

INTERNATIONAL SKATING UNION

Communication No. 1459

CLARIFICATIONS, ADDITIONS, AMENDMENTS TO ISU COMMUNICATION No. 1445

Further to questions and discussions on the ISU Communication No. 1445 specific clarifications, additions and amendments none of which change the essence of this Communication are given as follows (note: additions and/or amendments to the ISU Communication No. 1445 will be noted within the text).

Single and Pair Skating

Step Sequences

1. Level Feature 2, Singles and Pairs “Rotations (turns, steps) in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction” means that

- a) A skater or a pair rotates continuously in one direction for at least 1/3 of the sequence and then continuously for at least 1/3 of the sequence in the opposite direction

or

- b) Over the length of the step sequence the skater is performing turns for at least 1/3 of the sequence in total (not continuous) in one rotational direction and at least 1/3 of the sequence in total (not continuous) in the opposite direction. In this case “full body rotation” means one complete rotation. The skater should not just turn half a revolution back and forth.

2. *Addition:* Curves with change of edge and cross-rolls are added to the lists of steps in Clarifications to the Levels Charts, Singles and Pairs on pages 5 and 7 of the Communication.

Spiral Sequences

1. Unsupported spiral position with the free leg sideways or forward is considered a Level feature only when it is a difficult variation of position (the skater twists or seriously moves the body core).

2. Only the first 3 spiral positions are counted for Level Features. Change of foot and unsupported spiral position must also be among the first 3 positions.

3. After the first 3 positions a Spiral Sequence is considered as concluded. Any further spiral position will not be considered in the GOE of the Spiral Sequence.

4. A change of edge and of free leg position or direction of skating must not be done at the same time in order to be counted as Features for a Level. During the change of edge there should be no movement, however in the required 3 sec. period in a spiral position before and after the change variations of this position are allowed.

5. A change regular Spiral (free leg back) – Biellmann or vice versa is not a change of position, according to definition position stays the same (same direction of skating, same edge, same position of the free leg – backwards)

6. A Spiral Sequence without unsupported position(s) 3 seconds long in Short Program and Free Skating can receive Level 1 (but not higher). The GOE of this Spiral Sequence is not restricted.

Spins, Single Skating and Solo Spins, Pair Skating

1. Change of edge must be done in the same basic position (at least 2 revolutions) before and after the change.
2. Definition of Sit position states that buttocks must be not higher than the knee of the skating leg. This should be understood as the “bottom of the buttocks” and the “top of the knee”.
3. Biellmann position is a difficult variation of an upright spin when the skaters’ free leg is pulled from behind to a position higher than and towards the top of the head, close to the spinning axis of the skater.
4. A clear increase of speed is considered as a difficult variation for camel, sit and layback spins.
5. If a Spin has no basic positions or only one basic position (with at least 2 revolutions), the Technical Panel will decide if the Spin is a Spin Combination or a Spin in One Position or a Flying Spin. The guideline for this decision is as follows: if the spin contains two positions that are quite different from each other, it should be called a Spin Combination.
6. Any Spin that has no basic position with at least 2 revolutions will receive no Level and no value.
7. If a Spin in one position without change of foot contains a part with 2 revolutions in a basic position, this Spin will receive Level 1 (or higher depending on the achieved Level Features).
8. If a Spin in one position with change of foot in the Short Program contains 2 revolutions on one foot in a basic position, but less than 2 revolutions in a basic position on the other foot, the Spin will have Level 1 (but not higher) if this basic position was at least reached and no Level if the basic position on the other foot was never reached. However, in Free Skating if a Spin in one position with change of foot has no basic position on one foot, the Features from the other foot may still be applied to reach any Level.
9. In a Spin Combination with change of foot the Features required to obtain the Levels do not prohibit a skater from achieving any Level if all the Features are counted on one foot, as long as there is a change of foot followed by at least 3 revolutions in any position including an intermediate position.
10. The GOE of a Spin that contains intermediate position(s) should reflect the quality of these positions. When necessary, a Judge should apply a reduction for weak or poor position(s).
11. *Addition:* For all the spins that have a Level feature “At least 8 (or 6 for Pairs) revolutions without any changes...”, this Feature can also be applied to any difficult variation of an upright spin.”

Jump Combinations and Sequences

1. *Amendment:* The definition of a jump sequence should be modified as follows: “A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps*, crossovers or stroking during the sequence.”

* Turns: three turns, twizzles, brackets, loops, counters, rockers.

Steps: running steps, toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls.

