

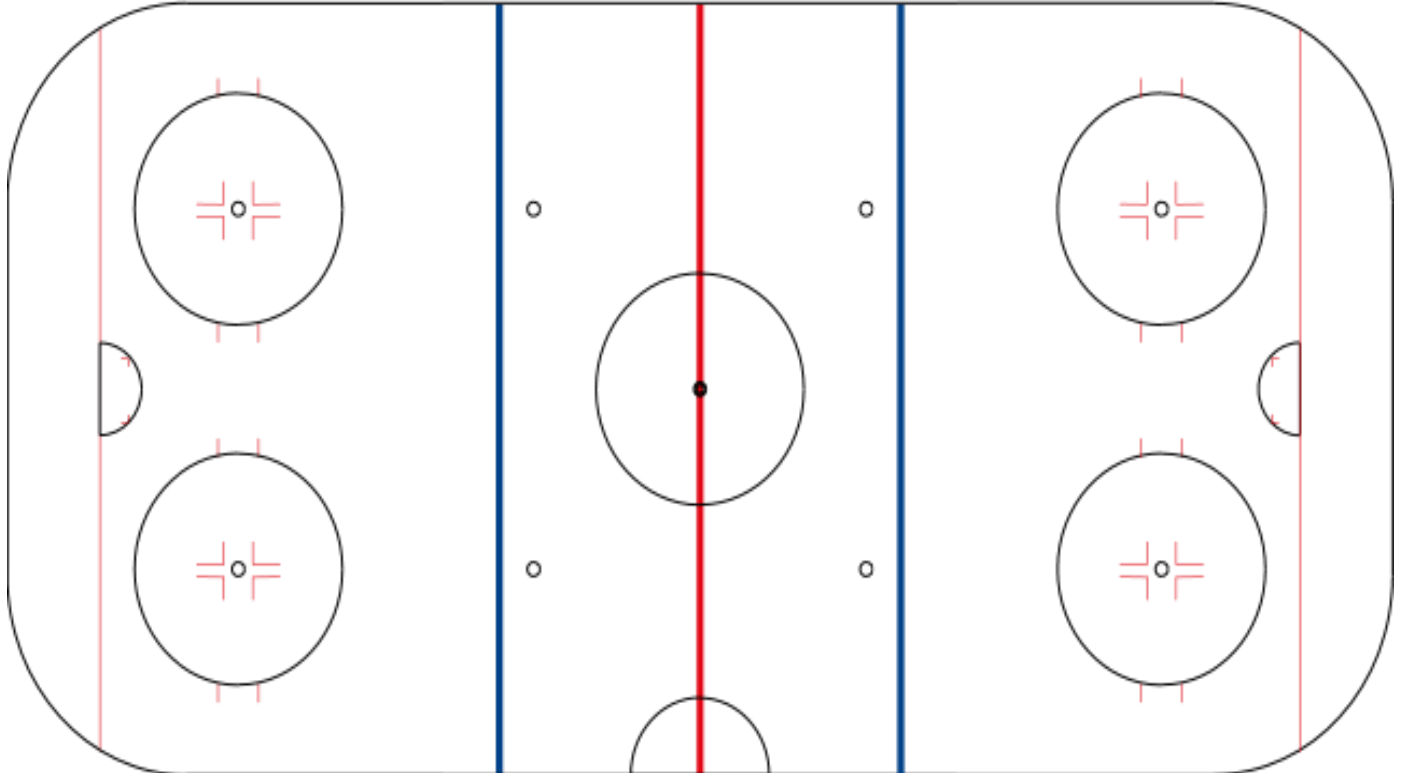
PAIR: Level III – Program Pair: _____

Short Program – Level III	
Duration	1 min 40 sec +/- 10 sec

The skaters will perform the selected **five elements** listed below and will receive a value and a GOE mark for each element.

