

# ***Hong Kong Skating Union***

*A member of the International Skating Union  
and  
the Sports Federation & Olympic Committee of Hong Kong, China*



## ***Figure Skating Coach Seminar***

*April 17 – 18, 2012, Hong Kong*

### **INFORMATION PACKAGE**

# 2012 香港花樣滑冰及短跑道速度滑冰錦標賽

HONG KONG FIGURE SKATING AND SHORT TRACK SPEED SKATING CHAMPIONSHIPS

4月17至18日 17 - 18 April

## 2012 Hong Kong Skating Union Figure Skating Coach Seminar

Time Schedule - Tuesday, April 17, 2012

### 9:00 - 10:30 Single Skating Elements - Jumps

**Moderator: Ms. YU Lijie**

- Preparation / Take off / Rotation / Landing
- Technique / Errors & Corrections
  - Axel
  - Salchow
  - Loop
  - Flip
  - Toe Loop
  - Lutz
- Common Errors and Correction

### 10:30 - 10:40 Popped Jumps/Falls

**Moderator: Ms. YAO Jia**

10:40 - 11:00 Break

### 11:00 - 12:00 Single Skating Elements - Spins

**Moderator: Ms. YAO Jia**

- Basic position / Intermediate Position / Variation
- Preparation / Entry / Technique / Errors & Corrections
  - Upright
  - Sit
  - Camel
  - Flying
  - Combo

### 12:00 - 13:00 Single Skating Elements - Footwork

**Moderator: Ms. YAO Jia**

- Steps
  - Straight line
  - Serpentine
  - Circular
- Choreography Steps and Choreography Spiral Sequence
- Definition of Turns and Steps
  - Turns: three turns, twizzles, brackets, loops, counters, rochers.
  - Steps: toe steps, chasses, mohawks, choctaws, change of edge, cros rolls, running steps.
- Keypoints
- Level of Difficulty

### 13:00 - 13:30 Required Elements for Single SP & FS (Senior Junior Novice)

**Moderator: Ms. YAO Jia**

\*Subject to change

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HONG KONG FIGURE SKATING AND SHORT TRACK SPEED SKATING CHAMPIONSHIPS

4月17至18日 17 - 18 April

## 2012 Hong Kong Skating Union Figure Skating Coach Seminar

Time Schedule - Wednesday, April 18, 2012

### 9:00 - 9:30 Single Skating Elements - Grand of Execution

**Moderator: Ms. CHEN Dan**

- Jump
- Spin
- Footwork

### 9:30 - 10:30 Single Skating Program Components

**Moderator: Ms. CHEN Dan**

- Skating Skill
- Performance/Execution

10:30 - 10:50 Break

### 10:50 - 12:20 Single Skating Program Components

**Moderator: Ms. YIP Tan Tan**

- Transitions
- Choreography
- Interpretation

### 12:20 - 13:00 Examination

\*Subject to change

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# TECHNICAL RULES

## SINGLE & PAIR SKATING

### A. General

#### Rule 500

##### Definition of the skate blade and clothing

1. Figure Skating blades used during competitions must be sharpened to produce a flat to concave cross section without change to the width of the blade as measured between the two edges. However, a slight tapering or narrowing of the cross section of the blade is permitted.
2. At ISU Championships, the Olympic Winter Games and International Competitions, the clothing of the Competitors must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.
  - a) The clothing must not give the effect of excessive nudity for athletic sport. Men must wear trousers; no tights are permitted. Accessories and props are not permitted;
  - b) Clothing not meeting the foregoing requirements must be penalized by a deduction of 1.0 point (see Rule 353, paragraph 1.m) ii) and 1.n) ii)).

#### Rule 501

##### Duration of skating

The time must be reckoned from the moment the Skater begins to move or to skate until arriving at a complete stop at the end of the program.

##### 1. Short Program

Single and Pair for both Senior and Junior:

Two (2) minutes and fifty (50) seconds, but may be less.

- a) Any element started after two (2) minutes and fifty (50) seconds will be considered in the marking as omitted;
- b) If Competitor/s fail to finish the Short Program within the time limit, there should be a 1.0 point deduction for every five (5) seconds in excess. The timekeepers must inform the Referee.

## 2. Free Skating

Senior:

Men 4 1/2 minutes

Ladies 4 minutes

Pairs 4 1/2 minutes

Junior:

Men 4 minutes

Ladies 3 1/2 minutes

Pairs 4 minutes

The Competitor is allowed to finish the Free Skating within ten (10) seconds plus or minus the required time. If the Competitor fails to finish his Free Skating program within the allowed range of time, there should be a 1.0 point deduction for up to every five (5) seconds lacking or in excess. All the elements started after the required time (plus the 10 seconds allowed) must not be marked by the Technical Panel and will have no value. The timekeepers must inform the Referee. If the duration of the program is thirty (30) seconds or more under the required time range, no marks will be awarded. These deductions are not applicable under the Rule 551, paragraph 5.

### **Rules 502–509 (reserved)**

## **B. Single and Pair Skating Elements**

### **Rule 510**

#### **Requirements to elements of Single and Pair Skating**

#### **Jump elements**

A "jump element" is defined as an individual jump, a jump combination or a jump sequence.

#### **Jump Combinations**

In a jump combination the landing foot of a jump is the take off foot of the next jump. A three turn on one foot between the jumps without touching the ice with the free foot (or even with a touch, but no weight transfer) keeps the element in the frame of this definition allowing still to call it a combination (with an error).

If the jumps are connected with a non-listed jump, the element is called as a jump sequence. However half-loop when used in combinations/sequences is considered as a listed jump with the Value of a Loop.

If the first jump of a two-jump-combination fails to be successful and turns out as a "non-listed jump", the unit will still be considered as a jump combination.

## Jump Sequences

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 are three turns, twizzles, brackets, loops, counters, rockers. Steps are toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls).

A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered a jump sequence, but will count as a solo jump.

## Spins

*Positions:* There are 3 basic positions: camel (free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright spins), sit (the upper part of the skating leg at least parallel to the ice), upright (any position with skating leg extended or almost extended which is not a camel position) and intermediate positions (all positions that according to the above definitions are not camel, sit or upright).

A Spin that has no basic position with 2 revolutions will receive no Level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin.

The minimum number of revolutions required in a position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted.

*In any spin* change of edge can be counted only if done in a basic position.

Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted.

The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions.

A difficult change of position counts as a difficult spin variation.

If the Skater(s) falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.

If the spinning centers (before and after the change of foot) are too far apart and the criteria of “two spins” is fulfilled (there is a curve of exit after the first part and the curve of entry into the second part), only the part before the change of foot will be called and considered for Levels features.

*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 cases the definition of such variations is fulfilled, 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 (in Singles) Flying spin (which means a spin with a flying entrance and no change of foot and position):* intermediate positions are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.

In spins in one position and flying spins the concluding upright position at the end of the spin (final wind-up) is not considered to be another position independent of the number of revolutions, as long as in such a final wind-up no additional feature is executed (change of edge, variation of position etc).

When the spin is commenced with a jump, no previous rotation on the ice before the take-off is permitted and a step over must be considered by the Judges in the Grade of Execution.

### **Step Sequences**

All step sequences should be executed according to the character of the music. Short stops in accordance with the music are permitted.

Turns and steps must be balanced in their distribution throughout the sequence.

- Straight Line Step Sequence: commences at any place of the short barrier and goes to any place of the opposite short barrier keeping the approximate shape of the straight line or
- Circular Step Sequence: skated on a complete circle or oval utilizing the full width of the ice surface or
- Serpentine Step Sequence: commences at the end of the ice surface and progresses in at least two bold curves and ends at the opposite end of the ice surface.

## **C. Single Skating**

### **Rule 511**

#### **Short Program Singles**

1. a) The Short Program for Single Skating (Senior and Junior) consists of seven (7) required elements. The sequence of the elements is optional;
- b) No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each Competitor, but vocal music with lyrics is not permitted;
- c) Unprescribed or additional elements such as jumps, spins, steps or repetitions, even of elements which have failed, are not marked and consequently do not block a “box” (spot) of another type of elements. If, however, such an unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value).

2. **The Senior Short Program** shall consist of the following required elements:

**Men**

- a) Double or triple Axel Paulsen;
- b) Triple or quadruple jump immediately preceded by connecting steps and/or other comparable Free Skating movements;
- c) Jump combination consisting of a double jump and a triple jump or two triple jumps or a quadruple jump and a double jump or a triple jump;
- d) Flying spin;
- e) Camel spin or sit spin with only one change of foot;
- f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- g) Step sequence (straight line, circular or serpentine).

**Ladies**

- a) Double or triple Axel Paulsen;
- b) Triple jump immediately preceded by connecting steps and/or other comparable Free Skating movements;
- c) Jump combination consisting of a double jump and a triple jump or two triple jumps;
- d) Flying spin;
- e) Layback or sideways leaning spin;
- f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- g) Step sequence (straight line, circular or serpentine).

3. **The Junior Short Program** shall consist of the following required elements, which form three groups. The groups that are effective on July 1st of each year are:

**2010-2011**

**Men**

- a) Double or triple Axel Paulsen;
- b) Double or triple Loop jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) Jump combination consisting of a double and a triple jump or two triple jumps;
- d) Flying camel spin;
- e) Sit spin with only one change of foot;
- f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- g) Step sequence (straight line, circular or serpentine).



## Ladies

- a) Double Axel Paulsen;
- b) Double or triple Loop jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps;
- d) Flying camel spin;
- e) Layback or sideways leaning spin;
- f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- g) Step sequence (straight line, circular or serpentine).

## **2011-2012**

### Men

- a) Double or triple Axel Paulsen;
- b) Double or triple Lutz jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) Jump combination consisting of a double and a triple jump or two triple jumps;
- d) Flying sit spin;
- e) Camel spin with only one change of foot;
- f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- g) Step sequence (straight line, circular or serpentine).

## Ladies

- a) Double Axel Paulsen;
- b) Double or triple Lutz jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps;
- d) Flying sit spin;
- e) Layback or sideways leaning spin;
- f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- g) Step sequence (straight line, circular or serpentine).

## **2012-2013**

### Men

- a) Double or triple Axel Paulsen;
- b) Double or triple Flip jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) Jump combination consisting of a double and a triple jump or two triple jumps;
- d) Flying camel spin;

- e) Sit spin with only one change of foot;
- f) Spin combination all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- g) Step sequence (straight line, circular or serpentine).

#### Ladies

- a) Double Axel Paulsen;
- b) Double or triple Flip jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps;
- d) Flying camel spin;
- e) Layback or sideways leaning spin;
- f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- g) Step sequence (straight line, circular or serpentine).

#### 4. Remarks

##### **Jumps**

b) For Senior Men any triple or quadruple jump is permitted, when a quadruple jump is executed in c), a different quadruple jump can be included as a solo jump. For Senior and Junior Men and for Senior Ladies, when the triple Axel Paulsen is executed in a), it cannot be repeated again as a solo jump or in the jump combination. For Senior Ladies any triple jump is permitted. For Junior Ladies and Men only the prescribed double or triple jump is permitted. A single spread eagle, spiral or Free Skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable Free Skating movements and must be considered by the Judges in the Grade of Execution (GOE).

##### **Jump combinations**

c) For Senior Men the jump combination may consist of the same jump or another double, triple or quadruple jump. For Senior Men when a quadruple jump is executed in b), a different quadruple jump can be included in the jump combination. For Senior Ladies, Junior Men and Ladies the jump combination may consist of the same jump or another double or triple jump. However, for all categories the jumps included must be different than the solo jump.

If the same jump is executed as a solo jump and as a part of the jump combination, the last performed of these jump elements will be not counted, but will occupy a jumping box (if this element is a jump combination, the whole jump combination will not be counted).

## Spins

*Spin in one position and spin combination:* if there is no spin position before and/or after the change of foot with at least three (3) revolutions, the spin is not according to the requirements and no value will be given.

Except flying spins, spins cannot be commenced with a jump.

d) Flying spin:

Senior: Any type of flying spin is permitted with landing position different than in the Spin in one position. A step over must be considered by the Judges in the Grade of Execution. A minimum of eight (8) revolutions in the landing position which may be different from the flying position. No previous rotation on the ice before the take-off is permitted.

Junior: Only the prescribed "Flying" position or its variation is permitted and this position must be attained in the air. A minimum of eight (8) revolutions in the landing position which must be the same as the flying position. In the flying sit spin changing foot on landing is permitted. No previous rotation on the ice before the take-off is permitted.

For both Senior and Junior, the required eight (8) revolutions can be executed in any variation of the landing position.

e) Men - spin with only one change of foot:

Senior: The Competitor must choose the camel position or the sit position to be executed, but this position must be different from the landing position of the Flying spin. The spin must consist of only one change of foot, which may be executed in the form of a step over or a jump with not less than six (6) revolutions on each foot.

Junior: Only the prescribed sit or camel position is permitted to be executed. The spin must consist of only one change of foot, which may be executed in the form of a step over or a jump with not less than six (6) revolutions on each foot.

If in Senior Men the landing position of the Flying spin is the same that in the Spin in one position, the last performed of these two spins will not be counted, but will occupy a spin box.

e) Ladies - layback or sideways leaning spin:

Any position is permitted, as long as the basic layback or sideways leaning position is maintained for eight (8) revolutions without rising to an upright position. After the required 8 revolutions it is possible to execute the Biellmann position.

f) Spin combination:

The spin combination must include all three basic positions (sit, camel, upright

or any variation thereof) with at least 2 revolutions in every basic position and only one change of foot with not less than six (6) revolutions on each foot. The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately.

### **Step Sequences**

Step sequences may include any unlisted jumps.

### **Spirals**

Though a spiral sequence is no longer an element of the Ladies Short Program, the execution of Spirals will be rewarded in “Transitions”.

## **Rule 512** **Free Skating Singles**

1. Free Skating consists of a well balanced program of Free Skating elements, such as jumps, spins, steps and other linking movements executed with a minimum of two footed skating in harmony with music of the Competitor's choice, except that vocal music with lyrics is not permitted.

### **Senior Well Balanced Program**

A well balanced Free Skating program for **Men** must contain:

- maximum of 8 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;
- maximum of 2 step sequences of a different nature.

A well balanced Free Skating program for **Ladies** must contain:

- maximum of 7 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;
- maximum of 1 step sequence;
- maximum of 1 spiral sequence.

### **Junior Well Balanced Program**

A well balanced Free Skating program for **Men** must contain:

- maximum of 8 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a

flying spin or a spin with a flying entrance and one a spin with only one position;

- maximum of 1 step sequence.

A well balanced Free Skating program for **Ladies** must contain:

- maximum of 7 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;
- maximum of 1 step sequence.

## **2. General**

The Competitor has complete freedom to select the Free Skating elements, the sum of which will comprise the program.

All elements are to be linked together by connecting steps of a different nature and by other comparable Free Skating movements while fully utilizing the entire ice surface (forward and backward crossovers are not considered to be connecting steps).

Any additional element or elements exceeding the prescribed numbers will not be counted in the results of a participant. Only the first attempt (or allowed number of attempts) of an element will be taken into account.

### **Remarks**

For all singles Free Programs the following will apply:

### **Individual Jumps**

Individual jumps can contain any number of revolutions.

### **Jump Combinations and Jump Sequences**

A jump combination may consist of the same or another single, double, triple or quadruple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) jumps, the other two up to two (2) jumps.

Repetitions:

A Double Axel cannot be included more than two (2) times in total in a Single's Free Program (as a Solo Jump or a part of Combination / Sequence).

Of all the triple and quadruple jumps only two (2) can be repeated and these repetitions must be in either a jump-combination or in a jump sequence. Triple and quadruple jumps with the same name will be considered as two different jumps. A repeated triple or quadruple jump, not included into a jump combination or jump sequence, will be considered as a part of a not successfully executed jump sequence and counted as a jump sequence with only one jump executed. If three (3) jump combinations or jump sequences (in total) have

already been executed, the repeated solo jump will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if there still is any left). No triple or quadruple jump can be attempted more than twice. If a third repeated jump is executed in a combination or sequence, the entire combination or sequence will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if there still is any left).

## **Spins**

All Spins must be of a different character. Any Spin with the same character (abbreviation) as the one executed before will be deleted (but will occupy a spinning box).

The spins must have a required minimum number of revolutions: six (6) for the flying spin and the spin with only one position and ten (10) for the spin combination, the lack of which must be reflected by Judges in their marking. These minimum number of required revolutions must be counted from the entry of the spin until its exit (except final wind-up in Spins in one position and Flying spins). In the spin combination and spin in one position the change of foot is optional. The number of different positions in the spin combination is free.

## **Steps**

The Competitors have complete freedom in selecting the kind of step sequence they intend to execute. Jumps can also be included in the step sequence. However the step sequence must fully utilize the ice surface. Step sequences too short and barely visible cannot be considered as meeting the requirements of a step sequence.

For Senior Men the second (in the order of execution) step sequence will always be awarded a fixed Base Value and evaluated by Judges in GOE only. This sequence can have any pattern while fully utilizing the ice surface.

## **Spiral Sequences (Senior Ladies)**

Spiral sequence consists primarily of spirals.

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) or position of the free leg (backward, forward, sideways).

There must be at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long. In case this requirement is not fulfilled, the spiral sequence will have no value.

The Spiral Sequence will always be awarded a fixed Base Value and evaluated by Judges in GOE only.

## **Moves in the Field**

This is a sequence of movements, which includes such movements as turns, spirals, arabesques, spread eagles, Ina Bauers and flowing moves with strong edges, which can be connected with linking steps and footwork. Moves in the Field should be included in the program and will be evaluated under the "Transitions".

### **Rules 514–518 (reserved)**

## **D. Pair Skating**

### **Rule 519**

#### **Requirements to elements of Pair Skating**

### **General**

Pair Skating is the skating of two persons in unison who perform their movements in such harmony with each other as to give the impression of genuine Pair Skating as compared with independent Single Skating; attention should be paid to the selection of an appropriate partner.

All elements are to be linked together by connecting steps of a difficult nature and by other comparable Free Skating movements, together with a variety of positions and holds, while fully utilizing the entire ice surface.

- a) Both partners need not always perform the same movements; they may separate from time to time, but they must give an impression of unison and harmony of composition of program and of execution of the skating. Movements performed entirely on two feet must be kept to a minimum.
- b) For the purpose of these Rules, a lift means a complete lift including full extension of the lifting arm/s, if required for the type of lift concerned. Small lifts, which may be either ascending and descending or rotational in character, in which the Man does not raise his hands higher than the shoulder level, as well as movements which may include the holding of the Lady by the legs are also permitted.
- c) Spinning movements in which the Man swings the Lady around in the air while holding her hand or foot, are illegal. Also illegal are the jumps of one of the partners towards the other partner, rotational movements with the grip of one of the partners on the leg, arm and neck of the other partner. Nevertheless, the so called death spiral in which the Lady circles around the Man, is permitted. One skate of the Lady must remain on the ice throughout the death spiral. Twist-like or rotational movements during which the Lady is turned over one or

more times with her skating foot leaving the ice are not permitted. Multiple execution throughout a program of movements, where neither skate is on the ice must be penalized.

- d) Harmonious steps and connecting movements, in time to the music, should be maintained throughout the program.

## **Lifts**

Pair lifts are classified as follows:

Group One	-	Armpit Hold position
Group Two	-	Waist Hold position
Group Three	-	Hand to Hip or upper part of the leg (above the knee) position
Group Four	-	Hand to Hand position (Press Lift type)
Group Five	-	Hand to Hand position (Lasso Lift type)

Groups are listed in order of their difficulty, from easy to most difficult, however Groups Three and Four are of the same difficulty. In Group Five the Axel Lasso (Side by Side Lasso) and the Reverse Lasso Lifts are considered as the most difficult.

The Lift's Group is determined by the Hold at the moment the Lady passes the Man's shoulder. In Groups 3–5 full extension of the lifting arm(s) is mandatory.