2. Any kinds of hops and unlisted jumps inside the Sequence are allowed.
3. *Addition:* From the moment the jump sequence does not fulfill the above requirements, the remainder of the jump sequence will be ignored and the element will be called “name of the first jump(s) plus sequence”.
4. *Amendment:* In this case the GOE relates to the called jump(s) only.
5. Communication No. 1445 indicates that a jump combination is called as such even if there are two three turns between the jumps with a slight touch down (without weight transfer). In cases of weight transfer or weight on both feet (other than toe on the ice for the toe jumps take-off) a jump combination

can no longer be called. The element will be called in the Short Program “name of first jump plus combination”, in the Free Skating “sequence” or “name of first jump(s) plus sequence” (according to 1.–3. above).

Scale of Values

Amendment: The negative GOE values of Double Axel (2A) are changed from -0,7; -1.4; -2,1 to -0.8; -1.6; -2.5 correspondingly, so that the value of the Double Axel with a negative GOE does not exceed the value of the Triple Toeloop with the same negative GOE.

Correction: The abbreviations for the sit and camel spin change of foot are not correct as they do not reflect the level (all are indicated as CCSp1 or CSSp1). They should be as follows: CCSp1, CCSp2, CCSp3, CCSp4, CSSp1, CSSp2, CSSp3, CSSp4.

Single Skating

Step Sequences

The definition of complexity of steps and turns requires that a skater performs 5 different turns and 3 different steps in both directions. In this definition “both directions” refers to rotational direction. Skating forward and skating backward is not a change of direction.

Spiral Sequences

1. Paragraph 1 of the Communication 1445 changes some requirements to Spiral Sequences specified in the Technical Rules 2006. These changes are underlined as follows:

- a) in Short Program there are no requirements on the pattern of the Spiral Sequence;
- b) in both Short Program and Free Skating if three first spiral positions are executed with assistance of the hand/arm, there are no restrictions on GOE (with Level 1 as the highest possible Level).
All other requirements to Spiral Sequences of the Technical Rules 2006 are valid.

2. *Clarification/Correction of an error in Communication No. 1445:* If in Short Program there is no change of foot at all, the Sequence will have no Level and no value. In this case the GOE is not valid for calculation process. If there is a change of foot, but the spiral position before or after the change is shorter than 3 sec., the Sequence can receive Level 1 (but not higher) with reduction of GOE specified in Communication No. 1445 for only 1 or 2 spiral positions (minimum 3 sec. hold).

Spins

1. In the Levels Chart a Spin Combination without change of foot, Singles, difficult variations count as many times as the number executed in different positions one of which can be intermediate. However a skater can get not more than 3 Features this way (any two basic positions and any one intermediate position).

2. In the Levels Chart a Spin Combination with change of foot, Singles, second difficult variation counts if the two variations are on different feet and in different positions – at least one of them in any basic position. The other variation in this case can be in any position (basic or intermediate) different from the first one.

3. *Amendment:* In a Spin Combination with change of foot, Singles all 3 basic positions are mandatory for Levels 2–4 in the Short Program and for Level 4 in Free Skating.

4. *Addition:* In Flying Spins if the flying part is substituted with a step-over, this Flying Spin can receive Level 1 (but not higher).

Pair Skating

Step Sequences

Level Features 4 and 5 are two different ways of achieving a higher Level, Feature 5 was added for a possible increased variety of Step Sequences.

Spiral Sequences

1. Paragraph 1 of the Communication 1445 changes some requirements to Spiral Sequences specified in the Technical Rules 2006. These changes are specified below:

a) in Short Program there are no requirements on the pattern of the Spiral Sequence;

b) in both Short Program and Free Skating there is a new requirement: if three first spiral positions are executed with assistance of the hand/arm, there are no restrictions on GOE (with Level 1 as the highest possible Level).

All other requirements to Spiral Sequences of the Technical Rules 2006 are valid.

2. In Short Program Pairs a Spiral Sequence can have Level 1 (but not higher) and unrestricted GOE even without any change of foot.

3. Partners should not be required to start and finish a spiral position at the same time, but both partners should be in a spiral position for 3 sec. together. Any shorter position is not valid for Level Features, but will count as one of the positions.

4. Difficult variations by both partners must not necessarily be executed by both partners at the same time. Each partner must at some time have this noted variation (minimum 3 sec.).

5. Level Feature 6 “Free leg in a total split position by one or both partners, one or both arms hold possible” is counted when both partners are in a split position or when one partner only is in a split position and the second partner at that time is in a spiral/spread-eagle/shoot-the-duck or similar position.

