than two jumps	The extra jump(s) will have no value	2F+2T+1Lo*
		Juvenile/Pre-Novice/Novice: Jump combo/sequence includes Eu	Eu and jumps that follow will be invalidated and element is marked with +REP	2A+Eu*+2S*+REP
		2A or higher repeated in separate jump elements	If in a jump combo, only the repeated jump will be invalidated	2A 2A*+2T
		Error after first jump by one skater (i.e. fall or touch down with weight transfer) and other executes a jump combo/sequence	Will be called as first jump +COMBO/SEQ as applicable	2A+COMBO or 2F+SEQ
		Pre-Novice & up: both partners execute two solo jumps	+REP added to 2 nd jump	2Lo, 2F+REP
SOLO SPIN (Juvenile Only)		One or both have less than 2 revs in a basic position	No value	
		Combo: one or both have less than 2 different basic positions with 2 revs	No value	(F)(C)CoSp
		Combo: one or both have only 2 basic positions (with at least 2 revs in each)	Base value is reduced and indicated with "V"	(F)(C)CoSp(B)V
		If change of foot executed, less than 3 revs before or after the change by one or both		
		Less than minimum revs	GOE reduction for missing revolutions	



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REQUIRED ELEMENTS	Minimum Requirements	Error	Penalty	Example
PAIR SPIN	P _{Sp} may contain either changes of position or a change of foot but not both for both partners	Juvenile: P _{CoSp} is performed – change of foot and position(s) by one or both	Element invalidated	P _{CoSp} B*
		Short stop, except when changing direction together (if change of foot executed)	Spin is concluded	
		Less than 2 revs in a basic position by either	No value	P _{Sp}
		Less than 3 revs on both feet by one or both partners (if change of foot executed)	No value	P _{Sp}
		If change of foot executed, less than 3 revs before or after the change by one or both	No penalty	P _{Sp} (NV-4)
		Less than minimum revs	GOE reduction for missing revolutions	
PAIR SPIN COMBINATION	P _{CoSp} must consist of at least one change of foot and one change of position by both partners <i>Pre-Novice/Novice: If P_{CoSp} attempted, must follow P_{CoSp} requirements</i>	Short stop, except when changing direction with the change of foot	Spin is concluded	
		One or both do not have at least 2 revs in 2 different basic positions	No value	P _{CoSp}
		Less than 3 revs on both feet by one or both partners	No value	
		Less than 3 basic positions with 2 revs by one or both partners	Base value is reduced and indicated with “V”	P _{CoSp} (B-4)V
		Less than 3 revs before or after the change of foot by one or both partners		
		Less than minimum revs	GOE reduction for missing revolutions	
DEATH SPIRAL		Pre-Novice & higher: pivot figure performed	Element invalidated	PiF*
		Athlete A never reaches low position (for PiF: never attains chosen position)	No value	
		Athlete B’s knees not clearly bent for 1 rev	No value	
		Athlete B’s holding arm not extended for 1 rev	No value	
		Athlete A loses edge & goes to boot or knee	Element is concluded	
		Athlete B changes pivot position	Element is concluded	
		Athlete B’s anchored pivot re-positions or blade touches the ice	Element is concluded	
		Athlete A and B do not stay simultaneously in the low position for 1 rev.	Max Level 1	
		Senior: FiDs is performed	Element invalidated	FiDs*



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REQUIRED ELEMENTS	Minimum Requirements	Error	Penalty	Example
CHOREO PAIR LIFT	Senior: Minimum 1 rev, must ascend/descend whilst moving across the ice	Less than 1 rev with lifting partner's arm(s) straight or almost straight above the head	No value	ChPLi
		Lifted partner not set down on ice at the exit unless it is the last element of the program	No value	ChPLi
		Spinning movement on the spot unless it is the very last moment of the ChPLi and it is the last element in the program	No value	ChPLi
		Choreo Pair Lift not identifiable	3 rd lift performed will be taken as ChPLi	
CHOREO PAIR SPIN	Junior & Senior: Minimum 3 consecutive revs on one or two blades at least by one partner, any basic or non-basic position(s) permitted.	Less than 3 revs by at least one partner on one or two blades	No value	ChPSP
		Changing feet during the 3 consecutive revs	No value	ChPSP
		One partner lifted above the other partner's head with fully extended arms	No value	ChPSP
STEP SEQUENCE (Juvenile Only)	Must fully utilize the ice	Does not fully utilize the ice surface	No value	StSq
		Less than 2 difficult turns and steps executed on clean edges	No value	StSq



2026-2027 Pairs Program & Technical Requirements INFORMATION SPECIFIC TO JUVENILE

July 29, 2026

JUVENILE TWIST LIFT (JT_w)

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.