A minimum of two (2) revolutions of the Lady, and minimum of one (1) and maximum of three and a half (3 ½) revolutions of the Man.

Partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand to upper part of the leg (above the knee) grips. A change of hold means going from one of these grips to another or from one hand to another in a one hand hold. Changes of hold during the lift are permitted. If, however, the Man changes hold for less than one (1) revolution, it is not considered as a "change of hold". 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.

Lady's positions are classified as follows: 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). A change of position means going from one of these positions to another (one full revolution in each position).

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.

The conclusion of the lift is when the Man's arm(s) begin to bend after full extension and consequently the Lady begins to descend. Level features (except



related to take-off or landing) are counted from the moment the Man's arms are fully extended until the conclusion of the Lift. Three and a half (3 ½) allowed revolutions of the Man are counted from the moment the Lady leaves the ice until the conclusion of the Lift.

### **Twist lifts**

The Lady must be caught in the air at the waist by the Man prior to landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. The Man also exits from the lift on one foot. In the twist lift, a split position by the Lady, prior to rotating, is not mandatory.

### **Throw jumps**

Throw jumps are partner assisted jumps in which the Lady is thrown into the air by the Man on the take-off and lands without assistance from her partner on a backward outside edge.

### **Solo jumps, jump combinations and jump sequences**

In case of unequal number of revolutions of the partners in a jump performed as a solo jump or part of a combination or a sequence, this jump will be called as a jump with lesser amount of revolutions executed by the partners.

### **Solo spins and spin combinations**

Solo spins and combinations may be commenced with jumps.

### **Pair spins and pair spin combinations**

The pair spin combination must include at least one change of foot and position of both partners.

If there is no change of foot or no change of position by both partners the element will be called a pair spin.

### **Death Spirals**

In the final position while the Lady is performing the actual death spiral, both the Man and the Lady must execute a minimum of one (1) revolution with the knees of the Man clearly bent and in full pivot position. For a possible higher Level, the Man should stay in a low pivot position (this is when the lower part of his buttocks is not higher than the upper part of the knee of the pivot foot). The Lady simultaneously must skate on a clean edge with her body and head close to the ice surface, however she must not touch the ice with her head or assist herself with the free hand or any part of the body. The Lady's body weight is supported by the force of the spiraling edge and the hold of the Man.

The Man must be in a centered position with a fully extended arm.

Any kind of position is counted as a feature if Skaters' hold lasts for at least one (1) revolution.

## **Step sequences**

Should be executed together or close together. Step sequence must fully utilize the ice surface. Credit will be given to a pair which changes places and holds or uses difficult skating moves together during a step sequence. The workload between both partners must be even to be taken into account for a possible higher Level.

## **Rule 520 Short Programs Pairs**

1. a) The Short Program for pairs (Senior and Junior) consists of seven (7) required elements. The sequence of the elements is optional;
- b) No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each pair, but vocal music with lyrics is not permitted;
- c) Additional elements or repetitions, even of elements which have failed, are not marked and consequently do not block a “box” (spot) of another type of elements. If, however, such an unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value);

2. The Senior Short Program shall consist of the following required elements, which form three groups. The groups that are effective on July 1st of each year are:

### **2010-2011**

- a) Any Lasso lift take-off (Group Five)
- b) Twist lift (double or triple)
- c) Throw jump (double or triple)
- d) Solo jump (double or triple)
- e) Solo spin combination with only one change of foot and at least one change of position
- f) Death spiral backward inside
- g) Step sequence (straight line, circular or serpentine)

### **2011-2012**

- a) Any hip lift take-off (Group Three)
- b) Twist lift (double or triple)
- c) Throw jump (double or triple)
- d) Solo jump (double or triple)
- e) Pair spin combination with only one change of foot and at least one change of position

- f) Death spiral forward inside
- g) Step sequence (straight line, circular or serpentine)

### **2012-2013**

- a) Any hand to hand lift take-off (Group Four)
- b) Twist lift (double or triple)
- c) Throw jump (double or triple)
- d) Solo jump (double or triple)
- e) Solo spin combination with only one change of foot and at least one change of position
- f) Death spiral backward outside
- g) Step sequence (straight line, circular or serpentine)

**3. The Junior Short Program** shall consist of the following required elements, which form three groups. The groups that are effective on July 1st of each year are:

### **2010-2011**

- a) Toe Lasso lift take-off (Group Five)
- b) Twist lift (double)
- c) Double or triple toe loop throw jump
- d) Double loop or double Axel solo jump
- e) Solo spin combination with only one change of foot and at least one change of position
- f) Death spiral backward inside
- g) Step sequence (straight line, circular or serpentine)

### **2011-2012**

- a) Toe loop hip lift take-off (Group Three)
- b) Twist lift (double)
- c) Double or triple loop throw jump
- d) Double Lutz solo jump
- e) Pair spin combination with only one change of foot and at least one change of position
- f) Death spiral forward inside
- g) Step sequence (straight line, circular or serpentine)

### **2012-2013**

- a) Hand to hand loop lift take-off (Group Four)
- b) Twist lift (double)
- c) Double or triple Salchow throw jump
- d) Double Flip or double Axel solo jump
- e) Solo spin combination with only one change of foot and at least one change of position

- f) Death spiral backward outside
- g) Step sequence (straight line, circular or serpentine)

#### 4. Remarks

##### Lifts

- a) Only the prescribed overhead lift take-off is permitted.  
Hand-to-hand loop lift take off:  
Partners skate one behind the other, backward outside, in hand-to-hand position. Lady is lifted from the backward outside edge.

Toe Lasso lift take off:

Partners skate in Lasso position with the Lady skating backward and the Man forward. The Lady is lifted in the air from a backward toe take off.

Toe loop hip lift take off:

Partners skate backward with a hip grip. The Lady picks as in a toe loop jump. The Man turns together with the Lady.

##### Twist lifts

- c) In the Short Program a twist lift take off is limited to either a Lutz or a Flip take off by the Lady. The number of revolutions of the Lady rotating freely in the air is two (2) or three (3) for Seniors and two (2) for Juniors.

##### Throw jumps

- c) For Seniors, any double or triple throw jump is permitted. For Juniors only the prescribed throw jump is permitted.

##### Solo jumps

- d) For Seniors, any double or triple jump is permitted. For Juniors only the prescribed jump is permitted.

##### Spins

###### Solo spin combination

- e) The solo spin combination in the Short Program must have at least 2 revolutions in two basic positions. Minimum of five (5) revolutions on each foot. The change of foot may be executed in the form of a step over or a jump and the change of foot and the change of position may be made either at the same time or separately.

###### Pair spin combination

- e) The pair spin combination must consist of only one change of foot and at least one change of position (sit, camel, upright or any variation thereof) with not less than eight (8) revolutions in total.

The spin combination must include at least two basic positions or their variations by both partners. The change of foot and the change of positions may be made either at the same time or separately, but the change of foot must be made at the same time by both partners. The rotation must be continuous and no stop is permitted. The spin combination must not be commenced with a jump.

### **Death Spirals**

- f) Only the prescribed death spiral is permitted.

Death Spiral backward outside:

Both partners are skating on a backward outside edge. The Man performs a pivot and holds the hand of the Lady with the same arm as his skating foot fully extended. The Lady is leaning backwards to the ice and her arm is fully extended as she circles around the Man in this position. Any variation of the Man's position, skating direction or edge is allowed as long as he keeps the pivot position as described and the Lady circles around him on an outside edge.

Death Spiral forward inside:

The Man is skating on a backward outside edge, and the Lady is skating on a forward inside edge. The Man performs a pivot and holds the hand of the Lady with the same arm fully extended as his skating foot. The Lady is leaning sideways to the ice and her arm is also fully extended as she circles around the Man in this position. Any variation of the Man's position, skating direction or edge is allowed as long as he keeps the pivot position as described and the Lady circles around him on an inside edge.

Death Spiral backward inside:

The same as for death spiral backward outside, but the Lady circles around the Man on a firm backward inside edge leaning to the ice.

Death Spiral forward outside:

The same as for the death spiral forward inside, except that the Lady circles around the Man on a firm forward outside edge.

### **Step sequences**

- g) Step sequence should be executed together or close together and may include any unlisted jumps. Short stops in accordance with the music are permitted.

### **Spiral Sequences**

Though a spiral sequence is no longer an element of the Pairs Short Program, the execution of Spirals will be rewarded in "Transitions".

**Rule 521**  
**Free Skating Pairs**

1. Free Skating for pairs consists of a well balanced program composed and skated to music of the pair's own choice for a specified period of time. However, music with lyrics is not permitted. A good program contains moves of Single Skating executed simultaneously either symmetrically (mirror skating) or in parallel (shadow skating) and especially typical Pair Skating moves such as pair spins, spirals, lifts, partner assisted jumps and the like, linked harmoniously by steps and other movements.

2. **A Senior Well Balanced Program** must contain:

- maximum of 3 lifts, one of which must be from Group 3 or 4, with full extension of the lifting arm/s;
- maximum of 2 twist lifts (there can be not more than 4 lifts and twist lifts in total and if there are 2 twist lifts, these must be with different take offs);
- maximum of 2 different throw jumps;
- maximum of 1 solo jump;
- maximum of 1 jump combination or sequence;
- maximum of 1 solo spin combination;
- maximum of 1 pair spin combination;
- maximum of 1 death spiral different from the death spiral of the Short Program;
- maximum of 1 spiral sequence.

3. **A Junior Well Balanced Program** must contain:

- maximum of 2 lifts, one of which must be of group 3 or 4 with full extension of the lifting arm/s;
- maximum of 1 twist lift;
- maximum of 2 different throw jumps;
- maximum of 1 solo jump;
- maximum of 1 jump combination or sequence;
- maximum of 1 solo spin or solo spin combination;
- maximum of 1 pair spin or pair spin combination;
- maximum of 1 death spiral;
- maximum of 1 spiral sequence.

Any additional element or elements exceeding the prescribed numbers will not be counted in the result of a pair. Only the first attempt (or allowed number of attempts) of an element will be taken into account.

#### 4. Remarks

For all pair programs, the following will apply:

##### **Lifts**

For Seniors if two (2) of Group 5 Lifts are executed, the take-offs have to be of different nature (Toe Lasso, Step in Lasso, Reverse Lasso, or Axel type Lasso). If the take-off is not different, the second executed Group 5 lift will not be marked, but will block a Lift box.

##### **Carry Lifts**

- a) One of the allowed Lifts with at least one continuous revolution of the Man may include a carry. Only one such lift can be executed. The next performed such a lift will have no value (but will block a Lift box if there is still any left);
- b) Lifts that are just "Carries" consist of the simple carrying of a partner without rotation, only half a revolution of the Man is allowed on the take-off and/or exit. All holds in "Carry" lifts are unrestricted. The carrying of one partner by the other on the back, shoulders or knees is allowed in these lifts. Carry lifts shall not be counted in the number of overhead lifts. These lifts will be considered in the component "Transition". They do not have a value and are not limited in number.

##### **Twist lift**

In Free Skating the number of revolutions in the twist lift is not limited. A Lutz, Flip, Toe loop or Axel take off by the Lady is accepted.

##### **Solo jumps, jump combinations and jump sequences**

The jump combination may consist of two (2) or three (3) jumps.

All jumps executed with more than 2 revolutions (Double Axel and all triple and quadruple jumps) must be of different nature (different name), however the jump combination or sequence can include two same such jumps.

##### **Spins**

The spins must have a required minimum number of revolutions: six (6) for the solo spin and the pair spin, ten (10) for solo spin combination and eight (8) for the pair spin combination, the lack of which must be reflected by Judges in their marking, however a spin with less than three (3) rotations is considered as a skating movement and not a spin. These minimum number of required revolutions must be counted from the entry of the spin until its exit.

In the **pair spin combination** there must be at least one change of foot of both partners, not necessarily executed by both partners at the same time. The pair

spin combination must include at least one change of position of both partners.

In the **solo spin combination** the change of foot is optional.

### **Death Spiral**

Variations of arm holds and pivot positions (backward or forward) are possible.  
For Seniors the death spiral of Free Skating must be of a different type than the death spiral of the Short Program.

### **Spiral Sequences**

Spiral sequence consists primarily of spirals.

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) or position of the free leg (backward, forward, sideways).

There must be at least two (2) spiral positions of each partner not less than three (3) seconds long each or only one (1) spiral position of each partner not less than six (6) seconds long. In case this requirement is not fulfilled, the spiral sequence will have no value.

The Spiral Sequence will always be awarded a fixed Base Value and evaluated by Judges in GOE only.

## **Rule 522**

### **Marking of Single and Pair Short and Free Programs**

#### **1. Technical Score**

##### **a) Scale of Values**

The Scale of Values Table of the elements of Single and Pair Skating is published and updated in ISU Communications. This Scale of Value (SOV) contains Base Values of all the elements and adjustments for the quality of their execution.

Base Values are measured in points and increase with increasing of the elements' difficulty.

The elements difficulty depends:

- in jumps (singles and pairs) and throw jumps (pairs) - on the names of the jumps or the throw jumps listed in order of their difficulty (Toeloop, Salchow, Loop, Flip, Lutz, Axel) and the number of revolutions;
- in lifts (pairs) - on the Groups of the lifts (1 - 5), their names and Levels of difficulty;
- in twist lifts (pairs) – on the names, number of revolutions and Levels of difficulty;



- in death spirals (pairs) - on the names and Levels of difficulty;
- in other elements - on their Levels of difficulty.

### **b) Levels of Elements**

Technical Specialists will determine the name and the Level of difficulty (when necessary) of elements.

Lifts, twist lifts and death spirals (pairs), spins and steps (singles and pairs) are divided in four (4) Levels depending on their difficulty: Level 1 - the easiest, Level 2 – difficult, Level 3 - more difficult and Level 4 - the most difficult ones. The description of characteristics that give an element a certain Level of difficulty is published and updated in ISU Communications.

### **c) Grade of Execution (GOE)**

Every Judge will mark the quality of execution of every element depending on the positive features of the execution and errors on the seven grades of execution scale: +3, +2, +1, Base Value, -1, -2, -3. For this first he evaluates the positive features of the element that might increase the Base Value to a + Value and then reduces the result because of errors if any of these are committed. Each + or - grade has its own + or - numerical value indicated in the Scale of Value (SOV) Table. This value is added to the Base Value of the element (or deducted from it).

In marking the GOE the following must be considered:

- a) jumps: the height, length, technique and the clean starting and landing of the required jumps, in the case of pairs, credit must be given to the jump of each partner according to its merit;
- b) jump combination/sequence: the perfect execution of the jumps in relation to their difficulty, each jump must be given credit according to its merit;
- c) lifts/twist lifts: the speed, the height, the continuous rotation, smoothness of the take-off and landing, good coverage of the ice surface, the position of the Lady in the air;
- d) throw jumps: the height, the distance, the take-off and clean landing of the Lady, the position of the Lady in the air;
- e) death spirals: a smooth entry and exit, the even descent into the spiral by the Lady, the maintenance of the pivot position by the Man and the position of the Lady's body and head should be close to the ice surface during the execution of the actual death spiral;
- f) spins: quality of the required positions, strong and well controlled rotation, number of revolutions in the required position(s), speed of rotation, centering of the spin. In flying spins the height of the jump and the position in the air and landing;
- g) step and spiral step sequences: the swing, carriage and smooth flow of the movement in conformity with the character and the rhythm of the music.

The guidelines for this marking are published and updated in ISU Communications.

**Remarks:**

Jump combinations and sequences are evaluated as "one unit".

Jump combination: the Base Values of the jumps included are added. The numerical value of GOE for result calculation is related to the jump with the highest value.

A jump sequence is evaluated as one unit. The Base Values of the two most difficult jumps included are added. The factor of 0.8 is applied for the sum. Following that the numerical value of GOE for result calculation is related to the one of the two jumps with the highest value.

The factored Base Value of the Jump combination/sequence will be rounded to two decimal places.

**d) Illegal elements/movements**

These are:

- somersault type jumps;
- lifts with wrong holds;
- lifts with more than 3 ½ revolutions of the Man;
- spinning movements in which the Man swings the Lady around in the air while holding her hand or foot;
- twist-like or rotational movements during which the Lady is turned over with her skating foot leaving the ice;
- rotational movements with the grip of one of the partners on the leg, arm and neck of the other partner;
- jumps of one of the partners towards the other partner;
- lying and prolonged and/or stationary kneeling on both knees on the ice at any moment.

There must be a 2.0 point deduction for every illegal element/movement included in the program.

Remark: If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called “No Level”.

## **2. Program Component Score**

### **a) Definition of Program Components**

In addition to Technical Score each of the Judges will evaluate the Skater's/Pair's whole performance which is divided into five (5) Program Components: Skating Skills, Transitions/Linking Footwork and Movement, Performance/Execution, Choreography/Composition, Interpretation of the music.

#### **Skating Skills**

Overall skating quality, edge control and flow over the ice surface demonstrated by a command of the skating vocabulary (edges, steps, turns etc), the clarity of technique and the use of effortless power to accelerate and vary speed. Varied use of power/energy, speed and acceleration.

In evaluating the Skating Skills, the following must be considered:

- Balance, rhythmic knee action and precision of foot placement;
- Flow and effortless glide;
- Cleanness and sureness of deep edges, steps and turns;
- Power/energy and acceleration;
- Mastery of multi directional skating;
- Mastery of one foot skating;
- Equal mastery of technique by both partners shown in unison (Pair Skating).

#### **Transitions/Linking Footwork and Movement**

The varied and/or intricate footwork, positions, movements and holds that link all elements. In singles and pairs this also includes the entrances and exits of technical elements.

In evaluating the Transitions/Linking Footwork and Movement, the following must be considered:

- Variety;
- Difficulty;
- Intricacy;
- Quality (including unison in Pair Skating);
- Balance of workload between partners (Pair Skating).

#### **Performance/Execution**

Performance: is the involvement of the Skater/Pair physically, emotionally and intellectually as they translate the intent of the music and choreography.

Execution: is the quality of movement and precision in delivery. This includes harmony of movement in Pair Skating.

In evaluating the Performance/Execution, the following must be considered:

- Physical, emotional and intellectual involvement;
- Carriage;
- Style and individuality/personality;
- Clarity of movement;
- Variety and contrast;
- Projection;
- Unison and "oneness" (Pair Skating);
- Balance in performance (Pair Skating);
- Spatial awareness between partners - management of the distance between partners and management of changes of hold (Pair Skating).

### **Choreography/Composition**

An intentional, developed and/or original arrangement of all types of movements according to the principles of proportion, unity, space, pattern, structure and phrasing.

In evaluating the Choreography/Composition the following must be considered:

- Purpose (idea, concept, vision, mood);
- Proportion (equal weight of parts);
- Unity (purposeful threading of all movements);
- Utilization of personal and public space;
- Pattern and ice coverage;
- Phrasing and form (movements and parts structured to match the phrasing of the music);
- Originality of purpose, movement and design;
- Shared responsibility in achieving purpose (for Pair Skating).

### **Interpretation of the music**

The personal and creative translation of the music to movement on ice.

In evaluating the Interpretation of the music, the following must be considered:

- Effortless movement in time to the music (timing);
- Expression of the music's style, character and rhythm;
- Use of \*finesse to reflect the nuances of the music;
- Relationship between the partners reflecting the character of the music (Pair Skating).

\*Finesse is the Skater's refined, artful manipulation of nuances. Nuances are the personal artistic ways of bringing subtle variations to the intensity, tempo, and dynamics of the music made by the composer and/or musicians.

### **b) Marking of Program Components**

Program Components are evaluated by Judges after completion of a program on a scale from 0.25 to 10 with increments of 0.25. Points given by the Judges correspond to the following degrees of the Components: 1 - very poor, 2 - poor, 3 - weak, 4 - fair, 5 - average, 6 - above average, 7 - good, 8 - very good, 9 - superior, 10 - outstanding. Increments are used for evaluation of performances containing some features of one degree and some of the next degree.