6. One of the first 3 spiral positions valid for Level Features in accordance with Communication No. 1445 can be substituted with a position in which only one partner is in a difficult variation of Spiral position (Biellmann, “doughnut” etc.), but partners are in difficult positions “toward each other” , e.g. the other partner is in a spread-eagle/shoot-the-duck or similar position.

7. In the Level Feature 3 the meaning of the words “Another difficult variation” is the same as the meaning of the words “Second difficult variation” used for Singles.

8. A Spiral Sequence in which one or both partners do not have any spiral position 3 sec. long will receive no Level and no value.

Solo and Pair Spins

1. In Solo Spins the meaning of the words “Another difficult variation” is the same as the meaning of the words “Second difficult variation” used for Singles.

2. *Amendment:* In Solo Spins in one position, Pairs the Level Feature 2 “Second difficult variation (counts only if these two variations are on different feet)” is not applicable to spins without change of foot, in these spins any second variation different from the first one can be counted.

3. *Amendment:* In Solo Spin Combinations some variations can be in intermediate positions (to be in line with Single Skating the same wording as for Singles will be used):

a) Spin Combination without change of foot, Feature 2: “1 difficult variation (counts as many times as the number of executed difficult variations in different positions one of which can be an intermediate position). As for Singles, a pair can not get more than 3 Features this way.

b) Spin Combination with change of foot, Feature 2: “Second difficult variation (counts only if these 2 variations are on different feet and in different basic positions – at least one of them in a basic position).

4. *Amendment:* Paragraph 2 of the Communication No. 1445 “Spins” refers to all Spins in Single and Pair Skating. However the sentence “Spin Combination in the Short Program must have at least 2 revolutions in every basic position” does not refer to Pair Skating.

5. In Pair Spins and Pair Spin Combinations one of the Level Features is entrance from backward outside edge which means that both partners are gliding on a curve backward outside on the spinning leg before they start the Spin. After this entrance the first two revolutions on a backward outside edge are required to receive this Level Feature.

6. *Amendment:* If in a Pair Sit Spin the Lady’s free leg is behind, and the Man’s free leg is in front, the Lady’s basic sit position is considered to be achieved, when her skating leg knee is bent 90 degrees or more, regardless of the buttocks position.

Lifts

1. In a Lift we count the Features from the moment the Man’s arm(s) are fully extended until the moment he starts bending the arm(s).

2. Three and a half (3 ½) allowed revolutions of the Man should be counted from the moment the Lady leaves the ice until the moment she is back on the ice. If at the moment of the Lady’s take-off the Man is in a spread-eagle or in some other position sideways, his revolutions will be determined by the position of his front foot at the moment the Lady leaves the ice until either the moment the Lady touches the ice surface or the Man lifts his free leg off the ice to exit the lift, which ever is first.

3. In all Lifts one hand holds and/or one hand landings count as Level Features only when the Man uses one hand and the Lady uses either one hand or no hands.

Death Spirals

1. If during the Death Spiral the Man has performed one full revolution in a mandatory low pivot position (bottom of his buttocks not higher than the top of the pivot foot knee), it’s not compulsory to have Level features in a low pivot position of the Man.

2. If the Lady does not attain the required low position for 1 revolution, the GOE should be reduced (for a weak position). The reduction should be from -1 to -3 depending on how far the Lady was from the required position.

Scale of Value

Please use the following scale of value for Lifts (changes are underlined):

D	Lifts								
	Group1 Level 1	1Li1	1,0	0,6	0,3	1,1	-0,3	-0,6	-1,0
	Group1 Level 2	1Li2	1,0	0,6	0,3	1,3	-0,3	-0,6	-1,0
	Group1 Level 3	1Li3	1,0	0,6	0,3	1,5	-0,3	-0,6	-1,0
	Group1 Level 4	1Li4	1,0	0,6	0,3	1,7	-0,3	-0,6	-1,0
	Group2 Level 1	2Li1	1,0	0,6	0,3	1,3	-0,3	-0,6	-1,0
	Group2 Level 2	2Li2	1,0	0,6	0,3	1,7	-0,3	-0,6	-1,0
	Group2 Level 3	2Li3	1,0	0,6	0,3	2,4	-0,3	-0,6	-1,0
	Group2 Level 4	2Li4	1,0	0,6	0,3	3,0	-0,3	-0,6	-1,0
	Group3 Level 1	3Li1	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	2,5	-0,3	-0,6	-1,0
	Group3 Level 2	3Li2	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	3,0	-0,3	-0,6	-1,0
	Group3 Level 3	3Li3	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	3,5	-0,3	-0,6	-1,0
	Group3 Level 4	3Li4	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	4,0	-0,3	-0,6	-1,0
	Group4, Level 1	4Li1	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	2,5	-0,3	-0,6	-1,0
	Group4, Level 2	4Li2	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	3,0	-0,3	-0,6	-1,0
	Group4, Level 3	4Li3	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	3,5	-0,3	-0,6	-1,0
	Group4, Level 4	4Li4	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	4,0	-0,3	-0,6	-1,0