*No.	Mandatory Elements	
	1WTh	One Waltz Jump Throw
	PiF	One Modified Death Spiral: One partner pivot, one partner in spiral position; pivot and spiral
	WLi	One Waltz jump Lift
	CCoSp	One Spin with at least one change of position and one change of foot with at least two (2) revolutions in each position and at least three (3) revolutions on each foot side by side
	ChSq	One Choreographic Sequence (covering the whole ice surface including steps and turns and at least one spiral position)

* List in which order the pair performs the elements. No.1 being the first element performed in the program and No.5 the last element in the program.



PAIR: Level III – Program Pair: _____

Additional elements will receive no value and will not be counted but can be used as transitional moves/content.

✓	Short Program: Transitional moves /content
	Forward stroking in unison, hand in hand, clockwise and counterclockwise
	Forward crossovers in unison, hand in hand, clockwise and counterclockwise
	Synchronized two-foot spin (side by side, minimum of three revolutions)
	Backward swizzles (at least 5), hand in hand
	Forward one-foot glide left and right (length of the body), hand in hand
	Two-foot jump in place or moving (forward only), hand in hand
	One partner forward one-foot glide and one partner backward one-foot glide (length of the body), hand in hand
	Synchronized forward pivots (side by side)
	Synchronized bunny hops (hand in hand)
	Two-foot pair spin (position optional with both skaters on two feet, minimum of three revolutions)
	Lunge in holding position (side by side)
	T-Stop, hand in hand, left or right
	Backward crossovers in unison (position optional, clockwise and counterclockwise)
	Bunny hop lift (cross arm handhold or armpit handhold)
	Step sequence (utilizing at least half of the ice surface, pattern optional)
	Kilian hold pair spin (minimum three revolutions)
	One foot upright spin (Usp) (minimum of three revolutions), side by side
	Synchronized waltz jump (side by side)
	Synchronized Single Salchow (1S) (side by side)
	Spirals in a holding pattern (position optional)
	Pivot spiral or death spiral: Two-hand hold and pivot not required, can stay on two feet, forward inside only
	Waltz jump lift
	Synchronized sit spin without change of foot (SSp) (side by side)
	Step sequence (utilizing the full ice surface, pattern optional)
	Synchronized Single Toe-loop (1T) (side by side)
	Synchronized Single Loop (1Lo) (side by side)
	Synchronized Jump combination Single Salchow + Single Toe-loop (1S+1T) (side by side)
	Throw Waltz Jump

Mark with a ✓ mark for each transitional move that is used in the program.