Guidelines for judging are published and updated in ISU Communications.

### **3. Deductions**

Deductions are applied for each violation of the Regulations (see Rule 353).

**Rules 523–537 (reserved)**

# INTERNATIONAL SKATING UNION

## Communication No. 1649

### **SINGLE & PAIR SKATING, ICE DANCE and SYNCHRONIZED SKATING**

#### **GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS**

(Replaces ISU Communications 1288 & 1331; 1397, 1528)

#### **A. Introduction**

It is not only the obligation and task of an International Federation to support high level performances, to organize international events and to administer the sport, but also to care about the future and the development of its various branches.

To secure the future of the ISU, it is therefore necessary to work in a very supportive and constructive way towards the recruitment of young skaters and to put in place a progressive formation and structure. The support of the Novice category and the structure of levels and requirements, as well as a clear age rule, are required to maintain the ISU today in a good position today.

The different Levels of Novices (Basic Novice and Advanced Novice) may encourage the organizers to open their events, in a comparable competitive situation, to all competitors and their different ability and grade of education in skating. The category of entries should be subject to the decision of the entered members.

The organizer decides on the disciplines and subgroups to be included in the event. The Member/Club entering skater(s)/team(s) will decide on the subgroup their athletes will participate.

It is understood that, at a certain age, Novice skaters/teams can participate in Junior competitions/events and vice versa.

The ISU is willing and prepared to support, with its expertise, the area around the Novices and the step into the junior category. With the following steps and information the ISU is taking action to secure the further development of the Figure Skating Branch.

The purpose of this Communication is to regulate International Novice Competitions for the Figure Skating Branch falling under Rule 107, paragraph 10. It is also recommended that organizers of Interclub competitions falling under Rule 107, paragraph 14 apply the General and Technical Requirements included in this Communication.

In case of interpretation, doubts etc. the ISU Council will take the final decision.

## **B. General**

### **1. Entries**

Entries to the competitions are made by the Members (for International Competitions) or Sections/Clubs (for Interclub Competitions), which must be a member of the Member, based on the age and the level of the skaters.

**2. Age requirements (Rule 108, paragraph 2. new d) and paragraph 3. new c) ): in International Competitions, a Novice is a Skater who has met the following requirements before July 1<sup>st</sup> preceding the event (the specific date: before July 1st, applies to all indicated dates):**

- has reached at least the age of ten (10)
- has not reached the age of fifteen (15)

Two subgroups offering a different technical package are established:

- **Basic Novices**
- **Advanced Novices**

Furthermore, in Single Skating, two subgroups by age are established for the Basic Novices:

#### Basic Novice A

- a) has reached at least the age of ten (10)
- b) has not reached the age of thirteen (13) for Girls and Boys in singles competitions

#### Basic Novice B

- a) has reached at least the age of thirteen (13)
- b) has not reached the age of fifteen (15) for Girls and Boys

No subgroups by age are established for Basic Novices in Pair Skating, Ice Dance and Synchronized Skating. Synchronized Skating is using the subgroups for Basic Novices to clarify the number of skaters per team.

No subgroups by age are established for Advanced Novices in all disciplines.

### **3. Officials:**

- a) ISU Rules 337 and 720 on the composition of panel of Officials apply, except for the international qualification of the Officials. In each event there should be at least one (1) Judge and one (1) member of the Technical Panel acting with an international qualification.
- b) The same ISU Rules regarding judging, refereeing and the work of the Technical Panel apply as in Junior and Senior International Competitions.
- c) Rules 420, paragraphs 1 and 2, and 816, paragraphs 1 and 2 regarding the Report of the Referee and the Report of the Technical Controller apply.

## C. SINGLE & PAIR SKATING

### 1. General Requirements for Novice competitions Single and Pair Skating

Segments of events to be skated in Novice Single and Pair Skating competitions:

- a) Single Skating events shall consist of
- \* younger subgroup (Group A) Basic Novice Free Skating only
  - \* older subgroup (Group B) Basic Novice Free Skating only
  - \* Advanced Novices Short Program and Free Skating
- b) Pair Skating events shall consist of
- \* Basic Novice (one group) Free Skating only
  - \* Advanced Novices Free Skating only

c) Duration of the Programs:

Single Skating

Basic Novice subgroup A	Free Skating 2:30 min, +/- 10 sec.
Basic Novice subgroup B	Free Skating 3:00 min, +/- 10 sec.
Advanced Novice	Short Program max. 2:30 min Free Skating 3:00 min, +/- 10 sec. for girls Free Skating 3:30 min, +/- 10 sec. for boys

Pair Skating

Basic Novice	Free Skating 3:00 min, +/- 10 sec.
Advanced Novice	Free Skating 3:30 min, +/- 10 sec.

### 2. Technical Requirements for Novice competitions Single Skating

#### 2.1 *Single Skating Basic Novice A - Girls and Boys (younger subgroup)*

**A well balanced Free Skating program for Singles A must contain:**

- a) Maximum of 4 jump elements for Girls and Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.  
Triple jumps are not permitted.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of six (6) revolutions in total) and one spin with no change of position and with or without change of foot (minimum of six (6) revolutions in total).
- c) There must be a maximum:
- (i) for Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The sequence (step or spiral) will have a fixed Base value and evaluated in GOE only.
  - (ii) for Boys maximum of one (1) step sequence with a fixed Base value and evaluated in GOE only.



The Program Components are only judged in

- Skating Skills
- Performance/Execution

The Factor of the Program Components is 2.5.

**Levels explanations:**

For Basic Novice A Singles, in all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

**2.2. Single Skating Basic Novice B - Girls and Boys (older subgroup)**

**A well balanced Free Skating program for Singles B boys and girls must contain:**

- a) Maximum of 5 jump elements for Girls and 6 jump elements for Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.  
Only two (2) jumps with two and a half (2 1/2) or more revolutions can be repeated either in a jump combination or in a jump sequence.
- b) There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total) and one a flying spin or a spin with a flying entrance (minimum of six (6) revolutions in total).
- c) There must be a maximum:
  - (i) for Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The sequence (step or spiral) will have a fixed Base value and evaluated in GOE only.
  - (ii) for Boys maximum of one (1) step sequence with a fixed Base value and evaluated in GOE only.

The Program Components are only judged in

- Skating Skills
- Performance/Execution
- Interpretation

The Factor of the Program Components is

- for boys 2.0
- for girls 1.7

**Levels explanations:**

For Basic Novice B Singles, in all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## 2.3 *Single Skating Advanced Novice - Girls and Boys*

### **Boys**

The **Short Program for Boys' Singles** shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps, may not repeat jump in a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)
- d) Camel or sit spin (minimum of six (6) revolutions) with change of foot and no flying entrance
- e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot)
- f) One step sequences with full utilization of the ice surface (straight line, serpentine/ circular)

### **Girls**

The **Short Program for Girls' Singles** shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps, may not repeat jump in a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)
- d) Layback or sideways leaning spin (minimum of six (6) revolutions)
- e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot)
- f) One step sequence with full utilization of the ice surface (straight line / circular / serpentine)

### **Boys and Girls**

**A well balanced Free Skating program for Singles must contain:**

- a) Maximum 6 jump elements for Girls and 7 jump elements for Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.  
Only two (2) jumps with two and a half (2 1/2) revolutions or more can be repeated either in a jump combination or in a jump sequence.
- b) There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions) and one a flying spin or a spin with a flying entrance (minimum of six (6) revolutions).
- c) There must be a maximum of one (1) step sequence

### **Levels explanations:**

For Advanced Novice Singles, in all elements which are subject to Levels, only features up to **Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The Program Components are only judged in

- Skating Skills
- Transitions
- Performance/Execution
- Interpretation

The factors for the Program Components is

- |    |               |      |
|----|---------------|------|
| a) | Short Program |      |
|    | - for boys    | 1.0. |
|    | - for girls   | 1.0  |
| b) | Free Skating  |      |
|    | - for boys    | 1.5  |
|    | - for girls   | 1.7  |

### **3. Technical Requirements for Novice competitions Pairs**

#### **3.1 *Pair Skating Basic Novice***

Basic Novice competitions will consist of a Free Skating program only.

**A well balanced Free Skating program must contain** a maximum of:

- a) Two different lifts of Group 1 to 2, one arm holds not allowed (full extension of the lifting arm of the partner is not required)
- b) One Lutz Twist lift (single)
- c) One solo jump (single or double)
- d) One solo spin, no change of foot, change of position optional, minimum five (5) revolutions or one pair spin, minimum 5 revolutions
- e) One pivot figure \*)
- f) One spiral sequence consisting of max. two (2) spiral positions. The sequence will have a fixed Base value and evaluated in GOE only.

\*If a death spiral is executed, it is marked according to ISU Technical Rules Single & Pair Skating. In other cases there are no Levels.

#### **Levels explanations:**

For Basic Novice Pairs, in all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The Program Components are only judged in

- Skating Skills
- Performance/Execution

The factor of the Program Components is 3.5

### 3.2 *Pair Skating Advanced Novice*

**A well balanced Free Skating program must contain** a maximum of:

- a) Two different lifts of Groups 1 to 4, one arm holds not allowed, (in group 1 and 2 full extension of the lifting arm of the partner is not required).
- b) One Lutz Twist lift (single or double)
- c) One Throw jump (single or double)
- d) One solo jump (single or double)
- e) One solo spin or solo spin combination (minimum of five (5) revolutions in total) or pair spin or pair spin combination (minimum of five (5) revolutions in total)
- f) One death spiral or any other pivot figure \*)
- g) One spiral sequence with at least two (2) spiral positions with fixed Base value and GOE only
- h) One step sequence: serpentine, circular or straight line with full utilization of the ice surface

\*If a death spiral is executed, it is marked according to ISU Technical Rules Single & Pair Skating 2010. In other cases for the Death Spiral there are no levels.

#### **Levels explanations:**

For Advanced Novice Pairs, in all elements which are subject to Levels, only features up to **Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The Program Components are only judged in

- Skating Skills
- Transitions
- Performance/Execution
- Interpretation

The Factor of the Program Components is 1.8

## **D. ICE DANCE**

### **1. General Requirements for Novice competitions Ice Dance**

Segments of events to be skated in Novice Ice Dance competitions are:

a) Ice Dance events shall consist of

Basic Novice	2 Pattern Dances and Free Dance
Advanced Novice	2 Pattern Dances and Free Dance

b) Duration of Free Dance:

Basic Novice	Free Dance 2:30 min., +/- 10 sec.
Advanced Novice	Free Dance 3:00 min., +/- 10 sec.

### **2. Technical Requirements for Basic Novice competitions Ice Dance**

#### **2.1 Pattern Dance**

Rule 639, paragraph 1: for Novice International Competitions, the Pattern Dances will be announced annually by the Ice Dance Technical Committee in an ISU Communication not later than June 1<sup>st</sup>, to become effective on July 1st of the year following the announcement.

**Two (2) Pattern Dances** are to be skated for Basic Novice. For the 2010/2011 season:

**#1 Fourteen step      #4 European Waltz**

The Scale of Values of the Pattern Dances may be updated and will be published in ISU Communications.

#### **2.2 Free Dance**

Rule 610 shall apply except that vocal music is **not** permitted. The use of vocal music shall be considered as a violation of music restriction and penalized as per Rule 653, paragraph 1 n) (ii) and Rule 409, paragraph 1.

Requirements for the music and the costume: as per ISU Communication 1610 and subsequent updates of this ISU Communication (except that music may not be vocal).

#### **A Well Balanced Free Dance program must contain**

a) **One (1) Short Lift** (as defined in Rule 604, paragraph 16), chosen from the following Types of Lifts:

- a) Straight Line Lift
- b) Curve Lift
- c) Rotational Lift

In addition, one (1) additional Lift (up to 6 seconds) without any requirement for the Level of Difficulty is permitted (provided it is not an Illegal Lift), but only the first Lift

performed will be identified and considered in determining the Level of Difficulty. However if a third Lift is performed, it will be considered by the Technical Panel as an extra element.

In case a Stationary Lift is performed as the Lift with a Level of Difficulty, it will be identified by the Technical Panel to occupy a box, given No Value, and considered as an extra element (element not according to the Well Balanced Program).

- b) One (1) Step Sequence in hold** of any type of Groups A or B (as defined in Rule 603, paragraph 3).

The restrictions listed in ISU Communication 1610 and subsequent updates of this ISU Communication apply.

- c) One (1) Set of Synchronized Twizzles** (as defined in Rule 604, paragraph 14 a) and b): only the first set of Synchronized Twizzles skated will be identified and considered for the Level of Difficulty.

The **Dance Spin** is not included in the list of Required Elements for the Basic Novice Free Dance. Nevertheless, a spinning movement skated by the couple together in any hold around common axis on one foot (or two feet) with any number of rotations is permitted. A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

### **Levels explanations**

For Basic Novice Free Dance, in all Required Elements, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

All **Program Components** are judged with the following factors:

Skating Skills	1.10
Transitions/ Linking Footwork/Movements	0.90
Performance/Execution	0.90
Composition/Choreography	0.90
Interpretation/Timing	0.90

## **3. Technical Requirements for Advanced Novice competitions Ice Dance**

### **3.1 Pattern Dance**

Rule 639, paragraph 1: for Novice International Competitions, the list of Pattern Dances will be announced annually by the Ice Dance Technical Committee in an ISU Communication not later than June 1<sup>st</sup>, to become effective on July 1st of the year following the announcement.

**Two (2) Pattern Dances** are to be skated for Advanced Novice. For the 2010/11 season, one Pattern Dance shall be drawn from each group before the first practice of the competition:

Group 1:	<b>#5 American Waltz</b>	<b>#9 Starlight Waltz</b>
Group 2:	<b>#12 Kilian</b>	<b>#20 Tango</b>

The Scale of Values of the Pattern Dances may be updated and will be published in ISU Communications.

### **3.2 Free Dance**

Rule 610 shall apply except that vocal music is **not** permitted. The use of vocal music shall be considered as a violation of music restriction and penalized as per Rule 653, paragraph 1 n) (ii) and Rule 409, paragraph 1.

Requirements for the music and the costume: as per ISU Communication 1610 and subsequent updates of this ISU Communication (except that music may not be vocal).

#### **A Well Balanced Free Dance program must contain**

**a) Two (2) different Types of Short Lifts** (as defined in Rule 604, paragraph 16), chosen from the following Types of Lifts:

- a) Straight Line Lift
- b) Curve Lift
- c) Rotational Lift

In addition, one (1) additional Lift (up to 6 seconds) without any requirement for the Level of Difficulty is permitted (provided it is not an Illegal Lift), but only the first two Lifts performed will be identified and considered in determining the Level of Difficulty. However if a fourth Lift is performed, it will be considered by the Technical Panel as an extra element.

In case a Stationary Lift is performed among the two Lifts with a Level of Difficulty, it will be identified by the Technical Panel to occupy a box, given No Value, and considered as an extra element (element not according to the Well Balanced Program).

**b) One (1) Spin** (as defined in Rule 604, paragraph 14 e), but not more

**Note:** A Combination Spin is not permitted. In case a Combination Spin is performed instead of a Spin, it will be identified by the Technical Panel to occupy a box, given No Value, and considered as an extra element (element not according to the Well Balanced Program).

**c) One (1) Step Sequence in hold** of any type of Groups A or B (as defined in Rule 603, paragraph 3).

The restrictions listed in ISU Communication 1610 and subsequent updates of this ISU Communication apply.

**d) One (1) Set of Synchronized Twizzles** (as defined in Rule 604, paragraph 14 a) and b): only the first set of Synchronized Twizzles skated will be identified and considered for the Level of Difficulty.

#### **Levels explanations**

In all Required Elements, all features up to **Level 4** will be counted.

All **Program Components** are judged with the following factors:

Skating Skills	1.10
Transitions/ Linking Footwork/Movements	0.90
Performance/Execution	0.90
Composition/Choreography	0.90
Interpretation/Timing	0.90



## **E. Synchronized Skating**

### **1. Technical Requirements for Basic Novice competitions**

#### **1.1 Team composition**

##### **Basic Novice A**

Basic Novice A shall consist of twelve (12) skaters with a maximum number of four (4) alternate skaters. At the National level, Members may permit a different team composition.

##### **Basic Novice B**

Basic Novice B shall consist of sixteen (16) skaters with a maximum number of four (4) alternate skaters. At the National level, Members may permit a different team composition.

#### **1.2 Free Skating**

Basic Novice A and B competitions will consist of a Free Skating program only.

**A well-balanced Free Skating program must contain the following six (6) required elements:**

- a) One (1) Block
- b) One (1) Circle
- c) One (1) Intersection
- d) One (1) Line
- e) One (1) Movement in Isolation
- f) One (1) Wheel

Maximum element levels can be skated but the level awarded will be one level lower than the maximum defined in the ISU Technical Rules.

Other elements may be incorporated into the Free Skating program as transitional elements and might reflect the Judges scores for Interpretation. The program content sheet should indicate which extra Elements are transition Elements.

- Definition/criteria of recommended Elements and Features are in accordance with Rules 903 and 911.
- Difficulty Groups of Elements and Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

##### **a) Holds**

Minimum of three (3) different recognizable holds are required. There will be a deduction made by the Referee if there is not the required number of holds in the program.

##### **b) Duration of Program**

The length of the program is 3 minutes +/- 10 seconds.

The time must be reckoned from the moment that the Team begins a skating movement (glide) until arriving at a complete stop at the end of the program.

**c) Music**

Vocal music using lyrics is permitted.

**d) Program Components**

The Program Components are only judged in

- Skating Skills
- Performance/Execution
- Interpretation

The Factor of the Program Components is 1.7

**e) Illegal elements**

The illegal elements are following the restrictions in Junior Free Skating (in addition the Vaults are illegal elements for Novices), (see Rule 912, paragraph 9 b).

**2. Technical Requirements for Advanced Novice competitions**

**2.1 Team composition**

An Advanced Novice team shall consist of sixteen (16) skaters with a maximum number of four (4) alternate skaters.

**2.2 Free Skating**

Advanced Novice competitions will consist of a Free Skating program only.

**A well-balanced Free Skating program must contain the following seven (7) required elements:**

- a) One (1) Block
- e) One (1) Circle
- f) One (1) Intersection
- g) One (1) Line
- e) One (1) Movement in Isolation
- f) One (1) Wheel
- g) One (1) Step Sequence (either circle or block formation)

Maximum element levels can be skated but level awarded will be one level lower than the maximum defined in the ISU Technical Rules.

Other elements may be incorporated into the Free Skating program and will be judged as transitions and/or choreography components. The program content sheet should indicate which extra Elements are transition Elements.

- Definition/criteria of recommended Elements and Features are in accordance with Rules 903 and 911.
- Difficulty Groups of Elements and Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

**a) Holds**

Minimum of three (3) different recognizable holds are required. There will be a deduction made by the Referee if there is not the required number of holds in the program.

**b) Duration of Program**

The length of the program is 3 minutes 30 seconds +/- 10 seconds.

The time must be reckoned from the moment that the Team begins a skating movement (glide) until arriving at a complete stop at the end of the program.

**c) Music**

Vocal music using lyrics is permitted.

**d) Program Components**

The Program Components are judged in

- Skating Skills
- Performance/Execution
- Transitions
- Interpretation
- Choreography / Composition

The Factor of the Program Components is 1.0

**e) Illegal elements**

The illegal elements are following the restrictions in Junior Free Skating (in addition Vaults are illegal elements for Novices), (see Rule 912, paragraph 9 b).