Group5, <u>Toe Lasso</u> Level 1	<u>5TLi1</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	4,5	-0,3	-0,6	-1,0
Group5, <u>Toe Lasso</u> Level 2	<u>5TLi2</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	5,0	-0,3	-0,6	-1,0
Group5, <u>Toe Lasso</u> Level 3	<u>5TLi3</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	5,5	-0,3	-0,6	-1,0
Group5, <u>Toe Lasso</u> Level 4	<u>5TLi4</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	6,0	-0,3	-0,6	-1,0
Group5, <u>Step in Lasso</u> Level 1	<u>5SLi1</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	4,5	-0,3	-0,6	-1,0
Group5, <u>Step in Lasso</u> Level 2	<u>5SLi2</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	5,0	-0,3	-0,6	-1,0
Group5, <u>Step in Lasso</u> Level 3	<u>5SLi3</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	5,5	-0,3	-0,6	-1,0
Group5, <u>Step in Lasso</u> Level 4	<u>5SLi4</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	6,0	-0,3	-0,6	-1,0
Group5, <u>Reverse Lasso</u> Level 1	5RLi1	2,0	1,4	0,7	5,0	-0,3	-0,6	-1,0
Group5, <u>Reverse Lasso</u> Level 2	5RLi2	2,0	1,4	0,7	5,5	-0,3	-0,6	-1,0
Group5, <u>Reverse Lasso</u> Level 3	5RLi3	3,0	2,0	1,0	6,0	-0,3	-0,6	-1,0
Group5, <u>Reverse Lasso</u> Level 4	5RLi4	3,0	2,0	1,0	6,5	-0,3	-0,6	-1,0
Group5, <u>Axel Lasso</u> Level 1	5ALi1	2,0	1,4	0,7	5,0	-0,3	-0,6	-1,0
Group5, <u>Axel Lasso</u> Level 2	5ALi2	2,0	1,4	0,7	5,5	-0,3	-0,6	-1,0
Group5, <u>Axel Lasso</u> Level 3	5ALi3	3,0	2,0	1,0	6,0	-0,3	-0,6	-1,0
Group5, <u>Axel Lasso</u> Level 4	5ALi4	3,0	2,0	1,0	6,5	-0,3	-0,6	-1,0

Novice Events, Single and Pair Skating, Spiral Sequences

For Novice Events the ISU Communication No. 1397 requires at least two spiral positions in Singles and Pairs, Short Program and Free Skating. If more than two spiral positions will be executed, it is recommended to count the first three positions for Level Features and GOE evaluation.

Levels of Difficulty

The Charts and Clarifications in Communication No. 1445 were slightly updated to reflect the above amendments (the updates are underlined).