These positive features and reductions are extracted from ISU Communication 2788 with reference to Twist Lifts. The list below has been edited to match the Skate Canada program requirements.

JUVENILE TWIST (JT _w)		
Guidelines for establishing +GOE		Guidelines for establishing GOE reductions
For +1: 1 bullet For +2: 2 bullets For +3: 3 bullets For +4: 4 bullets For +5: 5 or more bullets For starting and final GOE of +4 and +5, the first TWO bullets in bold must be present		Errors with grey background must not have the higher than +2 starting GOE
1. Good split position of Athlete A in air position		Fall
2. Good position of Athlete B with full extension of the arms		Serious problems on the catch
3. Effortless throughout		Athlete A lands on two feet
4. Good take-off and exit		Poor height or distance
5. Very good speed and flow		Poor take-off (scratching, poor speed, no toe-pick)
6. Element matches the music		Long preparation
		Slight problems on the catch
		Weak landing (poor speed, bad positions)
		Touch down with the free foot
		-5
		-3 to -4
		-2 to -3
		-1 to -3
		-1 to -2
		-1

GROUP 1 LIFT (1Li)

Definition: Lift where Athlete A's head remains up and Athlete A is lower than Athlete B's shoulder. Possible grips are hand to armpit, hand to arm, hand to wrist or hand to hand.



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INFORMATION SPECIFIC TO JUVENILE

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PIVOT FIGURE (PiF)

Definition: One partner performs a pivot holding the other partner with a hand to hand grip. The partner executing the pivot must have clearly bent knees and arm extended fully for 1 revolution. The other partner can be in a spiral, spreadeagle or have an extended leg position.

These positive features and reductions are extracted from ISU Communication 2788 with reference to Death Spirals. The list below has been edited slightly to match the Skate Canada program requirements.

PIVOT FIGURE (PiF)			
Guidelines for establishing +GOE		Guidelines for establishing GOE reductions	
For +1: 1 bullet For +2: 2 bullets For +3: 3 bullets For +4: 4 bullets For +5: 5 or more bullets For starting and final GOE of +4 and +5, the first TWO bullets in bold must be present		Errors with grey background must not have the higher than +2 starting GOE	
1. Very good positions of both partners		Fall	-5
2. Good flow and speed throughout (including entry and exit)		Poor pivot position (losing toe pick, etc.)	-2 to -4
3. Effortless throughout		Poor, weak, awkward position(s)	-1 to -3
4. Good controlled transition into required positions and on exit		Athlete A chosen position not achieved, less than 1 rev	
5. Good/continuous edges demonstrated by Athlete A and Athlete B		Athlete B position too high, less than 1 rev	
6. Element matches the music		Weak edge quality	
		Slow or reduction of speed	
		Poor entry or exit	



2026-2027 Pairs Program & Technical Requirements REFERENCE INFORMATION

July 29, 2026

LINKS TO ISU AND SKATE CANADA DOCUMENTS

ISU Rules

- [ISU Sport Rules - Figure Skating](#)

ISU Communications and Technical Resources

- [ISU Communication 2788 \(Levels and GOE\)](#)
- [ISU Communication 2786 \(Scale of Values\)](#)
- [ISU Technical Panel Handbook – Pairs Skating](#)
 - Contains calling specifications for technical elements for Pairs events.
- [ISU Who is responsible](#)
- [ISU Additional Q&A's](#)

Skate Canada Rules

- [Competition Program Requirements Rule - Podium Pathway](#)
 - Defines well-balanced program requirements by category
- [Competitions Rule](#)
 - Defines aspects related to control and conduct of Skate Canada Competitions
- [Scoring of Skate Canada Competitions Rule](#)
 - Defines all aspects of CPC scoring of Skate Canada competitions

Skate Canada Technical Resources

- [Skate Canada Scale of Values](#)
 - Defines values assigned to elements specific to Skate Canada competitions, as well as links to ISU Scales of Values for all other elements.