Milano,  
October 7, 2010  
Lausanne,

Ottavio Cinquanta, President  
Fred Schmid, Director General



# **Judging System**

# **Technical Panel Handbook**

**Single Skating**

**2011/2012**

Version as of 16.07.2011

# Step Sequences

## Rules

<b>Short Program</b>	<p>Short Program for <b>Senior &amp; Junior Men</b> and for <b>Senior &amp; Junior Ladies</b> must include one Step Sequence.</p> <p>Shape of the Step Sequence:</p> <ul style="list-style-type: none"> <li>- Straight Line Step Sequence: commences at any place of the short barrier and goes to any place of the opposite short barrier keeping the approximate shape of the straight line or</li> <li>- Circular Step Sequence: skated on a complete circle or oval utilizing the full width of the ice surface or</li> <li>- Serpentine Step Sequence: commences at the end of the ice surface and progresses in at least two bold curves and ends at the opposite end of the ice surface.</li> </ul> <p>May include any unlisted jumps. Short stops in accordance with the music are permitted. Retrogressions are not prohibited.</p>
<b>Free Skating</b>	<p>A well balanced Free Skating program must contain two Step Sequences of a different nature for <b>Senior Men</b> and one Step Sequence for <b>Senior Ladies &amp; Junior Men &amp; Ladies</b>.</p> <p>The competitors have complete freedom in selecting the kind of step sequence they intend to execute. Jumps can also be included in the step sequence. However the step sequence must fully utilize the ice surface. Step sequences too short and barely visible cannot be considered as meeting the requirements of a step sequence.</p> <p>For Senior Men the second (in the order of execution) step sequence will always be awarded a fixed Base value, called a choreographic step sequence and evaluated by Judges in GOE only. This sequence can have any pattern while fully utilizing the ice surface.</p>

## Level features

- 1) Simple variety (Level 2), variety (Level 3), complexity (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) Use of upper body movements for at least ½ of the pattern
- 4) At least half a pattern on one foot only
- 5) Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) quickly executed within the sequence

## Clarifications

<b>Pattern</b>	<p><b>Straight Line</b> – Short barrier to short barrier.</p> <p><b>Serpentine</b> – 2 or 3 bold curves. Skater skates from short barrier to short barrier.</p> <p><b>Circular</b> – A skater completes a circle using the width of the ice surface.</p> <p>A Step Sequence will only receive a Level if at least 50% of the sequence pattern is performed. The choreographic step sequence will receive no value if it definitely does not fully utilize the ice surface.</p> <p>In features 2 – 4 “pattern” means the pattern actually executed by the skater.</p>
<b>End of the pattern</b>	<p>In <b>Short Program</b> the end of the of the Step sequence is either the moment when the skater reaches the opposite short barrier (Straight Line or Serpentine step sequence) or closes the circle (Circular step sequence) or the moment when the skater concludes the Sequence (if this happens earlier).</p> <p>In <b>Free Skating</b> however the pattern of the Step sequence is unlimited; the call will be according to the pattern of the first part of the sequence.</p>

<b>Definition of Turns and Steps</b>	<p><u>Different</u> types of Turns: three turns, twizzles, brackets, loops, counters, rockers.</p> <p><u>Different</u> types of Steps: toe steps, chasses, mohawks, choctaws. change of edge, cross rolls, running steps.</p> <p>Turns must be executed on one foot.</p> <p>Steps must be executed on one foot whenever possible.</p> <p>If a turn is “jumped”, it is not counted as performed.</p>
<b>Simple Variety</b>	Must include at least <b>7</b> turns and <b>4</b> steps, none of the types can be counted more than twice.
<b>Variety</b>	Must include at least <b>9</b> turns and <b>4</b> steps, none of the types can be counted more than twice.
<b>Complexity</b>	Must include at least <b>5</b> different types of turns and <b>3</b> types of steps all executed at least once in both directions. “Both directions” refers to rotational direction. Skating forward and skating backward is not a change of rotational direction.
<b>No simple variety, only simple variety, only variety</b>	If a skater does not perform a simple variety of steps and turns, the Level cannot be higher than 1. If a skater performs only simple variety of steps and turns, the Level cannot be higher than 2. If a skater performs only variety (but not complexity) of steps and turns, the Level cannot be higher than 3.
<b>Distribution</b>	Turns and/or Steps must be distributed throughout the sequence. There should be no long sections without Turns or Steps. If this requirement is not fulfilled, the Level cannot be higher than 1.
<b>Rotations in either direction</b>	<p>This feature means that a skater 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 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.</p> <p>“Full body rotation” means one complete rotation. The skater should not just turn half a rev. back and forth.</p>
<b>Use of upper body movement</b>	<p><b>Use of upper body movements</b> means the visible use for a combined total of at least <u>1/2</u> of the pattern of the step sequence any movements of the arms, <u>and/or</u> head <u>and/or</u> torso that have an effect on the balance of the main body core.</p> <p><u>Having an effect on the balance of main body core can also be understood as having an effect on the balance of the body as a whole and influencing the balance on the blade.</u></p>
<b>Half a pattern on one foot</b>	“At least half a pattern on one foot only” presumes that the skater stays on one foot without any breaks for at least half of the sequence pattern. <u>However hops and unlisted jumps started and landed on this foot are allowed.</u>
<b>Two combinations of difficult turns</b>	<p><u>Difficult turns are rockers, counters, brackets, twizzles, loops. In the combinations:</u></p> <ul style="list-style-type: none"> <li>- <u>three turns are not allowed (not difficult turns);</u></li> <li>- <u>changes of edges are not allowed (listed as steps);</u></li> <li>- <u>a jump/hop is not allowed (not a turn);</u></li> <li>- <u>changes of feet are not allowed;</u></li> <li>- <u>at least one turn in the combination must be of a different type than the others.</u></li> </ul> <p><u>The exit edge of a turn is the entry edge of the next turn.</u></p> <p><u>Combinations must be executed quickly.</u></p>
<b>What makes the combinations same or different</b>	Two combinations of difficult turns are considered to be the same if they consist of the same turns done in the same order and on the same edges.

<p><b><i>Jumps with more than half a revolution executed in the step sequence</i></b></p>	<p><u>Unlisted jumps, independent of their number of revolutions can be included in the step sequence without a deduction or any other consequence, Listed jumps with more than half revolution will be ignored in SP as an element, but will force the Judges to reduce GOE by 1 grade for "Listed jumps with more than ½ rev.included". In any case these jumps do not influence the determination of Level of difficulty of the Step sequence.</u></p>
<p><b><i>How to call the Choreographic Step Sequence</i></b></p>	<p>The call should be "<u>Choreo Steps confirmed</u>" (if the Sequence will be counted) or "<u>Choreo Steps no value</u>" in the opposite case.</p>

# Spiral Sequence (Ladies Senior)

## Rules

<b>Short Program</b>	In Short Program a performed Spiral Sequence will be evaluated in "Transitions".
<b>Free Skating</b>	The spiral sequence will always be awarded a fixed Base Value, called a choreographic spiral sequence and evaluated by Judges in GOE only. In this sequence there must be at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long. In case this requirement is not fulfilled, the spiral sequence will have no value.

## Clarifications

<b>Definition</b>	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).
<b>Free leg position</b>	Free leg: knee and foot higher than the hip level.
<b>Free leg drops</b>	When the free leg drops at the hip level (or lower), this is considered the end of the concerned spiral position.
<b>Order of the counted spiral positions</b>	The two (2) or one (1) long enough spiral positions mentioned in the Rules above are not necessarily the first ones in the sequence.
<b>How to call the Choreographic Spiral Sequence</b>	The call should be "Spirals confirmed" (if the Sequence will be counted) or "Spirals no Value" in the opposite case.



# Spins

## Rules

<p><b>General</b></p>	<p>The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.  A spin with less than three rotations is considered as a skating movement and not a spin.  If the skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.  In spins in one position and flying spins (<i>which means a spin with a flying entrance and no change of foot and position</i>) the concluding upright position at the end of the spin (final wind-up) is not considered to be another position independent of the number of revolutions, as long as in such a final wind-up no additional feature is attempted (any change of edge, variation of position etc.) and the revolutions executed in this position are not to be counted in the required number of revolutions.  Variations of positions of the head, arms or free leg, as well as fluctuations of speed are permitted.  In spin combinations during a change of position a difficult variation of position can be executed (which means that a difficult change of position is counted as a difficult spin variation).</p>
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<p><b>Short Program</b></p>	<p>The Short Program of the season 2011 – 2012 includes the following 3 spins:  <b>-Seniors:</b> Flying spin with landing position different than in the Spin in one Position;  <b>Juniors:</b> Flying <u>sit</u> spin;  <b>-Senior Men:</b> Camel/Sit spin (position different from the landing position of the Flying spin) with only one change of foot;  <b>Junior Men:</b> <u>Camel</u> spin with only one change of foot;  <b>-Senior &amp; Junior Ladies:</b> Layback/sideways leaning spin;  -Spin combination with all three basic positions and only one change of foot.  The spins must have a required minimum number of revolutions: eight (8) for the flying spin and the layback spin, six (6) revolutions on each foot in the spin with a change of foot and the spin combination, the lack of which must be reflected by the Judges in their marking. In the spin combination the change of foot is required.  Except flying spins, spins cannot be commenced with a jump.</p>
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### Specific elements in Short Program:

<p><b>Ladies: layback/sideways leaning spin</b></p>	<p>Any position is permitted, as long as the basic layback or sideways leaning position is maintained for eight (8) revolutions without rising to an upright position. The position of a "Biellmann Spin" can only be taken and considered as a feature to increase the Level after having successfully rotated these required 8 revolutions in the layback position (backward and/or sideways).</p>
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<p><b>Men: spin with only one change of foot</b></p>	<p><b>Senior &amp; Junior:</b> The spin must consist of only one change of foot, which may be executed in the form of a step over or a jump with not less than six (6) revolutions on each foot.  <b>Senior:</b> The competitor can choose either the camel position or the sit position to be executed, but this position must be different from the landing position of the Flying spin;  <b>Junior:</b> Only the prescribed sit or camel position is permitted to be executed.</p>
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<p><b>Spin combination with change of foot</b></p>	<p>The spin combination must include all three basic positions (sit, camel, upright or any variation thereof) and only one change of foot with not less than six (6) revolutions on each foot. The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately.</p>
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<b>Flying spin</b>	<p><b>Senior:</b> Any type of flying spin is permitted with landing position different than in the Spin in one Position; A minimum of eight (8) revolutions in the landing position which may be different from the flying position.</p> <p><b>Junior:</b> Only the prescribed "Flying" position or its variation is permitted. A minimum of eight (8) revolutions in the landing position which must be the same as the flying position. In the flying sit spin changing foot on landing is permitted.</p> <p><b>Senior &amp; Junior:</b> No previous rotation on the ice before the take off is permitted. A step over must be considered by the Judges in the Grade of Execution. The flying position must be attained in the air. The required eight (8) revolutions can be executed in any variation of the landing position.</p>
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<b>Free Skating</b>	<p>A well balanced Free Skating program for <b>Men and Ladies (Senior and Junior)</b> must contain maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with flying entrance and one a spin with only one position.</p> <p>All Spins must be of a different character (must have different abbreviations). Any Spin with the same abbreviation as the one executed before will be deleted by computer (but will occupy a spinning box).</p> <p>If no one of the performed spins has a flying entrance, or if no one is a spin in one position, or no one is a spin combination, the third executed spin will be automatically deleted by the computer.</p> <p>The spins must have a required minimum number of revolutions: six (6) for the flying spin and the spin with only one position and ten (10) for the spin combination, the lack of which must be reflected by Judges in their marking. These minimum numbers of required revolutions must be counted from the entry of the spin until its exit (except final wind-up in Spins in one position and Flying spins). In the spin combination the change of foot is optional and the number of different positions is free.</p>
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## Level features

- 1) A difficult variation in a basic or (for spin combinations only) in an intermediate position
- 2) Another difficult variation in a basic position which must be significantly different from the first one and:
  - spin in one position with change of foot – on different foot than the first one
  - spin combination without change of foot – in different position than the first one
  - spin combination with change of foot – on different foot and in different position than the first one
- 3) Change of foot executed by jump
- 4) Backward entrance/Difficult variation of flying entrance/Landing on the same foot as take-off or changing foot on landing in a Flying Sit Spin
- 5) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position
- 6) All 3 basic positions on both feet
- 7) Both directions immediately following each other in sit or camel spin
- 8) At least 8 rev. without changes in pos./variation, foot or edge (camel, difficult sit, layback, difficult upright), counts once per spin

### Additional features for the Layback spin

(however the total number of difficult variations in a spin can not be more than 2):

- 9) One clear change of position backwards-sideways or reverse, at least 3 rev. in each position (counts also if the Layback spin is a part of any other spin)
- 10) Biellmann position after Layback spin (SP – after 8 revolutions in layback spin)

**Backward and flying entry, change of edge and any type of difficult spin variation count as features that can increase the Level only once per program (in the first spin they are attempted).**

**For Spin Combinations with change of foot all 3 basic positions are mandatory for Levels 2 – 4 in both Short Program and Free Skating.**

**For Spins with change of foot at least one basic position on each foot is mandatory for Levels 2 – 4 in Free Skating. In case this requirement is not fulfilled in Short Program, the spin will have no Level and consequently no value.**

**In any spin with change of foot the maximum number of features attained on one foot is two (2).**

## Clarifications

### Positions

<b>Basic Positions</b>	<p>There are 3 basic positions: camel, sit and upright positions. Intermediate positions are all other positions.</p> <p><b>Camel:</b> free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright spins.</p> <p><b>Sit:</b> the upper part of the skating leg at least parallel to the ice.</p> <p><b>Upright:</b> any position with extended or almost extended skating leg (a slight bend of the knee is allowed) which is not a camel position.</p>
<b>Intermediate positions</b>	<p>All the other positions not fulfilling the requirements of any basic position.</p> <p><b>Spin Combination:</b> 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.</p> <p><b>Spin in one position and Flying Spin:</b> Intermediate positions are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.</p>
<b>Spin with no change of position</b>	<p>A “spin with no change of position”, in which another basic position is executed with more than two (2) revolutions, does not fulfil the requirements of a spin with “no change of position” and will be identified as a “spin combination”. However, the concluding upright position at the end of the spin (final wind-up) is not considered to be another position independent of the number of revolutions, as long as in such a final wind-up no additional feature is executed (change of edge, variation of position etc.) and the revolutions executed in it are not to be counted in the required number of revolutions.</p>
<b>Less than 2 revolutions in every basic position</b>	<p>If a spin does not have at least 2 continuous revolutions in some basic position, no Level has to be given.</p>
<b>Less than 2 revolutions in basic positions (spin combination)</b>	<p>A spin combination executed with only 1 position with not less than 2 revolutions (as to the requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.</p>
<b>Less than 3 basic positions (spin combination Short Program)</b>	<p>If a skater performs less than the required 3 basic positions (upright, sit, camel) with not less than 2 revolutions, the Level of the spin combination can not be more than 1 <del>and the Judges will also reduce the GOE.</del></p>
<b>Spin with one basic position and one intermediate position</b>	<p>The Technical Panel will have the right to decide if a spin is a spin combination or a spin in one position or a flying spin with the following guideline: if the spin contains two positions (with any number of revolutions) that are quite different from each other, it's a combination.</p>
<b>All three basic positions executed</b>	<p>In the spin combination, in order to be counted as a Level feature, all three basic positions must be executed on both feet.</p>

## Entrance of the spin

<b>Flying entrance</b>	Deathdrop, butterfly or any variation of another flying entrance (except the regular flying camel) count as a Level feature only once per program (in the first spin they are attempted). Normal (regular) flying camel does not count as a Level feature, but counts as such an attempt.
<b>Flying Spin: flying entry - position not attained in the air</b>	Flying entry is part of the character of the spin and is considered an additional feature except in the case of a flying camel. If an obvious "step over" (instead of a jump) is performed or the skater does not attain the position in the air, this entrance cannot be considered as a Level feature and in the Short Program the Level can not be more than 1. In Free Skating however just the corresponding Level feature will not be counted, but the other features can still be applied to arrive to a higher Level. But any further flying entries will not be considered as Level features.
<b>Flying entry: number of revolutions in intermediate position</b>	The feature for the flying entry can be granted only if the basic position is reached within the first two (2) revolutions after the landing.
<b>Flying Sit Spin: landing on the same foot</b>	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 the sit position is attained in the air. (Pay attention – this is an element of the SP 2011-2012 for Juniors!)
<b>Backward entrance</b>	A backward entrance includes (but not limited to) a forward inside three turn in a spin. In order to be counted as a Level feature backward entrance requires the first 2 revolutions on a backward outside edge. The Backward entry counts as a feature that can increase the Level in only one spin in both the Short Program and the Free Skating; while doing that, the first attempt is taken into account.

## Variations

<b>Simple variation</b>	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.
<b>Difficult variation</b>	A difficult variation is a movement of a body part/leg/arm/hand/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.
<b>Categories of difficult variations</b>	There are 13 categories of difficult variations: For <b>CAMEL POSITION</b> there are 3 categories based on direction of the belly button: <ul style="list-style-type: none"><li>- (CF) Camel Forward: with belly button facing forward</li><li>- (CS) Camel Sideways: with belly button facing sideways</li><li>- (CU) Camel Upward: with belly button facing upward</li></ul> For <b>SIT POSITION</b> there are 3 categories based on position of free leg: <ul style="list-style-type: none"><li>- (SF) Sit Forward: with leg forward</li><li>- (SS) Sit Sideways: with leg sideways</li><li>- (SB) Sit Behind : with the leg behind</li></ul> For <b>UPRIGHT POSITION</b> there are 3 categories based on position of torso: <ul style="list-style-type: none"><li>- (UF) Upright Forward: with torso leaning forward</li><li>- (US) Upright Straight or Sideways: with torso straight up or sideways</li><li>- (UB) Upright Biellmann: in Biellmann position</li></ul> For <b>LAYBACK POSITION</b> there is 1 category <ul style="list-style-type: none"><li>- (UL) Upright Layback</li></ul> For <b>INTERMEDIATE POSITION</b> there is 1 category (IP) For <b>INCREASE OF SPEED</b> there is 1 category (IS) For <b>JUMP IN A SPIN</b> there is 1 category (IS)

<b>Crossfoot spin</b>	Crossfoot Spin must be executed on both feet with the weight equally divided on both feet. A Crossfoot Spin is considered as a difficult variation of the Upright position US and will receive, if correctly executed, one feature. It is not required to stay on one foot for three revolutions before the cross.
<b>Biellmann position</b>	Biellmann position is a difficult variation of the Upright position UB when the skater's 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.
<b>Windmill</b>	Windmill (Illusion) is considered a difficult variation of intermediate position IP, it must be done at least 3 times in a row to be counted as a Level feature.
<b>Jump on the same foot within a Spin (JS)</b>	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. This jump must be done from a basic position into the same or another basic position and can be performed even before the required minimum number of revolutions in order to be considered as a difficult variation (both SP & FS).
<b><u>To which position this variation will relate</u></b>	<u>In case of a jump from a basic position to the same basic position the jump will relate to this position. In case of a jump from a basic position to another basic position the jump will relate to an intermediate position (which allows having the other difficult variation in any basic position if the two variations are significantly different).</u>
<b>Increase of speed (IS)</b>	For camel, sit, layback positions, once the position has been established, a clear increasing of speed will be considered as a difficult variation. Increasing speed counts only in a basic position or while going within a basic position into its variation; it is not valid as a feature if the increase of speed happens while going from one basic position to another basic position.
<b>Repetitions</b>	Both in SP & in FS, if a difficult spin variation of the same category is repeated, this repetition can be counted only when the distribution of the body weight or core is significantly different from the first variation. Once the skater attempts two difficult variations within an above category, he will not receive credit for a further attempt within that category (even if executed on a different foot). <u>If a difficult spin variation is not counted because it was already used, any additional features in this variation are not counted as well. However if a second difficult variation in a spin combination is of a different type then used in the program up to that moment, but is not counted because it is in the same position as the first variation, other additional features in this variation can still be counted. Rationale: to reward variety in types.</u>
<b>What is an attempt</b>	A difficult variation is considered as attempted when this variation is clearly visible, independent of the fact this variation was counted or not (on whatever grounds).
<b>Definition of Types of difficult variations (reference comm. 1611)</b>	Two difficult variations are considered to be of different types if they are from different categories (as defined above) or from same category, but with significantly different body weight or core distribution. <u>To receive the feature in any type of these variations a skater must complete at least 2 revolutions in this type of variations.</u>
<b>Two difficult variations in a spin in one position without change of foot &amp; flying spin</b>	Both these variations will be counted as Level features if they both are in basic positions with at least 2 revolutions and fulfill the criteria described above in "Repetitions".
<b>Two difficult variations in a spin combination</b>	Difficult variations count not more than twice. One of the two variations can be in an intermediate position, the other one must be in a basic position. The two variations must be, on different feet, in different positions and fulfill the criteria described above in "Repetitions".