Milan
August 6, 2007
Lausanne

Ottavio Cinquanta, President
Fredi Schmid, Director General

LEVELS OF DIFFICULTY, SINGLE SKATING, SEASON 2007-2008

Number of features for Levels: 2 for Level 2, 3 for Level 3, 4 for Level 4

Step Sequences	<ol style="list-style-type: none"> 1) Variety (complexity for Level 4) of turns and steps throughout (compulsory) 2) Rotations (turns, steps) in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction) 3) Modest (full for Level 4) use of upper body movement 4) Quick changes of rotational direction executed by rockers and/or counters, twizzles and/or quick rotational toe steps immediately following each other
Spiral Sequences	<ol style="list-style-type: none"> 1) 3 spiral pos. with change of foot (mandatory for SP), forward & backward, inside & outside 2) 1 difficult variation of position 3) Second difficult variation on a different foot than the first one 4) Change of edge in a spiral (3 seconds hold before and after the change) 5) Unsupported change of free leg position or direction of skating maintaining the spiral (3 seconds hold before and after the change) 6) Free leg in a total split position, one or both arms hold possible
Spin in one position without change of foot (upright including layback, camel or sit)	<ol style="list-style-type: none"> 1) 1 difficult variation 2) Second difficult variation different from the first one 3) Backward entrance 4) Spinning on both edges in a basic position 5) At least 8 revolutions without any changes in position/variation and edge (camel, sit, layback, <u>difficult variation of upright</u>) <p>Additional features for the Layback spin</p> <ol style="list-style-type: none"> 6) 1 change of position backwards-sideways or reverse, at least 3 rev. in each position 7) Biellmann position after layback spin (SP – after 8 revolutions in layback spin)
Spin in one position with change of foot	<ol style="list-style-type: none"> 1) 1 difficult variation 2) Second difficult variation (counts only if these two variations are on different feet) 3) Difficult change of foot 4) Backward entrance or variation of flying entrance (not regular flying camel) 5) Spinning on both edges in a basic position (on both feet counts twice) 6) Both directions immediately following each other 7) At least 8 revolutions without any changes in position/variation, foot and edge (camel, sit, layback, <u>difficult variation of upright</u>), counts twice if repeated on another foot
Spin Combo without change of foot	<ol style="list-style-type: none"> 1) 1 difficult variation (counts as many times as the number of executed difficult variations in different positions one of which can be an intermediate position – <u>not more than 3 in total</u>) 2) Backward entrance or variation of flying entrance (not regular flying camel) 3) All 3 basic positions 4) Spinning on both edges in one basic position
Spin Combo with change of foot	<p>All 3 basic positions mandatory for <u>Levels 2 – 4 in SP and for Level 4 in FS</u></p> <ol style="list-style-type: none"> 1) 1 difficult variation 2) Second difficult variation (counts only if these two variations are on different feet and in different positions – at least one of them in a basic position) 3) Difficult change of foot 4) Spinning on both edges in one basic position (counts twice if executed on both feet and in different basic positions) 5) All 3 basic positions on each foot 6) Backward entrance or variation of flying entrance (not regular flying camel) 7) Both directions immediately following each other
Flying Spin, no change of foot and no change of position	<ol style="list-style-type: none"> 1) 1 difficult variation 2) Second difficult variation different from the first one 3) Spinning on both edges in a basic position 4) Landing on the same foot as take off or changing foot on landing in a Flying Sit Spin (sit position attained in the air) 5) Difficult variation of air or landing position 6) At least 8 revolutions without any changes in position/variation and edge (camel, sit, layback, <u>difficult variation of upright</u>)

CLARIFICATIONS: LEVELS OF DIFFICULTY SINGLES – STEPS, SPIRALS, SPINS, season 2007-2008

STEP SEQUENCES

Turns: three turns, twizzles, brackets, loops, counters, rockers.

Steps: running steps, toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls.

Various types of turns and steps must be balanced in their distribution throughout the sequence.

Variety: Must include at least 4 different types of turns and 2 different types of steps. Each of these types of turns and steps must be executed at least twice during the sequence.

Complexity: Must include at least 5 different types of turns and 3 different types of steps all executed at least once in both directions.

SPIRAL SEQUENCES

A **Spiral** is a position with one blade on the ice and the free leg (including knee and foot) higher than the hip level. Spiral

positions are classified according to the skating leg (right, left), edge (outside, inside), direction (forward, backward) and position of the free leg (backward, forward, sideways). Pattern of the Spiral Sequence can be any combination of curves (on edges - spiral positions on a straight line are ignored and not counted in the number of positions). Only the first 3 attempted positions are to be considered for Level features. Change of foot and unsupported spiral position must also be among the first 3 positions in order to be counted. If all these positions are executed with assistance of the hand/arm, Level can not be more than 1 (but GOE is not restricted). Minimum of 3 seconds in each position. In the Short Program no Level will be awarded if there is no change of foot at all; if there is a change of foot, but all position before or after this change are shorter than 3 sec., only Level 1 can be awarded.

Difficult Spiral Variations are variations that affect the core body position and balance. Only these variations can increase the Level.

Change of position in Spirals: A change of edge and of free leg position or direction of skating can not be done at the same time in order to be counted as Level features. During the change of edge there should be no movement, however in the required 3 sec. in a spiral position before and after the change variations of this position are allowed.

SPINS

Positions. There are 3 basic positions: camel (free leg backwards with the knee higher than the hip level, however Layback and Biellmann are still considered as upright spins), sit (lower part of the buttocks not higher than the top of the knee of the skating leg), upright (any position with extended skating leg – slight bend is still allowed, which is not a camel position) and intermediate positions (all other positions).