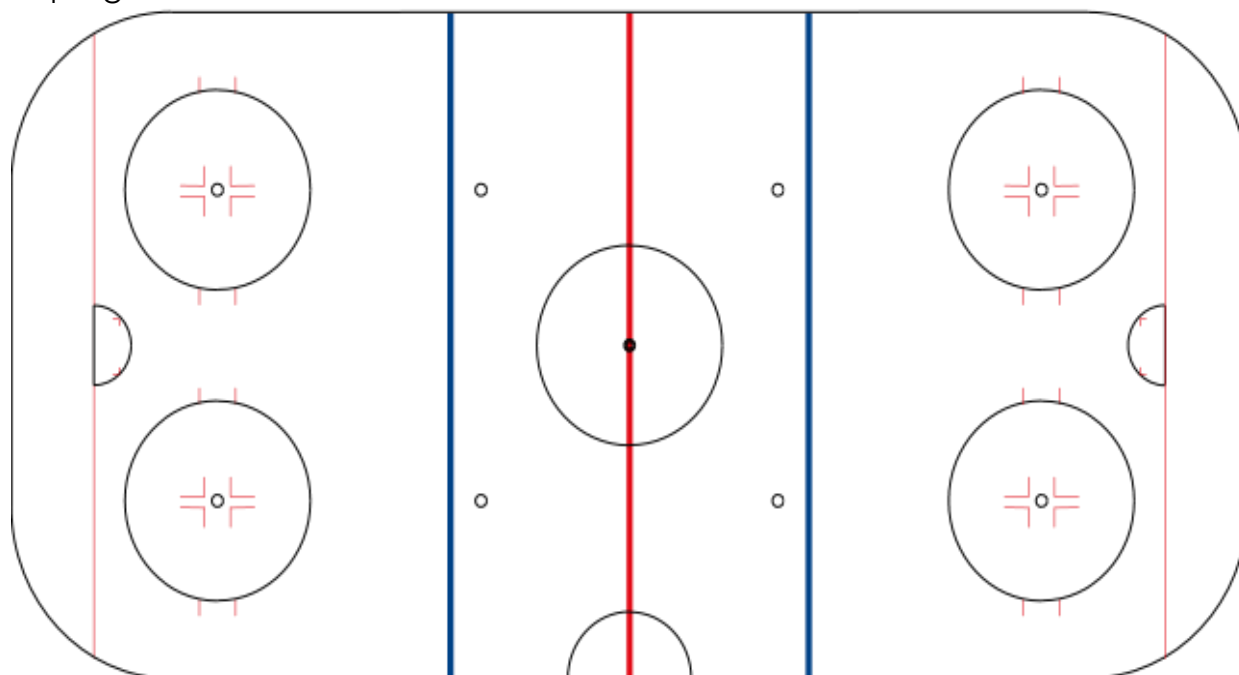
PAIR: Level III – Program Pair: _____

Free Program – Level III	
Duration	2 min 30 sec +/- 10 sec
Elements	Pair Badges 1-4

The skaters will perform the selected **eight elements** listed below from Pair Badges 1-4 and will receive a value and a GOE mark for each element.

*No.	Mandatory Elements	
	PiF	One Modified Death Spiral: One partner pivot, one partner in spiral position; pivot and spiral
	WLi	One Waltz jump lift
	PSP	One Pair spin in sit position or camel position without change of foot
		Three (3) jump elements: Allowed jumps: All single and double jumps (excluding Waltz Jump and Double Axel). <ul style="list-style-type: none"> • Each single jump can be executed two times with a maximum of three jump elements in total. • There can be one jump combination or sequence (with a maximum of three jumps). • A jump combination is considered as one jump element. For example: 1 Waltz jump (=1 jump element), Single Salchow + Single Toe-loop combination (=1 jump element).
	1WTh	One single or double Throw Jump
	StSq	One Step sequence (utilizing the full ice surface, pattern optional)

* List in which order the pair performs the elements. Nr.1 being the first element performed in the program and Nr.8 the last element in the program.



PAIR: Level III – Program Pair: _____

Additional elements will receive no value and will not be counted but can be used as transitional moves/content as long as they are only from Pair badges 1-4.

✓	Free Program: Transitional moves/content
	Forward stroking in unison, hand in hand, clockwise and counterclockwise
	Forward crossovers in unison, hand in hand, clockwise and counterclockwise
	Synchronized two-foot spin (side by side, minimum of three revolutions)
	Backward swizzles (at least 5), hand in hand
	Forward one-foot glide left and right (length of the body), hand in hand
	Two-foot jump in place or moving (forward only), hand in hand
	One partner forward one-foot glide and one partner backward one-foot glide (length of the body), hand in hand
	Synchronized forward pivots (side by side)
	Synchronized bunny hops (hand in hand)
	Two-foot pair spin (position optional with both skaters on two feet, minimum of three revolutions)
	Lunge in holding position (side by side)
	T-Stop, hand in hand, left or right
	Backward crossovers in unison (position optional, clockwise and counterclockwise)
	Bunny hop lift (cross arm handhold or armpit handhold)
	Kilian hold pair spin (minimum three revolutions)
	One foot upright spin (Usp) (minimum of three revolutions), side by side
	Synchronized waltz jump (side by side)
	Synchronized Single Salchow (1S) (side by side)
	Spirals in a holding pattern (position optional)
	Pivot spiral or death spiral: Two-hand hold and pivot not required, can stay on two feet, forward inside only
	Synchronized sit spin without change of foot (SSp) (side by side)
	Synchronized Single Toe-loop (1T) (side by side)
	Synchronized Single Loop (1Lo) (side by side)
	Synchronized Jump combination Single Salchow + Single Toe-loop (1S+1T) (side by side)
	Throw Waltz Jump

Mark with a ✓ mark for each transitional move that is used in the program.