<b><u>Similar variations in basic and intermediate positions</u></b>	If in a spin combination the variation in the intermediate position is quite similar to the performed variation in a basic position, the feature for the variation in the intermediate position might not be granted if in the opinion of the TP the two variations are not significantly different.
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### **Edges and directions**

<b><u>Clear change of edge</u></b>	Clear change of edge can be counted as a Level feature only in Sit (only from backward inside to forward outside edge), Camel, <u>Layback and Biellmann position</u> . Any attempted execution of change of edge other than in camel position or from backward inside to forward outside in sit position <u>or in Layback or Biellmann position</u> will be ignored, not blocking the possibility to credit it elsewhere. Clear change of edge 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 or camel <u>or Layback or Biellmann</u> ). A change of edge within an upright or intermediate spinning position does not count for a feature.
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<b><u>Change of edge counts only once per program</u></b>	The change of edge counts as a feature that can increase the Level only once per Short Program and once per Free Skating Program in the first spin and on the first foot and in the first position it is attempted. Example ( <del>for Camel only</del> ): FCSp landing backward outside with 1,5 revolutions on this edge, then a change to forward inside edge with at least 2 revolutions on this edge and then another change to backward outside edge with at least 2 revolutions on this edge. The first change of edge can not be counted because of less than 2 revolutions before the change, but the second change of edge can be counted as a Level feature.
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<b><u>Spinning in both directions</u></b>	Execution of spins in both directions (clockwise and counter clockwise) (in sit, camel or combination of the two) 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.
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### **Number of Revolutions**

<b><u>8 revolutions</u></b>	At least 8 rev. without changes in pos./variation, foot or edge (camel, <u>difficult sit, layback, difficult upright</u> ), counts as a level feature <u>once per spin</u> . <u>If the 8 revolutions are tried/performed more than once in a spin, the Technical Panel can take any one of these attempts in favour of the skater.</u>
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### **Change of foot**

<b><u>Change of foot (spin in one position and spin combination)</u></b>	To be considered, a change of foot in a spin requires at least three (3) revolutions before and after the change (these revolutions can be in any positions, including intermediate positions). If there are not three (3) revolution before or after the change, this results in the following: <b>Short Program</b> - the spin is not fulfilling the requirements and no Level and value will be given; <b>Free Skating</b> - the second part of the spin will not be called and will not be valid for Level features; the element becomes a spin in one position with no change of foot or a spin combination with no change of foot.
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<b><u>Staying on the same foot</u></b>	A change of foot in spins means "spinning on each foot". A transition in either (air or ice) that uses each foot but the skater remains spinning on the same foot is not considered as a change of foot.
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<b><u>Simple change of foot</u></b>	Does not require significant strength and skill. e.g. a step over, a small hop, a simple hop or jump from or into an upright position. Such a change does not increase the Level.
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<b>Change of foot executed by jump</b>	Requires significant strength and skill. It must be executed from sit or camel position directly into any basic position. For example: a clear jump over or a toe-Arabian or any form of a "butterfly". Such a change can increase the Level.
<b>Toe Arabian as change of foot</b>	This change of foot is allowed, will be considered as a change of foot executed by jump and will count as a feature only in Free Skating. If performed in Short Program, such change of foot will be considered as an error, will not count as a feature and the GOE will be reduced according to the ISU guidelines for touching the ice with the free foot.
<b>Spin with a second change of foot</b>	A second change of foot (if attempted) in a spin with change of foot is not allowed in Short Program (wrong element) and does not count as a feature for a higher Level in Free Skating.
<b>Spinning centres too far apart (spin in one position and spin combination)</b>	If the spinning centres (before and after the change of foot) are too far apart and the criteria of "two spins" is fulfilled (there is a curve of exit after the first part and the curve of entry into the second part), this results in the following: <b>Short Program</b> - the spin is not fulfilling the requirements and no Level and value will be given; <b>Free Skating</b> - the second part of the spin will not be called and will not be valid for Level features; the element becomes a spin in one position with no change of foot or a spin combination with no change of foot.
<b>Number of features on one foot</b>	The maximum number of features that a skater can get on one foot is two (2) The features for backward entry or flying entry will be counted in the quota of the foot before the change. The features "Change of foot executed by jump", "Both directions..." and "All 3 basic positions on both feet" will be counted in the quota of the foot after the change. The feature for crossfoot spin will be counted in the quota of the foot on which the cross position was started.
<b>Spin in one position with change of foot or spin combination: less than 2 revolutions in a basic position on one foot</b>	<b>Short Program:</b> If there are 2 rev. on one foot in a basic position, but less than 2 rev. in a basic position on the other foot, the Spin will have no Level and consequently no value. <b>Free Skating:</b> If a spin has no basic position on one foot, <u>the Level can not be higher than 1.</u>

## CAMEL POSITIONS

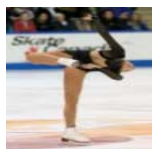
# CF

CAMEL FORWARD



# CS

CAMEL SIDWAYS



# CU

CAMEL UPWARD

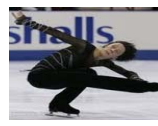
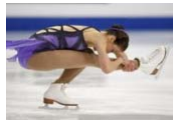


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## SIT POSITIONS

# SF

SIT FORWARD



# SS

SIT SIDWAYS



# SB

SIT BEHIND



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## UPRIGHT POSITIONS

# UF

UPRIGHT FORWARD



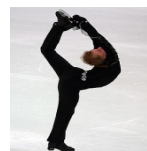
# US

UPRIGHT STRAIGHT and  
SIDEWAYS



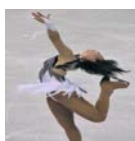
# UB

UPRIGHT BIELLMANN



# UL

UPRIGHT LAYBACK





## INTERMEDIATE POSITIONS

# IP

INTERMEDIATE POSITIONS  
(ALL)



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## INCREASE OF SPEED

# IS

INCREASE SPEED

For camel, sit and layback positions once the position has been established, a clear increase of speed will be considered a difficult variation. This variation can be counted twice per program as long as the two executions are with significantly different body weight or core distribution.

# JS

JUMP WITHIN A SPIN WITH  
LANDING ON THE SAME  
FOOT



Jump within a spin will be considered a difficult variation if done from a basic position to the same or another basic position. This variation can be counted twice per program as long as the two executions are with significantly different body weight or core distribution.

# Jump Elements

## Rules

### Solo jump

<p><b>Short Program</b></p>	<p>Short Program of the season <u>2011 – 2012</u> must include 2 solo jumps:          - double or triple Axel for Senior &amp; Junior Men and for Senior Ladies, double Axel for Junior Ladies;          - a jump immediately preceded by connecting steps and/or other comparable Free Skating movements:  <b>Senior Men</b> - any triple or a quadruple jump;  <b>Senior Ladies</b> - any triple jump;  <b>Junior Men and Ladies</b> - <u>double or triple Lutz</u>.          For Senior Men when a quadruple jump is executed in a jump combination, a different quadruple jump can be included as a solo jump. For Senior &amp; Junior Men and for Senior Ladies when the triple Axel is executed as an Axel jump, it cannot be repeated again as a solo jump or in the jump combination. Solo jumps must be different from the jumps included in the combination. A single spread eagle, spiral/Free Skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable Free Skating movements the lack of which must be considered by the Judges in the GOE.</p>
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<p><b>Free Skating</b></p>	<p>Jumping elements are individual jumps, jump combinations and jump sequences. A well balanced Free Skating program must contain 8 jumping elements for <b>Senior &amp; Junior Men</b> and 7 jumping elements for <b>Senior &amp; Junior Ladies</b> one of which must be (or must include) an Axel type jump. Individual jumps can contain any number of revolutions.          Of all the triple and quadruple jumps only two (2) can be repeated and these repetitions must be in either a jump combination or in a jump sequence. A Double Axel can not be included more than two (2) times in total in a Single's Free Program (as a Solo Jump or a part of Combination/Sequence). Triple and quadruple jumps with the same name will be considered as two different jumps. A repeated triple or quadruple solo jump, not included into a jump combination or a jump sequence, will be considered as a part of a not successfully executed jump sequence and counted as a jump sequence with only one jump executed. If three (3) jump combinations or jump sequences (in total) have already been executed, the repeated solo jump will be treated as an additional element and therefore not considered and it will block a jumping box if still available. No triple or quadruple jump can be attempted more than twice.</p>
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### Jump combination

<p><b>General</b></p>	<p>In a jump combination the landing foot of the first jump is the take off foot of the second. The same applies to the third jump. If the jumps are connected with a non-listed jump, the element is called a jump sequence; However half-loop (or "Euler") (landing backwards) when used in combinations/sequences is considered as a listed jump with the Value of a single loop. When executed separately, half-loop stays as unlisted jump.</p>
<p><b>Short Program</b></p>	<p>Short Program must include a Jump Combination consisting of two jumps:  <b>Senior Men</b>- double and triple or two triple or quadruple and a double or triple;  <b>other categories</b> - double and triple or two triple;  <b>Junior Ladies</b> - double + double combination is also permitted.          For Senior Men the jump combination may consist of the same jump or another double, triple or quadruple jump. For Senior Ladies, Junior Men and Ladies the jump combination may consist of the same jump or another double or triple jump. For all categories the jumps included must be different than the solo jump. No change of foot or turn is allowed at any time between the two jumps, which must directly follow one another (except for touching down the non-tracing foot in toe jumps).</p>

<b>Free Skating</b>	A jump combination may consist of the same or another single, double, triple or quadruple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) jumps, the other two up to two (2) jumps.
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### Jump sequence

<b>Free Skating</b>	A jump sequence consists of any number of jumps 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 (not even as an entry into a jump) during the sequence; there can be no crossovers or stroking. (Turns are three turns, twizzles, brackets, loops, counters, rockers. Steps are toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, running steps).
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## Clarifications

<b>Calling under-rotated or downgraded jumps</b>	<p>The Technical panel must call the attempted jump even if it is clear that it is under-rotated or will be downgraded. Both under-rotated and downgraded jumps will count as the intended jump in the application of Well Balanced Program regulations.</p> <p>The quarter and half mark of landing are the border lines to identify cheated jumps.</p> <p>The camera angle is important to consider when deciding upon a cheated jump particularly when the jump is at the opposite end of the rink than the camera.</p> <p>In all doubtful cases the Technical Panel should act to the benefit of the skater.</p>
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<b>Under-rotated jumps</b>	<p>A jump will be considered as “<b>Under-rotated</b>” if it has missing rotation of more than <math>\frac{1}{4}</math> revolution, but less than <math>\frac{1}{2}</math> revolution.</p> <p>An under-rotated jump will be indicated by the Technical Panel to the Judges and in the protocols with a “&lt;” symbol after the element code.</p> <p>A jump identified as under-rotated will receive a reduced base value - 70% of the base value of the intended jump rounded to one decimal place.</p>
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<b>Downgraded jumps</b>	<p>A jump will be considered as “<b>Downgraded</b>” if it has “missing rotation of <math>\frac{1}{2}</math> revolutions or more”.</p> <p>A downgraded jump will be indicated by the Technical Panel to the Judges and in the protocols with a “&lt;&lt;” symbol after the element code.</p> <p>A jump identified as downgraded will be evaluated using the scale of values (SOV chart) for the element of one rotation less (i.e. a downgraded triple will be evaluated with the scale of values for the corresponding double).</p>
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<b>Cheated take off</b>	<p>The same criteria is applied to jumps cheated at the take off. A clear forward (backward for Axel type jump) take off will be considered as a downgraded jump.</p> <p>The toe loop is the most commonly cheated on take off jump. The Technical Panel may only watch the replay in <b>regular speed</b> to determine the cheat and downgrade on the take off (more often in combinations or sequences).</p>
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<b>Taking off from wrong edge (Flip/Lutz)</b>	<p>In cases of not taking off from the clean correct edge the Technical Panel will indicate the error to the Judges using the sign “e” (edge). Usually the wrong edge take off is identified without any review in slow motion which can be used only if the camera angle does not allow to see the take off edge at normal speed.</p> <p>The Technical Panel will use the sign “e” (edge) for cases of wrong take off edge.</p> <p>Each Judge will then decide himself/herself on the severity of the error (major or minor error) and the corresponding GOE reduction.</p>
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<b><i>Popped listed jumps</i></b>	The attempt will count as one jump element. However, a small hop or jump with up to one-half revolution performed as a kind of “decoration” is not to be considered as a jump and will be marked within the component “Transitions”
<b><i>Non-listed jumps</i></b>	Jumps that are not listed in the SOV (e.g. <u>Walley</u> , split jump etc.) will not count as a jump element, but might be used as a special entrance to the jump to be considered in the mark for Transitions. A Toe <u>Walley</u> , however, will be called and counted as a Toe loop.
<b><i>Inside Axel jumps</i></b>	An Axel type jump with any number of revolutions taking off from the forward inside edge is a non-listed element and therefore does not receive any value and does not occupy an element box.
<b><i>Landing on another foot</i></b>	All jumps may be landed on either foot. The call goes for the jump, independent of the landing foot. Judges will evaluate the quality in their GOE.
<b><i>Landing on the other edge</i></b>	The call will not change if a jump is landed on the other edge. However Judges will reflect this in their GOE.
<b><i>Spin exited immediately into a jump</i></b>	If a skater performs a spin, immediately followed by a jump, the two elements are called separately. Credit is given to the difficult jump take off (GOE).
<b><i>Attempted Jump</i></b>	What is an attempt? In principle, a clear preparation for a take off for a jump, stepping to the entry edge or placing the toe pick into the ice and leaving the ice with or without a turn is considered an attempt of a jump, receives no value and blocks a box. In some cases, which need to be decided by the TP, the preparation for the take off without leaving the ice might be also called an attempt, e.g. a loop jump take off when the skater falls before leaving the ice, or a skater steps onto the forward take off edge of an Axel and pulls back the free leg and arms, starts the forward movement to jump into the air with the free leg and arms passing through forward but at the last moment does not leave the ice, etc.
<b><i>Fall after first jump plus another jump</i></b>	If a skater falls on the first jump and immediately after that executes another jump, this continuation will be ignored by the Technical Panel. The element will be called as follows: <b>Short Program:</b> “First Jump + Combo”; <b>Free Skating:</b> “First Jump + Sequence”.
<b><i>Step out or touch down with free foot with weight transfer after first jump plus another jump</i></b>	If a skater steps out on the first jump and immediately after that executes another jump, the element does not remain a jump combination and will be called as follows: <b>Short Program:</b> “First Jump + Combo”; the continuation will be ignored by the Technical Panel. <b>Free Skating:</b> “First Jump + Sequence” (or “First Jump + Second Jump + Sequence” if the definition of a sequence is still fulfilled). The same applies to a jump combination consisting of 3 jumps.
<b><i>Touch down with the free foot without weight transfer</i></b>	In case of a touch down with the free foot without weight transfer and up to 2 three turns or no turns between the jumps in a combination, the element remains a jump combination (however Judges will reduce the GOE because of error). In case of more than 2 three turns the call will be the jumps performed prior to three turns + combo in Short Program and + sequence in Free Skating.
<b>Short Program</b>	
<b><i>Element other than required</i></b>	If a Junior skater performs a different jump than required, the element will receive no value, but will block the “jumping box”.
<b><i>Jump combination with 3 jumps</i></b>	The entire combination will be deleted, but will block the “combination box”.

<b>Repetition of a jump</b>	A repeated jump of the same name with the same number of revolutions will be deleted, no value given, no GOE, but will occupy a jumping box; if executed in a jump combination, the jump combination in total will be deleted and no value given (but the corresponding box will be occupied). Only the jump combination can contain two same jumps. A repeated jump of the same name, but with different number of revolutions will receive credit.
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<b>No second jump in a jump combination</b>	If there is no second jump in a jump combination, the Technical Panel identifies the intended combination during or after the program. If there is no clear way to identify the combination or the solo jump preceded by steps (steps or no steps in both cases), the Technical Panel will decide which one is the solo jump and which one is the combination in favour of the skater.
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### **Free Skating**

<b>First repetition of a triple/quad jump</b>	First repetition of a triple or quad jump of the same name and the same number of revolutions without one of them being in a jump combination/sequence: the last executed jump will be identified as a "sequence" (with one jump only) and will block a "combo/sequence box".
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<b>Second/third repetition of a triple/quad jump</b>	Second/third repetition of a triple or quad jump of the same name and the same number of revolutions as a solo jump or in a jump combination/sequence will be treated as an additional element and therefore not considered (but will block the corresponding box).
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<b>Second jump combo with 3 jumps</b>	The entire combination will be deleted, but will block a box of the jump combination.
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<b>Jump combination: first/second jump is a "non-listed" jump</b>	If the first/second jump of a two-jump combination fails to succeed and turns out into a "non-listed jump", but the other jump is a listed jump, the unit will still be considered as a jump combination with only the listed jump receiving value.
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<b>Jump sequence: reference to Rule</b>	From the moment the definition of a jump sequence is not fulfilled, the remainder of the jump sequence will be ignored and the element will be called the name of the first jump(s) plus the word "sequence". The Judges' GOE however will refer to the whole element performed.
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<b>Jump sequence: half revolution or more on the ice</b>	In cases of half a revolution (or more) on the ice from the completion of one jump before the commencement of the other jump, the element will not be considered as a jump sequence. The continuation will be ignored by the Technical Panel. The element will be called "first Jump + sequence".
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<b>Failed jump combination of three jumps</b>	If in a planned combo of 3 jumps after the second jump the skater steps out, puts foot on ice with weight transfer, does a three turn or loses the rhythm and does the 3rd jump which in this case is not called, the element should be called as "first two jumps + SEQ" (to be in line with 2 jumps combination with the same error).
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<b>Jump sequence with only one listed jump</b>	A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered a jump-sequence, but will count as a solo jump.
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<b>Axel type jump in a sequence</b>	If in a jump sequence an Axel type jump is the last performed jump, but the sequence has a mistake with the consequence that last performed jump will be ignored, the call will be "(first jump) + Axel no value + sequence". With this call the Axel would count as a required element in Free Skating, but no points would be given.
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<b>Axel type jumps in a row</b>	If an Axel type jump immediately follows any other jump (without any hops, mazurkas, unlisted jumps), this will also be considered as a jump sequence.
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## Program Components Overview

		CHARACTERISTICS OF SKATING SKILLS	CHARACTERISTICS OF TECHNICAL TRANSITIONS	CHARACTERISTICS OF PERFORMANCE/EXECUTION	CHARACTERISTICS OF CHOREOGRAPHY/ COMPOSITION	CHARACTERISTICS OF INTERPRETATION/TIMING
<b>Mark</b>		<ul style="list-style-type: none"> <li>• Balance and rhythmic knee action and precision of foot placement</li> <li>• Flow and effortless glide</li> <li>• Cleanness and sureness of deep edges, steps and turns</li> <li>• Power/energy and acceleration</li> <li>• Mastery of multi directional skating</li> <li>• Mastery of one foot skating</li> <li>• Pair Skating and Ice Dancing – equal mastery of technique by both partners shown in unison</li> <li>• Ice Dancing – compulsory dance – ice coverage</li> </ul>	<ul style="list-style-type: none"> <li>• Variety</li> <li>• Difficulty</li> <li>• Intricacy</li> <li>• Quality (including unison in Pair Skating and Ice Dancing)</li> <li>• Balance of workload between partner (Pair Skating and Ice Dancing)</li> <li>• Variety of Dance holds (not excessive side by side and hand in hand – Ice Dancing)</li> </ul>	<ul style="list-style-type: none"> <li>• Physical, emotion, and intellectual involvement</li> <li>• Carriage</li> <li>• Style and individuality/personality</li> <li>• Clarity of movement</li> <li>• Variety and contrast</li> <li>• Projection</li> <li>• Unison and “oneness” (Pair Skating and Ice Dancing)</li> <li>• Balance in performance (Pair skating and Ice Dancing)</li> <li>• Spatial awareness between partners – management of the distance between partners and management of changes of hold (Pair skating and Ice Dancing)</li> </ul>	<ul style="list-style-type: none"> <li>• Purpose (idea, concept, vision)</li> <li>• Proportion (equal weight of parts)</li> <li>• Unity (purposeful threading)</li> <li>• Utilization of personal and public space</li> <li>• Pattern and ice coverage</li> <li>• Phrasing and form (movements and parts structured to match the phrasing of the music)</li> <li>• Originality of purpose, movement and design</li> <li>• Shared responsibility of achieving purpose (Pair Skating and Ice Dancing)</li> </ul>	<ul style="list-style-type: none"> <li>• Effortless movement in time to the music (timing)</li> <li>• Expression of the music’s style, character and rhythm</li> <li>• Use of finesse to reflect the nuances of the music</li> <li>• Relationship between the partners reflecting the character of the music (Pair Skating and Ice Dancing)</li> <li>• Appropriateness of music (Original Dance and Free Dance)</li> <li>• Skating primarily to the rhythmic beat (Free Dance)</li> </ul>
<b>Outstanding</b>	<b>10</b>					
<b>Superior</b>	<b>9</b>					
<b>Very Good</b>	<b>8</b>	<b>Approximately 75%</b>				
<b>Good</b>	<b>7</b>					
<b>Above Average</b>	<b>6</b>					
<b>Average</b>	<b>5</b>	<b>Approximately 50%</b>				
<b>Fair</b>	<b>4</b>					
<b>Weak</b>	<b>3</b>	<b>Approximately 25%</b>				
<b>Poor</b>	<b>2</b>					
<b>Very Poor</b>	<b>1</b>					

## *Components with Explanations*

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### **Skating Skills**

**Definition:** Over all skating quality: edge control and flow over the ice surface demonstrated by a command of the skating vocabulary (edges, steps, turns, etc), the clarity of technique, and the use of effortless power to accelerate and vary speed.