Spin combinations: the number of revolutions in intermediate positions is counted in the total number of revolutions; intermediate positions can be considered as difficult variations in accordance with the definition of such positions, but going to one of these positions is not considered as a change of position which can only be from one basic position to another basic position.

Spin in one position and Flying Spin: intermediate positions are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.

Change of edge in any spin can be counted only if done in a basic position.

Spin Variations. Simple: A simple variation of position is a movement of a body part, leg, arm, hand or head, which enhances but does not change the basic position of the main body core. A simple variation DOES NOT increase the Level. **Difficult:** A difficult variation is a movement of a body part, leg, arm, hand or head, which requires more physical strength or flexibility and that, has an affect on the balance of the main body core. Only these variations can increase the Level.

Remarks:

- Biellmann position counts as a feature that can increase the Level only in one spin in the Short Program and in two spins in Free Skating; while doing that, the first spin(s) is (are) taken into account;
- for camel, sit and layback positions once the position has been established a clear increasing of speed will be considered a difficult variation;
- camel spin includes position with the upper body turned upwards approximately 180% (upside down position);
- in any spin a clear jump within a spin started and landed on the same foot (at least 2 revolutions before and after the jump) will be considered as a difficult variation;
- in order to be counted as a Level feature backward entrance requires at least 2 rev. on a backward outside edge.

Spinning on both edges: Spinning on both edges in order to be counted as a feature for a Level requires at least 2 full rev. on one edge followed by at least 2 full rev. on another edge in the same basic position (sit, camel, upright).

Spins in both directions: Execution of spins in both directions (clockwise and counter clockwise) that immediately follow each other will be rewarded by counting this as an additional feature in all Levels. A minimum of 3 revolutions in each direction is required. A Spin executed in both directions (clockwise and counter clockwise) as above is considered as one Spin.

Change of foot. Simple (can not increase the Level): does not require significant strength and skill, e.g. a step over, a small hop, a hop/jump from or into an upright position. **Difficult** (can increase the Level): requires significant strength and skill, e.g. a clear jump over or a toe-Arabian or any form of a “butterfly” from sit or camel position directly into sit or camel position.

Remark: to be considered, a change of foot in a spin requires at least 3 revolutions before and after the change.

Flying spins: in case of an obvious “step over”(instead of a jump) Level can not be more than 1; in a flying sit spin “landing on the same foot as take-off or changing foot on landing” is counted as a Level feature only when sit position is attained in the air.

LEVELS OF DIFFICULTY, PAIR SKATING, SEASON 2007-2008

Number of features for Levels: 2 for Level 2, 3 for Level 3, 4 for Level 4

Twist Lift	<ol style="list-style-type: none"> 1) Lady's split position (each leg at least 45° from the body axis) 2) Catching the lady at the side of the waist without her hand (s) and/or arm(s) touching the man 3) Ladies' position in the air with arm(s) above the head (minimum one full revolution) 4) Difficult take-off (steps or skating moves executed by both partners immediately preceding take-off etc.)
Lift	<ol style="list-style-type: none"> 1) Difficult (simple for juniors) variation of the take-off 2) 1 change of hold and/or lady's position (one rev. before and after the change, counts twice if repeated) 3) Two difficult variations of lady in different positions (one full revolution for each variation) 4) Difficult (simple for juniors) carry (not for SP) 5) Difficult one-hand-hold of the man (see Clarifications for repetitions) 6) Difficult (simple for juniors) landing variety 7) Change of rotational direction by the man
Step Sequence	<ol style="list-style-type: none"> 1) Variety of turns and steps of both partners throughout (compulsory) 2) Rotations (turns, steps) in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction) 3) Moderate (full for Level 4) use of upper body movement 4) Changes of pos. (crossing at least twice while doing steps and turns) of the pair for at least 1/3 of the sequence 5) Not separating from each other all the time (staying in the same position, changes of holds are allowed)
Spiral Sequence	<ol style="list-style-type: none"> 1) 2 or more pos. of both with change of feet (mandatory <u>for Levels 2-4 in SP</u>), forward and backward, inside and outside 2) 1 difficult variation of positions of both partners 3) <u>Second</u> difficult variation on different feet than the first one executed by both partners 4) Change of edge by both partners in a spiral (3 sec. hold before and after the change) 5) Unsupported change of free leg pos. or direction by both in spiral pos. (3 sec. before and after the change) 6) Free leg in a total split position by one or both partners, one or both arms hold possible
Death Spiral	<ol style="list-style-type: none"> 1) Difficult entry (counts when both partners are on one foot and already on the entry curve) and/or exit 2) Change of lady's arm hold (1 rev. with each hold) 3) Change of man's arm hold (1 rev. with each hold) 4) Change of lady's pos. in death spiral (change of death spiral character; 1 rev. in each pos.; not for SP) 5) <u>Two full revolutions of the lady in the prescribed position</u> 6) <u>Additional rev. of the lady in the prescribed position after these two rev. (counts as many times as repeated)</u>
Solo Spin in one pos. with/ without change of foot	<ol style="list-style-type: none"> 1) 1 difficult variation 2) <u>Second</u> difficult variation (<u>for spins without change of foot counts only if it's different from the first one, for spins with change of foot counts only if these two variations are on different feet</u>) 3) Flying or backward entrance 4) Spinning on both edges in one basic position (each foot counts separate) 5) Both directions immediately following each other 6) <u>At least 6 rev. without any changes in position/variation, foot and edge (camel, sit, layback, difficult variation of upright)</u>
Solo Spin Combo without foot change	<ol style="list-style-type: none"> 1) 1 difficult variation (counts as many times as <u>the number of executed difficult variations in different positions one of which can be an intermediate position – not more than 3 in total</u>) 2) Flying or backward entrance 3) All 3 basic positions 4) Spinning on both edges in one basic position
Solo Spin Combo with change of foot	<ol style="list-style-type: none"> 1) 1 difficult variation 2) <u>Second</u> difficult variation (counts <u>only</u> if these 2 variations are on different feet and in different <u>positions, at least one of them in a basic position</u>) 3) Flying or backward entrance 4) All 3 basic positions on each foot 5) Spinning on both edges in one basic position (counts twice if on both feet and in different basic positions) 6) 2 changes of foot (not for SP) 7) <u>Both directions immediately following each other</u>
Pair Spin	<ol style="list-style-type: none"> 1) 1 difficult variation of <u>basic</u> position (each variation of each partner counts separately as many times as executed) 2) Entrance from backward outside edge 3) 2 changes of <u>basic</u> positions of both partners 4) <u>At least 6 rev. without any changes in position/variation and foot (camel, sit, layback, difficult variation of upright)</u>
Pair Spin Combo (with change of foot and position)	<ol style="list-style-type: none"> 1) 2 changes of <u>basic</u> positions of both partners 2) Additional change(s) of <u>basic</u> positions of both partners after the 2 changes required above 3) 3 difficult variations of positions of partners <u>one of which can be in intermediate position</u> (each variation of each partner counts separately) 4) Additional difficult variation(s) of positions of partners after the 3 variations required above (<u>in any position</u>) 5) Entrance from backward outside edge 6) <u>Both directions immediately following each other</u>

LEVELS OF DIFFICULTY PAIRS, CLARIFICATIONS, SEASON 2007-2008

LIFTS. Definition of carries and one hand holds

- Basic:** **Holds** Hand-to-Hand, Hand-to-Hip, Hand-to-Waist and Hand-to-Armpit.
Positions Upright (lady's upper body vertical), Star (lady's position sideways with upper body parallel to the ice) and Platter (lady's position flat, facing up or down with upper body parallel to the ice).
Carry Two hand Carry up to 3 seconds with no revolution of the man.
- Simple:** **Take off** Includes but is not limited to change of hand hold on ascent of lift.
Landing Different landing foot, change of hold on descent.
Carry Duration at least 3 seconds.
- Difficult:** **Take Off** Includes but not limited to: Somersault take off, dance lift going immediately into a Pair lift take off without the lady touching the ice between two lifts, one hand take off, Spread-Eagle by one or both partners as the entry curve.
Landing Variation of the difficult landing which includes but is not limited to: Somersaults, variation in holds, partner positions and /or direction of landing, one hand landing, Spread-Eagle position of the man during dismounting.
Carry Includes at least one of the following features: during the carry the Man for at least 3 seconds skates on one foot or holds the partner on one arm or performs crossovers or performs Spread Eagle or a similar move.
Position A movement of a leg (s), arm (s), or upper body which requires more physical strength or flexibility and that has an effect on the balance of the main body core. Only these variations can increase the Level.
One hand hold At least one full revolution in this hold.
In SP – rotation of the man using one hand hold can be counted not more than twice. In FS – rotation of the man using one hand hold can be counted 3 times in one lift only (the first that will have 3 rev. with one hand hold). All other lifts in FS can't have more than 2 Level features for one hand hold.
Change of hold or lady's position requires one full revolution before and after this change. If a change of hold and a change of lady's position are executed at the same time, only one Level feature will be awarded.