**Criteria:**

Balance, rhythmic knee action, and precision of foot placement

Flow and effortless glide

Rhythm, strength, clean strokes, and an efficient use of lean create a steady run to the blade and an ease of transfer of weight resulting in seemingly effortless power and acceleration.

Cleanness and sureness of deep edges, steps, and turns

The skater should demonstrate clean and controlled curves, deep edges, and steps.

Varied use of power/energy, speed, and acceleration

Variety is the gradation – some of which may be subtle

Multi directional skating

Includes all direction of skating: forward and backward, clockwise and counterclockwise including rotation in both directions.

Mastery of one foot skating

No over use of skating on two feet.

Pair Skating and Ice Dancing: Equal mastery of technique by both partners shown in unison.

Ice Dancing: Compulsory Dance – Ice Coverage

## *Components with Explanations*

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### **Transitions/Linking Footwork & Movement**

#### Definition:

The varied and/or intricate footwork, positions, movements, and holds that link all elements. In singles, pairs, and synchronize skating this also includes the entrances and exits of technical elements.

#### Criteria:

Variety

Difficulty

Intricacy

Quality (including unison in Pair Skating and Ice Dancing)

Balance of workload between partners (Pair Skating and Ice Dancing)

Variety of Dance holds (not excessive side by side and hand in hand – Ice Dancing)

Transitions can be short or long, including the use of blade, body, head, arms, legs as dictated by the music. (Minimum use of cross-cuts)



## *Components with Explanations*

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### **Performance/Execution**

Definition: is the involvement of the skater/couple/teams physically, emotionally, and intellectually as they translate the intent of the music and choreography.

Execution: is the quality of movement and precision in delivery. This includes harmony of movement in Pair Skating and Ice Dancing.

Criteria:

Physical, emotional, and intellectual involvement

In all skating disciplines each skater must be physically committed, sincere in emotion, and equal in comprehension of the music and in execution of all movement.

Carriage

Carriage is a trained inner strength of the body that makes possible ease of movement from the center of the body. Alignment is the fluid change from one movement to the next.

Style and individuality/personality

Style is the distinctive use of line and movement as inspired by the music.

Individuality/personality is a combination of personal and artistic preferences that a skater/pair/couple brings to the concept, manner, and content of the program.

Clarity of movement

Clarity is characterized by the refined lines of the body and limbs, as well as the precise execution of any movement.

Variety and contrast

Varied use of tempo, rhythm, force, size, level, movement shapes, angles, and, body parts as well as the use of contrast.

Projection

The skater radiates energy resulting in an invisible connection with the audience.

Unison and “oneness” (Pair Skating and Ice Dancing)

Each skater contributes equally toward achieving all six of the performance criteria.

Balance in performance (Pair Skating and Ice Dancing)

Spatial Awareness between partners – management of the distance between partners and management of changes of hold (Pair Skating and Ice Dancing)

The use of same techniques in edges, jumping, spinning, line, and style are necessary concepts of visual unison; both skaters must move alike in stroke, and movement of all limbs and head with an equal workload in speed and power.(Pair Skating)

## *Components with Explanations*

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### **Choreography / Composition**

**Definition:** An intentional, developed, and/or original arrangement of all movements according to the principles of proportion, unity, space, pattern, structure, and phrasing.

**Criteria:**

**Purpose:** (Idea, concept, vision, mood)

To reward the intentional and quality design of a program.

**Proportion** (equal weight of all parts)

Each part and section has equal weight in achieving the aesthetic pursuit of the composition.

**Unity** – purposeful threading of all movements

A program achieves unity when: every step, movement, and element is motivated by the music. As well, all its parts, big or small, seem necessary to the whole, and there is an underlying vision or symbolic meaning that threads together the entire composition.

**Utilization of Personal and Public Space**

Movement phrases are distributed in such a way they communicate from every angle in a 360 degree skater-viewer relationship.

**Pattern and Ice Coverage**

Movement phrases are designed using an interesting and meaningful variety of patterns and directions of travel.

**Phrasing and Form** (movement and parts are structured to match the phrasing of the music)

A phrase is a unit of movement marked by an impulse of energy that grows, builds, finds a conclusion, and then flows easily and naturally into the next movement phrase. Form is the presentation of an idea, the development of the idea, and its conclusion presented in a specific number of parts and a specific order for design.

**Originality of Purpose, Movement, and Design**

Originality involves an individual perspective of movement and design in pursuit of a creative composition as inspired by the music and the underlying vision.

**Shared Responsibility of Purpose** (Pair Skating, Ice Dancing, and Synchronized)

Each skater has equal roles in achieving the aesthetic pursuit of the composition with equal steps, movements, and a sense of purpose in unifying the composition.

## *Components with Explanations*

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### **Interpretation**

Definition: The personal and creative translation of the music to movement on ice.

To reward the skater who through movement creates a personal and creative translation of the music.

As the tempo binds all notes in time, the ability to use the tempos and rhythms of the music in a variety of ways, along with the subtle use of finesse to reflect the nuances of all the fundamentals of music: melody, rhythm, harmony, color, texture, and form creates a mastery of interpretation.

Criteria:

Effortless Movements in Time to the Music (Timing) **Note: Timing is a separate component in Compulsory Dances.**

The ability to translate music through sureness of rhythm, tempo, effective movement, and effortless flow over the ice surface by: rhythmic continuity, awareness of all tempo/rhythm changes in a variety of ways.

Expression of the music's style, character, and rhythm

Maintaining the character and style of the music throughout the entire program by use of body and skating techniques to depict a mood, style, shape, or thematic idea as motivated by the structure of the music: melody, harmony, rhythm, color, texture, and form. The total involvement of the body and being should express the intent of the music.

Use of finesse to reflect the nuances of music.

Finesse is the skater's refined, artful manipulation of nuances. Nuances are the personal, artistic ways of bringing subtle variations to the intensity, tempo, and dynamics of the music made by the composer and/or the musician.

Relationship between the partners reflecting the character of the music.

Interpretive unison is an equal partnership with the same degree of sensitivity between partners not only to the music, but also to the equal understanding of the music's nuances. There is an intimacy between the partners that is characterized by a feeling of "surrender" to the music and possibly to each other that creates an entity greater than the two of them.

Appropriateness of music (original dance and free dance)

# INTERNATIONAL SKATING UNION

## Communication No. 1611

### SINGLE & PAIR SKATING

#### Scale of Values, Levels of Difficulty and Guidelines for marking Grade of Execution

##### I. Scale of Values (SOV)

The following language would be recommended for the new under-rotation/downgrading rules:

- **Jumps and Throw Jumps** may, in execution, be lacking intended rotation on the landing and/or take-off. The elements with lacking rotation will be defined as “Under-rotated” or “Downgraded” and treated as follows:
  - A Jump/Throw with accepted rotation has “missing rotation of  $\frac{1}{4}$  revolution or less”.
    - This element will receive full Base Value with GOE at the discretion of every Judge.
  - A Jump/Throw will be considered as “**Under-rotated**” if it has “missing rotation of more than  $\frac{1}{4}$ , but less than  $\frac{1}{2}$  revolutions”.
    - An under-rotated jump/throw will be indicated by the Technical Panel to the Judges and in the protocols with a “<” symbol after the element code.
    - A jump or throw identified as under-rotated will receive a reduced base value - 70% of the base value of the intended jump/throw rounded to one decimal place. (i.e., if the base value of a jump is 6.0, then the value of the under-rotated jump is 4.2).
    - The GOE values applied to the under-rotated jump or throw will be the same as for the intended jump or throw.
  - A Jump/Throw will be considered as “**Downgraded**” if it has “missing rotation of  $\frac{1}{2}$  revolutions or more”.
    - A downgraded jump/throw will be indicated by the Technical Panel to the Judges and in the protocols with a “<<” symbol after the element code.
    - A jump or throw identified as downgraded will be evaluated using the scale of values (SOV chart) for the element of one rotation less (i.e., a downgraded triple will be evaluated with the scale of values for the corresponding double).
  - Both under-rotated and downgraded jumps will count as the intended jump in the application of Well Balanced Program regulations.
  - **Twist Lifts** with lacking intended rotation on the landing can also be downgraded if they have “missing rotation of  $\frac{1}{2}$  revolutions or more”.

## Scale of Values (SOV)

		+3	+2	+1	BASE	BASE<	-1	- 2	-3
<b>SINGLE AND PAIR SKATING</b>									
<b>Jumps</b>									
Toeloop	1T	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>0,4</b>	<b>0,3</b>	-0,1	-0,2	-0,3
Salchow	1S	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>0,4</b>	<b>0,3</b>	-0,1	-0,2	-0,3
Loop	1Lo	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>0,5</b>	<b>0,4</b>	-0,1	-0,2	-0,3
Flip	1F	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>0,5</b>	<b>0,4</b>	-0,1	-0,2	-0,3
Lutz	1Lz	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>0,6</b>	<b>0,4</b>	-0,1	-0,2	-0,3
Axel	1A	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>1,1</b>	<b>0,8</b>	-0,2	-0,4	<u>-0,6</u>
Double Toeloop	2T	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>1,4</b>	<b>1,0</b>	<u>-0,2</u>	<u>-0,4</u>	<u>-0,6</u>
Double Salchow	2S	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>1,4</b>	<b>1,0</b>	<u>-0,2</u>	<u>-0,4</u>	<u>-0,6</u>
Double Loop	2Lo	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<b>1,8</b>	<b>1,3</b>	-0,3	-0,6	<u>-0,9</u>
Double Flip	2F	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<b>1,8</b>	<b>1,3</b>	-0,3	-0,6	<u>-0,9</u>
Double Lutz	2Lz	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<b>2,1</b>	<b>1,5</b>	-0,3	-0,6	<u>-0,9</u>
Double Axel	2A	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<b>3,3</b>	<b>2,3</b>	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
Triple Toeloop	3T	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<b>4,1</b>	<b>2,9</b>	<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>
Triple Salchow	3S	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<b>4,2</b>	<b>2,9</b>	<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>
Triple Loop	3Lo	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<b>5,1</b>	<b>3,6</b>	<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>
Triple Flip	3F	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<b>5,3</b>	<b>3,7</b>	<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>
Triple Lutz	3Lz	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<b>6,0</b>	<b>4,2</b>	<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>
Triple Axel	3A	3,0	2,0	1,0	<b>8,5</b>	<b>6,0</b>	<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
Quad Toeloop	4T	3,0	2,0	1,0	<b>10,3</b>	<b>7,2</b>	<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
Quad Salchow	4S	3,0	2,0	1,0	<b>10,5</b>	<b>7,4</b>	<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
Quad Loop	4Lo	3,0	2,0	1,0	<b>12,0</b>	<b>8,4</b>	<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
Quad Flip	4F	3,0	2,0	1,0	<b>12,3</b>	<b>8,6</b>	<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
Quad Lutz	4Lz	3,0	2,0	1,0	<b>13,6</b>	<b>9,5</b>	<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
Quad Axel	4A	<u>3,6</u>	<u>2,4</u>	<u>1,2</u>	<b>15,0</b>	<b>10,5</b>	<u>-1,2</u>	<u>-2,4</u>	<u>-3,6</u>
<b>Spins (Solo Spins for Pairs)</b>									
Spin in one position and no change of foot (upright, layback, camel or sit)									
Upright Level 1	USp1	1,5	1,0	0,5	<b>1,2</b>		-0,3	-0,6	<u>-0,9</u>
Upright Level 2	USp2	1,5	1,0	0,5	<b>1,5</b>		-0,3	-0,6	<u>-0,9</u>
Upright Level 3	USp3	1,5	1,0	0,5	<b>1,9</b>		-0,3	-0,6	<u>-0,9</u>
Upright Level 4	USp4	1,5	1,0	0,5	<b>2,4</b>		-0,3	-0,6	<u>-0,9</u>
Layback Level 1	LSp1	1,5	1,0	0,5	<b>1,5</b>		-0,3	-0,6	<u>-0,9</u>
Layback Level 2	LSp2	1,5	1,0	0,5	<b>1,9</b>		-0,3	-0,6	<u>-0,9</u>
Layback Level 3	LSp3	1,5	1,0	0,5	<b>2,4</b>		-0,3	-0,6	<u>-0,9</u>
Layback Level 4	LSp4	1,5	1,0	0,5	<b>2,7</b>		-0,3	-0,6	<u>-0,9</u>
Camel Level 1	CSp1	1,5	1,0	0,5	<b>1,4</b>		-0,3	-0,6	<u>-0,9</u>
Camel Level 2	CSp2	1,5	1,0	0,5	<b>1,8</b>		-0,3	-0,6	<u>-0,9</u>
Camel Level 3	CSp3	1,5	1,0	0,5	<b>2,3</b>		-0,3	-0,6	<u>-0,9</u>
Camel Level 4	CSp4	1,5	1,0	0,5	<b>2,6</b>		-0,3	-0,6	<u>-0,9</u>
Sit Level 1	SSp1	1,5	1,0	0,5	<b>1,3</b>		-0,3	-0,6	<u>-0,9</u>
Sit Level 2	SSp2	1,5	1,0	0,5	<b>1,6</b>		-0,3	-0,6	<u>-0,9</u>
Sit Level 3	SSp3	1,5	1,0	0,5	<b>2,1</b>		-0,3	-0,6	<u>-0,9</u>
Sit Level 4	SSp4	1,5	1,0	0,5	<b>2,5</b>		-0,3	-0,6	<u>-0,9</u>
Flying Spin (any position – upright, layback, camel or sit)									
Upright Level 1	FUSp1	1,5	1,0	0,5	<b>1,7</b>		-0,3	-0,6	<u>-0,9</u>
Upright Level 2	FUSp2	1,5	1,0	0,5	<b>2,0</b>		-0,3	-0,6	<u>-0,9</u>
Upright Level 3	FUSp3	1,5	1,0	0,5	<b>2,4</b>		-0,3	-0,6	<u>-0,9</u>
Upright Level 4	FUSp4	1,5	1,0	0,5	<b>2,9</b>		-0,3	-0,6	<u>-0,9</u>
Layback Level 1	FLSp1	1,5	1,0	0,5	<b>2,0</b>		-0,3	-0,6	<u>-0,9</u>
Layback Level 2	FLSp2	1,5	1,0	0,5	<b>2,4</b>		-0,3	-0,6	<u>-0,9</u>
Layback Level 3	FLSp3	1,5	1,0	0,5	<b>2,9</b>		-0,3	-0,6	<u>-0,9</u>
Layback Level 4	FLSp4	1,5	1,0	0,5	<b>3,2</b>		-0,3	-0,6	<u>-0,9</u>

Camel Level 1	FCSp1	1,5	1,0	0,5	<b>1,9</b>		-0,3	-0,6	<u>-0,9</u>
Camel Level 2	FCSp2	1,5	1,0	0,5	<b>2,3</b>		-0,3	-0,6	<u>-0,9</u>
Camel Level 3	FCSp3	1,5	1,0	0,5	<b>2,8</b>		-0,3	-0,6	<u>-0,9</u>
Camel Level 4	FCSp4	1,5	1,0	0,5	<b>3,2</b>		-0,3	-0,6	<u>-0,9</u>
Flying Sit Level 1									
Flying Sit Level 1	FSSp1	1,5	1,0	0,5	<b>2,0</b>		-0,3	-0,6	<u>-0,9</u>
Flying Sit Level 2	FSSp2	1,5	1,0	0,5	<b>2,3</b>		-0,3	-0,6	<u>-0,9</u>
Flying Sit Level 3	FSSp3	1,5	1,0	0,5	<b>2,6</b>		-0,3	-0,6	<u>-0,9</u>
Flying Sit Level 4	FSSp4	1,5	1,0	0,5	<b>3,0</b>		-0,3	-0,6	<u>-0,9</u>
Spin with one change of foot and no change of position (upright, layback, camel or sit)									
Upright Level 1	(F)CUSp1	1,5	1,0	0,5	<b>1,7</b>		-0,3	-0,6	<u>-0,9</u>
Upright Level 2	(F)CUSp2	1,5	1,0	0,5	<b>2,0</b>		-0,3	-0,6	<u>-0,9</u>
Upright Level 3	(F)CUSp3	1,5	1,0	0,5	<b>2,4</b>		-0,3	-0,6	<u>-0,9</u>
Upright Level 4	(F)CUSp4	1,5	1,0	0,5	<b>2,9</b>		-0,3	-0,6	<u>-0,9</u>
Layback Level 1									
Layback Level 1	(F)CLSp1	1,5	1,0	0,5	<b>2,0</b>		-0,3	-0,6	<u>-0,9</u>
Layback Level 2	(F)CLSp2	1,5	1,0	0,5	<b>2,4</b>		-0,3	-0,6	<u>-0,9</u>
Layback Level 3	(F)CLSp3	1,5	1,0	0,5	<b>2,9</b>		-0,3	-0,6	<u>-0,9</u>
Layback Level 4	(F)CLSp4	1,5	1,0	0,5	<b>3,2</b>		-0,3	-0,6	<u>-0,9</u>
Camel Level 1									
Camel Level 1	(F)CCSp1	1,5	1,0	0,5	<b>2,0</b>		-0,3	-0,6	<u>-0,9</u>
Camel Level 2	(F)CCSp2	1,5	1,0	0,5	<b>2,3</b>		-0,3	-0,6	<u>-0,9</u>
Camel Level 3	(F)CCSp3	1,5	1,0	0,5	<b>2,8</b>		-0,3	-0,6	<u>-0,9</u>
Camel Level 4	(F)CCSp4	1,5	1,0	0,5	<b>3,2</b>		-0,3	-0,6	<u>-0,9</u>
Sit Level 1									
Sit Level 1	(F)CSSp1	1,5	1,0	0,5	<b>1,9</b>		-0,3	-0,6	<u>-0,9</u>
Sit Level 2	(F)CSSp2	1,5	1,0	0,5	<b>2,3</b>		-0,3	-0,6	<u>-0,9</u>
Sit Level 3	(F)CSSp3	1,5	1,0	0,5	<b>2,6</b>		-0,3	-0,6	<u>-0,9</u>
Sit Level 4	(F)CSSp4	1,5	1,0	0,5	<b>3,0</b>		-0,3	-0,6	<u>-0,9</u>
Spin Combination with change of position and no change of foot									
Level 1	(F)CoSp1	1,5	1,0	0,5	<b>1,7</b>		-0,3	-0,6	<u>-0,9</u>
Level 2	(F)CoSp2	1,5	1,0	0,5	<b>2,0</b>		-0,3	-0,6	<u>-0,9</u>
Level 3	(F)CoSp3	1,5	1,0	0,5	<b>2,5</b>		-0,3	-0,6	<u>-0,9</u>
Level 4	(F)CoSp4	1,5	1,0	0,5	<b>3,0</b>		-0,3	-0,6	<u>-0,9</u>
Spin Combination with change of position and change of foot									
Level 1	(F)CCoSp1	1,5	1,0	0,5	<b>2,0</b>		-0,3	-0,6	<u>-0,9</u>
Level 2	(F)CCoSp2	1,5	1,0	0,5	<b>2,5</b>		-0,3	-0,6	<u>-0,9</u>
Level 3	(F)CCoSp3	1,5	1,0	0,5	<b>3,0</b>		-0,3	-0,6	<u>-0,9</u>
Level 4	(F)CCoSp4	1,5	1,0	0,5	<b>3,5</b>		-0,3	-0,6	<u>-0,9</u>
<b>Step and Spiral Sequences</b>									
Step Sequence – any pattern (Straight Line, Circular, Serpentine)									
Level 1	Sl/Ci/Se1	1,5	1,0	0,5	<b>1,8</b>		-0,3	-0,6	<u>-0,9</u>
Level 2	Sl/Ci/Se2	1,5	1,0	0,5	<b>2,3</b>		-0,3	-0,6	<u>-0,9</u>
Level 3	Sl/Ci/Se3	1,5	1,0	0,5	<b>3,3</b>		-0,7	-1,4	<u>-2,1</u>
Level 4	Sl/Ci/Se4	3,0	2,0	1,0	<b>3,9</b>		-0,7	-1,4	<u>-2,1</u>
Choreo Step Seq.	ChSt	<u>3,0</u>	<u>2,0</u>	<u>1,0</u>	<b>2,0</b>		<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
Choreo Spirals	ChSp	<u>3,0</u>	<u>2,0</u>	<u>1,0</u>	<b>2,0</b>		<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>

PAIR SKATING									
<b>Lifts</b>									
Group 1 Level 1	1Li1	<u>0,9</u>	0,6	0,3	<b>1,1</b>		-0,3	-0,6	<u>-0,9</u>
Group 1 Level 2	1Li2	<u>0,9</u>	0,6	0,3	<b>1,3</b>		-0,3	-0,6	<u>-0,9</u>
Group 1 Level 3	1Li3	<u>0,9</u>	0,6	0,3	<b>1,5</b>		-0,3	-0,6	<u>-0,9</u>
Group 1 Level 4	1Li4	<u>0,9</u>	0,6	0,3	<b>1,7</b>		-0,3	-0,6	<u>-0,9</u>
Group 2 Level 1	2Li1	<u>0,9</u>	0,6	0,3	<b>1,3</b>		-0,3	-0,6	<u>-0,9</u>
Group 2 Level 2	2Li2	<u>0,9</u>	0,6	0,3	<b>1,7</b>		-0,3	-0,6	<u>-0,9</u>
Group 2 Level 3	2Li3	<u>0,9</u>	0,6	0,3	<b>2,4</b>		-0,3	-0,6	<u>-0,9</u>
Group 2 Level 4	2Li4	<u>0,9</u>	0,6	0,3	<b>3,0</b>		-0,3	-0,6	<u>-0,9</u>
Group 3 Level 1	3Li1	1,5	1,0	0,5	<b>2,5</b>		-0,5	-1,0	-1,5
Group 3 Level 2	3Li2	1,5	1,0	0,5	<b>3,0</b>		-0,5	-1,0	-1,5
Group 3 Level 3	3Li3	1,5	1,0	0,5	<b>3,5</b>		-0,5	-1,0	-1,5
Group 3 Level 4	3Li4	1,5	1,0	0,5	<b>4,0</b>		-0,5	-1,0	-1,5
Group 4, Level 1	4Li1	1,5	1,0	0,5	<b>2,5</b>		-0,5	-1,0	-1,5
Group 4, Level 2	4Li2	1,5	1,0	0,5	<b>3,0</b>		-0,5	-1,0	-1,5
Group 4, Level 3	4Li3	1,5	1,0	0,5	<b>3,5</b>		-0,5	-1,0	-1,5
Group 4, Level 4	4Li4	1,5	1,0	0,5	<b>4,0</b>		-0,5	-1,0	-1,5
Group 5 Toe/Step in Lasso									
Level 1	5T/SLi1	1,5	1,0	0,5	<b>4,5</b>		-0,5	-1,0	-1,5
Level 2	5T/SLi2	1,5	1,0	0,5	<b>5,0</b>		-0,5	-1,0	-1,5
Level 3	5T/SLi3	1,5	1,0	0,5	<b>5,5</b>		-0,5	-1,0	-1,5
Level 4	5T/SLi4	1,5	1,0	0,5	<b>6,0</b>		-0,5	-1,0	-1,5
Group 5 Axel/Reverse Lasso									
Level 1	5A/RLi1	<u>2,1</u>	1,4	0,7	<b>5,0</b>		-0,7	-1,4	<u>-2,1</u>
Level 2	5A/RLi2	<u>2,1</u>	1,4	0,7	<b>5,5</b>		-0,7	-1,4	<u>-2,1</u>
Level 3	5A/RLi3	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<b>6,0</b>		-0,7	-1,4	<u>-2,1</u>
Level 4	5A/RLi4	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<b>6,5</b>		-0,7	-1,4	<u>-2,1</u>
<b>Twist Lifts</b>									
Lutz/Flip/Toeloop Twist lift									
Single Level 1	1Lz/F/TTw1	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>1,1</b>		-0,2	-0,4	<u>-0,6</u>
Single Level 2	1Lz/F/TTw2	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>1,3</b>		-0,2	-0,4	<u>-0,6</u>
Single Level 3	1Lz/F/TTw3	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>1,5</b>		-0,2	-0,4	<u>-0,6</u>
Single Level 4	1Lz/F/TTw4	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>1,7</b>		-0,2	-0,4	<u>-0,6</u>
Double Level 1	2Lz/F/TTw1	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<b>3,0</b>		-0,3	-0,6	<u>-0,9</u>
Double Level 2	2Lz/F/TTw2	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<b>3,2</b>		-0,3	-0,6	<u>-0,9</u>
Double Level 3	2Lz/F/TTw3	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<b>3,5</b>		-0,3	-0,6	<u>-0,9</u>
Double Level 4	2Lz/F/TTw4	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<b>3,8</b>		-0,3	-0,6	<u>-0,9</u>
Triple Level 1	3Lz/F/TTw1	<u>2,1</u>	1,4	0,7	<b>5,0</b>		-0,7	-1,4	<u>-2,1</u>
Triple Level 2	3Lz/F/TTw2	<u>2,1</u>	1,4	0,7	<b>5,4</b>		-0,7	-1,4	<u>-2,1</u>
Triple Level 3	3Lz/F/TTw3	<u>2,1</u>	1,4	0,7	<b>5,8</b>		-0,7	-1,4	<u>-2,1</u>
Triple Level 4	3Lz/F/TTw4	<u>2,1</u>	1,4	0,7	<b>6,2</b>		-0,7	-1,4	<u>-2,1</u>
Quad Level 1	4Lz/F/TTw1	<u>3,0</u>	<u>2,0</u>	<u>1,0</u>	<b>7,1</b>		-1,0	-2,0	-3,0
Quad Level 2	4Lz/F/TTw2	<u>3,0</u>	<u>2,0</u>	<u>1,0</u>	<b>7,6</b>		-1,0	-2,0	-3,0
Quad Level 3	4Lz/F/TTw3	<u>3,0</u>	<u>2,0</u>	<u>1,0</u>	<b>8,1</b>		-1,0	-2,0	-3,0
Quad Level 4	4Lz/F/TTw4	<u>3,0</u>	<u>2,0</u>	<u>1,0</u>	<b>8,6</b>		-1,0	-2,0	-3,0
Axel Twist Lift									
Single Level 1	1ATw1	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>1,1</b>		-0,2	-0,4	<u>-0,6</u>
Single Level 2	1ATw2	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>1,3</b>		-0,2	-0,4	<u>-0,6</u>
Single Level 3	1ATw3	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>1,5</b>		-0,2	-0,4	<u>-0,6</u>
Single Level 4	1ATw4	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<b>1,7</b>		-0,2	-0,4	<u>-0,6</u>
Double Level 1	2ATw1	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<b>3,3</b>		-0,3	-0,6	<u>-0,9</u>
Double Level 2	2ATw2	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<b>3,5</b>		-0,3	-0,6	<u>-0,9</u>
Double Level 3	2ATw3	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<b>3,8</b>		-0,3	-0,6	<u>-0,9</u>
Double Level 4	2ATw4	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<b>4,1</b>		-0,3	-0,6	<u>-0,9</u>

Triple Level 1	3ATw1	<u>2,1</u>	1,4	0,7	<b>5,3</b>		-0,7	-1,4	<u>-2,1</u>
Triple Level 2	3ATw2	<u>2,1</u>	1,4	0,7	<b>5,7</b>		-0,7	-1,4	<u>-2,1</u>
Triple Level 3	3ATw3	<u>2,1</u>	1,4	0,7	<b>6,1</b>		-0,7	-1,4	<u>-2,1</u>
Triple Level 4	3ATw4	<u>2,1</u>	1,4	0,7	<b>6,6</b>		-0,7	-1,4	<u>-2,1</u>
<b>Quad Level 1</b>									
Quad Level 1	4ATw1	<u>3,0</u>	2,0	<u>1,0</u>	<b>7,5</b>		-1,0	-2,0	-3,0
Quad Level 2	4ATw2	<u>3,0</u>	<u>2,0</u>	<u>1,0</u>	<b>8,0</b>		-1,0	-2,0	-3,0
Quad Level 3	4ATw3	<u>3,0</u>	<u>2,0</u>	<u>1,0</u>	<b>8,5</b>		-1,0	-2,0	-3,0
Quad Level 4	4ATw4	<u>3,0</u>	<u>2,0</u>	<u>1,0</u>	<b>9,0</b>		-1,0	-2,0	-3,0
<b>Throws</b>									
Single ToeLoop	1TTh	<u>0,9</u>	0,6	0,3	<b>1,1</b>	<b>0,8</b>	-0,3	-0,6	<u>-0,9</u>
Single Salchow	1STh	<u>0,9</u>	0,6	0,3	<b>1,1</b>	<b>0,8</b>	-0,3	-0,6	<u>-0,9</u>
Single Loop	1LoTh	<u>0,9</u>	0,6	0,3	<b>1,4</b>	<b>1,0</b>	-0,3	-0,6	<u>-0,9</u>
Single Flip/Lutz	1F/LzTh	<u>0,9</u>	0,6	0,3	<b>1,4</b>	<b>1,0</b>	-0,3	-0,6	<u>-0,9</u>
<b>Double Level 1</b>									
Double Axel	1ATh	1,5	1,0	0,5	<b>2,2</b>	<b>1,5</b>	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
Double Toeloop	2TTh	1,5	1,0	0,5	<b>2,6</b>	<b>1,8</b>	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
Double Salchow	2STh	1,5	1,0	0,5	<b>2,6</b>	<b>1,8</b>	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
Double Loop	2LoTh	1,5	1,0	0,5	<b>3,0</b>	<b>2,1</b>	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
Double Flip/Lutz	2F/LzTh	1,5	1,0	0,5	<b>3,0</b>	<b>2,1</b>	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
<b>Double Level 2</b>									
Double Axel	2ATh	<u>2,1</u>	1,4	0,7	<b>4,0</b>	<b>2,8</b>	-0,7	-1,4	<u>-2,1</u>
Triple Toeloop	3TTh	<u>2,1</u>	1,4	0,7	<b>4,5</b>	<b>3,2</b>	-0,7	-1,4	<u>-2,1</u>
Triple Salchow	3STh	<u>2,1</u>	1,4	0,7	<b>4,5</b>	<b>3,2</b>	-0,7	-1,4	<u>-2,1</u>
Triple Loop	3LoTh	<u>2,1</u>	1,4	0,7	<b>5,0</b>	<b>3,5</b>	-0,7	-1,4	<u>-2,1</u>
Triple Flip/Lutz	3F/LzTh	<u>2,1</u>	1,4	0,7	<b>5,5</b>	<b>3,9</b>	-0,7	-1,4	<u>-2,1</u>
<b>Double Level 3</b>									
Triple Axel	3ATh	3,0	2,0	1,0	<b>7,5</b>	<b>5,3</b>	-1,0	-2,0	-3,0
Quad Toeloop	4TTh	3,0	2,0	1,0	<b>8,0</b>	<b>5,6</b>	-1,0	-2,0	-3,0
Quad Salchow	4STh	3,0	2,0	1,0	<b>8,0</b>	<b>5,6</b>	-1,0	-2,0	-3,0
Quad Loop	4LoTh	3,0	2,0	1,0	<b>8,5</b>	<b>6,0</b>	-1,0	-2,0	-3,0
Quad Flip/Lutz	4F/LzTh	3,0	2,0	1,0	<b>9,0</b>	<b>6,3</b>	-1,0	-2,0	-3,0
<b>Death Spirals</b>									
Forward/Backward inside									
Level 1	Fi/BiDs1	<u>2,1</u>	1,4	0,7	<b>2,8</b>		-0,7	-1,4	<u>-2,1</u>
Level 2	F/BiiDs2	<u>2,1</u>	1,4	0,7	<b>3,0</b>		-0,7	-1,4	<u>-2,1</u>
Level 3	Fi/BiDs3	<u>2,1</u>	1,4	0,7	<b>3,2</b>		-0,7	-1,4	<u>-2,1</u>
Level 4	Fi/BiDs4	<u>2,1</u>	1,4	0,7	<b>3,5</b>		-0,7	-1,4	<u>-2,1</u>
Forward/Backward outside									
Level 1	Fo/BoDs1	<u>2,1</u>	1,4	0,7	<b>3,0</b>		-0,7	-1,4	<u>-2,1</u>
Level 2	Fo/BoDs2	<u>2,1</u>	1,4	0,7	<b>3,5</b>		-0,7	-1,4	<u>-2,1</u>
Level 3	Fo/BoDs3	<u>2,1</u>	1,4	0,7	<b>4,0</b>		-0,7	-1,4	<u>-2,1</u>
Level 4	Fo/BoDs4	<u>2,1</u>	1,4	0,7	<b>4,5</b>		-0,7	-1,4	<u>-2,1</u>
Pivot Figure	PiF	<u>2,1</u>	1,4	0,7	<b>2,2</b>		-0,7	-1,4	<u>-2,1</u>
<b>Pair Spins</b>									
Pair Spin Level 1	PSp1	1,5	1,0	0,5	<b>2,0</b>		-0,3	-0,6	<u>-0,9</u>
Pair Spin Level 2	PSp2	1,5	1,0	0,5	<b>2,5</b>		-0,3	-0,6	<u>-0,9</u>
Pair Spin Level 3	PSp3	1,5	1,0	0,5	<b>3,0</b>		-0,3	-0,6	<u>-0,9</u>
Pair Spin Level 4	PSp4	1,5	1,0	0,5	<b>3,5</b>		-0,3	-0,6	<u>-0,9</u>
<b>Pair Combination Spin</b>									
Level 1	PCoSp1	1,5	1,0	0,5	<b>3,0</b>		-0,3	-0,6	<u>-0,9</u>
Level 2	PCoSp2	1,5	1,0	0,5	<b>3,5</b>		-0,3	-0,6	<u>-0,9</u>
Level 3	PCoSp3	1,5	1,0	0,5	<b>4,0</b>		-0,3	-0,6	<u>-0,9</u>
Level 4	PCoSp4	1,5	1,0	0,5	<b>4,5</b>		-0,3	-0,6	<u>-0,9</u>



## II. Updated Levels of Difficulty of Single/Pair Elements

### LEVELS OF DIFFICULTY, SINGLE SKATING, SEASON 2010-2011

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

<p><b>Step Sequences</b></p>	<ol style="list-style-type: none"> <li>1) Simple variety (Level 2), variety (Level 3), complexity (Level 4) of turns and steps throughout (<b>compulsory</b>)</li> <li>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</li> <li>3) <u>Use of upper body movements</u></li> <li>4) <u>At least half a pattern on one foot only</u></li> <li>5) <u>Combination of difficult turns (rockers, counters, brackets, twizzles) quickly executed in both directions (at least twice within the sequence)</u></li> </ol>
<p><b>All Spins</b></p>	<ol style="list-style-type: none"> <li>1) A difficult variation in a basic or (for spin combinations only) in an intermediate position</li> <li>2) Another difficult variation in a basic position which must be <u>significantly different from the first one and:</u> <ul style="list-style-type: none"> <li>• <u>spin in one position with change of foot – on different foot than the first one</u></li> <li>• <u>spin combination without change of foot – in different position than the first one</u></li> <li>• <u>spin combination with change of foot – on different foot <u>and</u> in different position than the first one</u></li> </ul> </li> <li>3) Change of foot <u>executed by jump</u></li> <li>4) Backward entrance/Difficult variation of flying entrance/Landing on the same foot as take-off or changing foot on landing in a Flying Sit Spin</li> <li>5) Clear change of edge in <u>sit (only from backward inside to forward outside) or camel</u></li> <li>6) All 3 basic positions <u>on both feet</u></li> <li>7) Both directions immediately following each other <u>in sit or camel spin</u></li> <li>8) At least 8 rev. without changes in pos./variation, foot or edge (camel, sit, layback, difficult upright), counts twice if repeated on another foot</li> </ol> <p><b>Additional features for the Layback spin:</b></p> <ol style="list-style-type: none"> <li>9) One change of position backwards-sideways or reverse, at least 3 rev. in each position (counts also if the Layback spin is a part of <u>any other spin</u>)</li> <li>10) Biellmann position after layback spin (SP – after 8 revolutions in layback spin)</li> </ol> <p><b>Backward entry, <u>change of edge and any type of difficult spin variation</u> count as features that can increase the Level <u>only once per program (in the first spin they are attempted);</u></b></p> <p><b><u>The following requirements are mandatory for Levels 2 – 4 both in Short Program and in Free Skating:</u></b></p> <ol style="list-style-type: none"> <li>a) <b>for Spin Combinations with change of foot all 3 basic positions;</b></li> <li>b) <b><u>for Spins with change of foot at least one basic position on each foot.</u></b></li> </ol> <p><b>In any spin with change of foot the maximum number of features attained on one foot is <u>two (2).</u></b></p>

## CLARIFICATIONS: LEVELS OF DIFFICULTY SINGLES, season 2010-2011

### STEP SEQUENCES

**Types of turns (executed on one foot) :** three turns, twizzles, brackets, loops, counters, rockers.

**Types of steps (executed on one foot whenever possible) :** toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, running steps.

**Simple variety** must include at least **7** turns & **4** steps, none of the types can be counted more than twice.

**Variety** must include at least **2** turns and **4** steps, none of the types can be counted more than twice.

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

**Use of upper body movements** means the visible use for a combined total of at least 2/3 of the pattern of the step sequence any movements of the arms, head and torso that have an effect on the balance of the main body core.