STEP SEQUENCES

- Turns:** Three turns, brackets, twizzles, loops, rockers, counters.
Steps: Running steps, toe steps, chocktaws, chasses, mohawks, curves with change of edge, cross-rolls.
In order to be taken into account for a possible higher Level a variety of turns and steps must be balanced in their distribution throughout the sequence; the workload between both partners must be even.
Variety: Must include at least four different types of turns and at least two different types of steps. Each of these types of turns and steps must be executed at least twice during the sequence.

SPIRAL SEQUENCES. Spiral pos. are classified according to the skating leg (right, left), edge (outside, inside) and direction (forward, backward) as well as pos. of the free leg (backward, forward, sideways). Pattern of the Spiral Sequence can be any combination of curves (on edges – spiral pos. on a straight line are ignored and not counted in the number of pos.). Only the first 3 attempted pos. are to be considered for Level features. Change of foot and unsupported spiral pos. must also be among the first 3 pos. in order to be counted. If all these pos. are with assistance of the hand/arm or in the Short Program there is no change of foot by both partners (with a Spiral pos. before and a Spiral pos. after the change 3 sec. long). Level can not be more than 1 (but GOE is not restricted). Minimum of 3 sec. in each pos.

Simple variation: A spiral position with limited leg or arm movement (not affecting main body core position and independent from skating edge or direction). A simple variation DOES NOT increase the Level.

Difficult variation: This is a variation that affects the main body core and balance. Only these variations can increase the Level.

SPINS. Positions. There are 3 basic pos.: camel (free leg backwards with the knee higher than the hip level, however Layback and Biellmann are still considered as upright pos.), sit (lower part of the buttocks not higher than the top of the knee of the skating leg), upright (any pos. with extended skating leg which is not a camel position – a slight bend is still allowed) and intermediate pos. (all other pos.). If in a pair sit spin the Lady's free leg is behind, and the Man's free leg is in front, the Lady's basic sit position is considered to be achieved, when her skating leg knee is bent 90 degrees or more, regardless of the buttocks position.

Solo and Pair Spin combinations: the number of revolutions in intermediate pos. is counted in the total number of rev.; intermediate pos. can be considered as difficult variations in accordance with the definition, but going to one of these pos. is not considered as a change of pos. which can only be from one basic pos. to another basic pos. Spins in one position and flying spins: intermediate pos. are allowed, counted in the total number of rev. required by the Rules, but are not valid for Level features. In any spin change of edge can be counted only if done in the same basic pos.

Definition of Spin Variations (all comments are related to both partners). **Simple:** A movement of a leg, arm, leg, hand or head which enhances, but does not change the basic pos. of the main body core. A simple variation DOES NOT increase the Level. **Difficult:** A movement of a leg, arm, hand or head which requires more physical strength or flexibility and that has an effect on the balance of the main body core. Only these variations can increase the Level.

Spins in both directions: Execution of spins in both directions (clockwise and counter clockwise) that immediately follows each other will be rewarded by counting this as an additional feature for every spin performed. A minimum of 3 rev. in each direction is required. A Spin executed in both directions (clockwise and counter clockwise) as above is considered as one Spin.

Backward entrance (including entrance from backward outside edge) in any Spin requires at least 2 rev. on a backward outside edge in order to be counted as a Level feature.

DEATH SPIRAL

Definition. Lady's position: the lady's lowest hip and head should be not higher than the lady's skating knee. Any part of the Death Spiral with a higher lady's position is not valid for Level features. Man's position: for at least one full revolution the man should stay in a low pivot position (this is when his buttocks are not higher than the knee of the pivot foot). A Level of a Death Spiral without one full revolution in the described man's position can not be more than 1.

Change of arm hold by the lady or man requires one full revolution in the death spiral position before and after this change. However if both partners change arms at the same time, only one Level feature will be awarded.

Difficult Entry, exit: Skater(s) must demonstrate positions that affect the main body core and balance on the entry curve. Only these positions can be counted for Level features. An example of a difficult exit also: Lady exits immediately into a lift (dance or other) or into a jump

Entry commences at the beginning of the entry curve when both partners are already on one foot on the edge of the death spiral.

Exit starts when the Man starts bending his "holding" arm in the elbow and **ends** when the Lady comes to the vertical position.