**Combination of difficult turns** (rockers, counters, brackets, twizzles) quickly executed in both directions requires at least two turns in each direction.

### SPINS

**Positions.** There are 3 basic positions: camel (free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright), sit (the upper part of the skating leg at least parallel to the ice), upright (any position with skating leg extended or almost extended, 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 variations, but a change of position 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** can be counted only if done in a basic sit position (from Bi to Fo) or in a camel position. Change of edge in order to be counted requires at least 2 full rev. on one edge followed by at least 2 full rev. on another edge in the same 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:

- Backward entry, change of edge and any type of difficult spin variation count as features that can increase the Level only once per program (in the first spin they are attempted);
- 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 in basic positions) 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.

**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 for sit and camel basic positions. 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** to be considered requires at least 3 revolutions before and after the change.

**Flying spins:** in case of a “step over” in Short Program Level can not be more than 1, in Free Skating this does not count as a Level feature; 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.

## LEVELS OF DIFFICULTY, PAIR SKATING, SEASON 2010-2011

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

<b>Twist Lifts</b>	<ol style="list-style-type: none"> <li>1) Lady's split position (each leg at least 45° from the body axis)</li> <li>2) Catching the lady at the side of the waist without her hand(s)/arm(s)/any part of upper body touching the man</li> <li>3) Lady's position in the air with arm(s) above the head (minimum one full revolution)</li> <li>4) Difficult take-off (steps/skating moves executed by both partners immediately preceding take-off)</li> </ol>
<b>Lifts</b>	<ol style="list-style-type: none"> <li>1) Difficult (simple for juniors) variation of the take-off</li> <li>2) 1 change of hold and/or lady's position (1 rev. before and after the change, counts twice if repeated)</li> <li>3) Difficult variation of the lady (one full revolution)</li> <li>4) Difficult (simple for juniors) carry (not for SP)</li> <li>5) <u>One-hand-hold of the man</u> (2 full revolutions in total)</li> <li>6) <u>Additional revolutions of the man with one-hand-hold after 2 revolutions in 5) (only in FS and only in one lift)</u></li> <li>7) Difficult (simple for juniors) landing variety</li> <li>8) Change of rotational direction by the man (one revolution before and after the change)</li> </ol>
<b>Step Sequences</b>	<ol style="list-style-type: none"> <li>1) Simple variety (Level 2), variety (Levels 3–4) of turns and steps of both partners throughout (<b>compulsory</b>)</li> <li>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)</li> <li>3) <u>Use of upper body movements</u></li> <li>4) Changes of pos. (crossing at least twice while doing steps and turns) for at least 1/3 of the sequence</li> <li>5) <u>Not separating at least half of the pattern</u> (changes of holds are allowed)</li> </ol>
<b>Death Spirals</b>	<ol style="list-style-type: none"> <li>1) Difficult entry (immediately preceding the death spiral) and/or exit</li> <li>2) <u>Change of man's pivot position (not for SP)</u></li> <li>3) Change of lady's and/or man's arm hold (1 rev. with each hold)</li> <li>4) Additional revolution(s) of the lady after the first revolution (<u>counts as many times as repeated</u>) <b>Features 3 and 4 are counted only if both partners are in "low" positions (see Clarifications)</b></li> </ol>
<b>Solo Spins</b>	<ol style="list-style-type: none"> <li>1) 1 difficult variation in a basic or (for spin combinations only) in an intermediate position</li> <li>2) Another difficult variation in a basic position which must be <u>significantly different from the first one and:</u> <ul style="list-style-type: none"> <li>• <u>spin in one position with change of foot – on different foot than the first one</u></li> <li>• <u>spin combination without change of foot – in different position than the first one</u></li> <li>• <u>spin combination with change of foot – on different foot and in different position than the first one</u></li> </ul> </li> <li>3) Flying or backward entrance</li> <li>4) Clear change of edge in <u>sit (only from backward inside to forward outside) or camel</u></li> <li>5) All 3 basic positions on one foot (counts twice if executed on both feet)</li> <li>6) 2 changes of foot (not for SP)</li> <li>7) Both directions immediately following each other</li> <li>8) At least 6 rev. without changes in pos./variation, foot and edge (camel, sit, layback, difficult upright) <b>In any spin with change of foot the maximum number of features attained on one foot is <u>two (2)</u>.</b> <b>For Spins with change of foot at least one basic position on each foot is mandatory for Levels 2 – 4 both in Short Program and in Free Skating.</b></li> </ol>
<b>Pair Spins</b>	<ol style="list-style-type: none"> <li>1) 2 changes of basic positions of both partners</li> <li>2) Additional change(s) of basic positions of both partners after the 2 changes required above</li> <li>3) 3 difficult variations of positions of partners, <u>only</u> one of which can be in intermediate position (each variation of each partner counts separately)</li> <li>4) <u>Any other</u> difficult variation(s) of positions of partners <u>in addition to</u> the 3 variations required above</li> <li>5) Entrance from backward outside or inside edge</li> <li>6) Both directions immediately following each other</li> <li>7) At least 6 revolutions without any changes in position/variation and foot (camel, sit, difficult upright)</li> </ol>

## LEVELS OF DIFFICULTY PAIRS, CLARIFICATIONS, SEASON 2010-2011

### 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, Ina Bauer or Spiral by one 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 hold, 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.

**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

**Types of turns (executed on one foot)** : three turns, twizzles, brackets, loops, counters, rockers.

**Types of steps (executed on one foot whenever possible)** : toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, running steps.

**Simple variety** must include at least 7 turns & **4** steps, none of the types can be counted more than twice.

**Variety** must include at least 9 turns and **4** steps, none of the types can be counted more than twice.

**Use of upper body movements** means the visible use for a combined total of at least 2/3 of the pattern of the step sequence any movements of the arms, head and torso that have an effect on the balance of the main body core.

**SPINS. Solo spins:** same as Single Skating

**Pair spins: Entrance from backward outside or inside edge** requires that each partner rotates at least two (2) revolutions on a backward outside/inside edge.

execution of 4 difficult variations (each variation of each partner counted separately, at least 2 rev. in each variation) will result in 2 Level features independent on the order of these variations if at least 2 of these variations are executed in basic positions.

### DEATH SPIRAL

**Lady's "low" position:** for inside Death Spirals the lowest hip or buttock and head should not be higher than her skating knee; for outside Death Spirals – head should not be higher than her skating knee and bodyline between knee of skating leg and head should be flat or shallow arch.

**Man's "low" pivot position:** buttocks not higher than the knee of the pivot foot.

Any part of the Death Spiral with a higher lady's or man's position is not valid for Level features 3) and 4). During the change of pivot a higher man's position is possible, but for the feature 2) the man must have one revolution in the "low" pivot position before and after the change.

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 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 entry curve when one or 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.**

### III. Updated Guidelines for marking +GOE of Single/Pair Elements (positive aspects)

These guidelines are tools to be used together with the minus GOE charts. The final GOE of a performed element is based on the combination of both positive and negative aspects. It is important that the final GOE of an element reflects the positive aspects, as well as any possible reductions that may apply.

The final GOE of an element is calculated considering first the positive aspects of the element that result in a starting GOE for the evaluation. Following that a Judge reduces the GOE according to the guidelines of possible errors and the result is the final GOE of the element.

To establish the starting GOE Judges must take into consideration the bullets for each element. It is at the discretion of each Judge to decide on the number of bullets for any upgrade, but general recommendations are as follows:

**FOR + 1 : 2 bullets**

**FOR + 2 : 4 bullets**

**FOR + 3 : 6 or more bullets**

#### Singles

<b>Jump Elements</b>	<ol style="list-style-type: none"> <li>1) unexpected / creative / difficult entry</li> <li>2) clear recognizable steps/free skating movements immediately preceding element</li> <li>3) varied position in the air / delay in rotation</li> <li>4) good height and distance</li> <li>5) good extension on landing / creative exit</li> <li>6) good flow from entry to exit including jump combinations / sequences</li> <li>7) effortless throughout</li> <li>8) element matched to the musical structure</li> </ol>
<b>Spins</b>	<ol style="list-style-type: none"> <li>1) good speed or acceleration during spin</li> <li>2) ability to center a spin quickly</li> <li>3) balanced rotations in all positions</li> <li>4) clearly more than required number of revolutions</li> <li>5) good position(s) (including height and air position in flying spins)</li> <li>6) creativity and originality</li> <li>7) good control throughout all phases</li> <li>8) element matched to the musical structure</li> </ol>
<b>Step Sequences</b>	<ol style="list-style-type: none"> <li>1) good energy and execution</li> <li>2) good speed or acceleration during sequence</li> <li>3) good clarity and precision</li> <li>4) deep clean edges (including entry and exit of all turns)</li> <li>5) good control and commitment of whole body to accuracy of steps</li> <li>6) creativity and originality</li> <li>7) effortless throughout</li> <li>8) element matched to the musical structure</li> </ol>
<b>Spiral Sequences</b>	<ol style="list-style-type: none"> <li>1) good flow, energy and execution</li> <li>2) good speed during sequence</li> <li>3) good body line and full extension</li> <li>4) minimal delay between spiral positions</li> <li>5) good flexibility</li> <li>6) creativity and originality</li> <li>7) ability to attain positions and variations quickly and effortlessly</li> <li>8) element matched to the musical structure</li> </ol>

## Pairs

<b>Lifts</b>	<ol style="list-style-type: none"> <li>1) good take-off and landing position of both partners</li> <li>2) correct and aesthetically pleasing air positions</li> <li>3) good ice coverage during element</li> <li>4) no scratching of blade on the ice by man or lady during all phases</li> </ol>	<ol style="list-style-type: none"> <li>5) good speed and flow</li> <li>6) ability to maintain good flow from one position to another</li> <li>7) effortless throughout</li> <li>8) element matched to the musical structure</li> </ol>
<b>Twist Lifts</b>	<ol style="list-style-type: none"> <li>1) good take-off and landing position of both partners</li> <li>2) good position of man at release</li> <li>3) good ice coverage during element</li> <li>4) no scratching of blade on the ice by man or lady during all phases</li> </ol>	<ol style="list-style-type: none"> <li>5) good speed and timing from entry to exit</li> <li>6) good height of lady in air position</li> <li>7) effortless throughout</li> <li>8) element matched to the musical structure</li> </ol>
<b>Jump Elements</b>	<ol style="list-style-type: none"> <li>1) unexpected / creative / difficult entry</li> <li>2) varied position in the air / delay in rotation</li> <li>3) good height and distance</li> <li>4) good extension on landing / creative exit</li> </ol>	<ol style="list-style-type: none"> <li>5) good flow from entry to exit</li> <li>6) good unison and close to each other in all phases</li> <li>7) effortless throughout</li> <li>8) element matched to the musical structure</li> </ol>
<b>Throw Jumps</b>	<ol style="list-style-type: none"> <li>1) unexpected / creative / difficult entry</li> <li>2) good position of man at release</li> <li>3) good air position of lady</li> <li>4) good extension on landing / creative exit</li> </ol>	<ol style="list-style-type: none"> <li>5) good speed, height, distance</li> <li>6) good control and flow on the landing</li> <li>7) effortless throughout</li> <li>8) element matched to the musical structure</li> </ol>
<b>Solo Spins</b>	<ol style="list-style-type: none"> <li>1) good speed or acceleration during spin</li> <li>2) ability to center a spin quickly</li> <li>3) balanced rotations in all positions</li> <li>4) clearly more than required number of rev.</li> </ol>	<ol style="list-style-type: none"> <li>5) good and identical positions by both partners</li> <li>6) good control throughout all phases by both partners</li> <li>7) good unison and distance between partners</li> <li>8) element matched to the musical structure</li> </ol>
<b>Pair Spins</b>	<ol style="list-style-type: none"> <li>1) good control throughout (entry, rotation, conclusion/exit) by both partners</li> <li>2) good speed or acceleration during spin</li> <li>3) balanced rotations in all positions</li> <li>4) clearly more than required number of rev.</li> </ol>	<ol style="list-style-type: none"> <li>5) good positions by both partners</li> <li>6) creativity and originality</li> <li>7) executed with continuous flow and ease</li> <li>8) element matched to the musical structure</li> </ol>
<b>Death Spirals</b>	<ol style="list-style-type: none"> <li>1) good flow in entry and exit</li> <li>2) good control and speed in death spiral position</li> <li>3) good quality of positions of both partners</li> <li>4) no scratching of blade on the ice by man or lady during all phases</li> </ol>	<ol style="list-style-type: none"> <li>5) good, controlled transition into required position</li> <li>6) effortless throughout</li> <li>7) <u>creativity and originality</u></li> <li>8) element matched to the musical structure</li> </ol>
<b>Step Sequences</b>	<ol style="list-style-type: none"> <li>1) good energy and execution</li> <li>2) good speed or acceleration during sequence</li> <li>3) good clarity and precision</li> <li>4) deep clean edges (including entry and exit of all turns)</li> </ol>	<ol style="list-style-type: none"> <li>5) good control and commitment of whole body to accuracy of steps</li> <li>6) creativity and originality</li> <li>7) good unison</li> <li>8) element matched to the musical structure</li> </ol>
<b>Spiral Sequences</b>	<ol style="list-style-type: none"> <li>1) good flow, energy and execution</li> <li>2) good speed during sequence</li> <li>3) good body line and full extension of both partners</li> <li>4) minimal delay between spiral positions</li> </ol>	<ol style="list-style-type: none"> <li>5) good flexibility of both partners</li> <li>6) creativity and originality</li> <li>7) ability to attain positions and variations quickly and effortlessly</li> <li>8) element matched to the musical structure</li> </ol>

## IV. Updated Guidelines in establishing GOE for errors in Short Program and Free Skating

Elements with no Value are indicated to the Panel of Judges. GOE of such elements does not influence the result.  
In case of multiple errors the corresponding reduction are added.

### SINGLE SKATING

Errors for which final GOE must be in the minuses	Reduction/ other	Errors for which final GOE is not restricted	Reduction/ other
<b>JUMP ELEMENTS</b>			
<b>SP:</b> One or more rev. less than required	<b>GOE -3</b>	Poor speed, height, distance, air position	<b>-1 to -2</b>
<b>SP:</b> Combo consisting of one jump only	<b>GOE -3</b>	Lacking rotation (no sign)	<b>-1</b>
<u>Downgraded (sign &lt;&lt;)</u>	<b>-2 to -3</b>	<u>Under-rotated (sign &lt;)</u>	<b>-1 to -2</b>
<b>SP:</b> No required steps/movements preceding jump	<b>-3</b>	<b>SP:</b> Break between required steps/movements & jump/only one step/movement preceding jump	<b>-1 to -2</b>
Fall	<b>-3</b>	Poor take-off	<b>-1 to -2</b>
Landing on two feet in a jump	<b>-3</b>	Loss of flow/rhythm between jumps (combo/seq.)	<b>-1 to -2</b>
Stepping out of landing in a jump	<b>-2 to -3</b>	Weak landing (bad pos./wrong edge/scratching etc)	<b>-1 to -2</b>
Touch down with both hands in a jump	<b>-2</b>	Long preparation	<b>-1 to -2</b>
2 three turns in between (jump combo)	<b>-2</b>	Touch down with one hand or free foot	<b>-1</b>
Starting from wrong edge in F/Lz (sign "e")	<b>-2 to -3</b>	Unclear edge at take-off in F/Lz (sign "e")	<b>-1 to -2</b>
<b>SPINS</b>			
Fall	<b>-3</b>	Less than required revolutions	<b>-1 to -2</b>
<b>SP:</b> Less than required positions (2 rev. in pos.)	<b>-2 to -3</b>	Poor/awkward position(s), slow, traveling	<b>-1 to -3</b>
<b>SP:</b> Position in the air not attained (flying spin)	<b>-2 to -3</b>	<b>FS:</b> Pos. in the air not attained (flying spin/entry)	<b>-1 to -3</b>
Touch down with both hands	<b>-2</b>	Change of foot poorly executed (curve of entry/exit, moving to intermediate position etc.)	<b>-1 to -3</b>
		Incorrect take-off or landing in a flying spin	<b>-1 to -2</b>
		Touch down with free foot or one hand	<b>-1</b>
<b>STEPS</b>			
Fall	<b>-3</b>	<b>SP:</b> Incorrect pattern	<b>-1 to -2</b>
Less than half of the pattern doing steps/turns	<b>-2 to -3</b>	Poor quality of steps, turns, positions	<b>-1 to -3</b>
		Stumble	<b>-1 to -2</b>
		<b>SP:</b> Jumps with more than half rev. included	<b>-1</b>
<b>SPIRALS</b>			
Fall	<b>-3</b>	Poor positions	<b>-1 to -3</b>
Less than half of the pattern in spiral position	<b>-2 to -3</b>	Stumble	<b>-1 to -2</b>
		Poor edge quality	<b>-1 to -2</b>

## PAIR SKATING

Errors for which final GOE must be in the minuses	Reduction/ other	Errors for which final GOE is not restricted	Reduction/ other
<b>LIFTS</b>			
Fall	-3	Poor positions in the air or on landing	-1 to -3
Serious problems in the lifting process	-3	Poor speed and/or distance	-1 to -3
Lady collapses on partner	-2	Poor turns by man	-1 to -3
Lady starts or lands on two feet	-2	Poor take-off/ <u>weak landing</u>	-1 to -3
		Long preparation	-1
		Touch down with the free foot	-1
<b>TWIST LIFTS</b>			
<b>SP: Single.</b>	<b>GOE -3</b>	Poor height or distance	-1 to -3
Fall	-3	Poor take-off (poor speed, serious scratching, no toe-pick)	-1 to -2
Lady collapses on partner	-2 to -3	<u>Catch assisted by the man's shoulder</u>	-1 to -2
Lady is not caught in the air before landing	-2	Weak landing (poor speed, bad positions,awkward catch)	-1 to -2
Lady is not caught at the waist	-2	Long preparation	-1
Lady lands on two feet	-2	Man exits on two feet	-1
Lady touches down with both hands	-2	Touch down with the free foot	-1
<u>Downgraded (sign &lt;&lt;)</u>	-2		
<b>JUMP ELEMENTS, THROW JUMPS</b>			
<b>SP: One or more rev. less than required</b>	<b>GOE -3</b>	Poor speed, height, distance, air position	-1 to -2
Fall	-3	No unison – jump elements	-1 to -3
Starting or landing on two feet in a jump	-2	Big distance between partners– jump elements	-1 to -3
Stepping out of landing in a jump	-2	Poor take-off	-1 to -2
Touch down with both hands in a jump	-2	<u>Lacking rotation (no sign)</u>	-1
<u>Downgraded (sign &lt;&lt;)</u>	-2 to -3	<u>Under-rotated (sign &lt;)</u>	-1 to -2
Unequal number of revolutions by partners	-2	Loss of flow/rhythm between jumps (combo/seq.)	-1 to -2
2 three turns in between – jump combo	-2	Poor man's position at take-off – throw jump	-1 to -2
Starting from wrong edge in F/Lz (sign "e")	-2 to -3	Unclear edge at take-off in F/Lz (sign "e")	-1 to -2
		Weak landing (bad pos./wrong edge/scratching etc)	-1 to -2
		Long preparation	-1 to -2
		Touch down with one hand or free foot	-1
<b>SOLO AND PAIR SPINS</b>			
Fall	-3	Less than required revolutions	-1 to -2
<b>SP: Less than required positions (2 rev. in pos.)</b>	<b>-2 to -3</b>	<u>Poor/awkward position(s), slow, traveling</u>	-1 to -3
Touch down with both hands	-2	<u>Position in the air not attained (flying spin/entry)</u>	-1 to -3
		Change of foot poorly executed	-1 to -3
		Slow or reduction of speed	-1 to -3
		No unison, too big distance between partners	-1 to -3
		<u>Incorrect take-off or landing (flying spin/entry)</u>	-1 to -2
		<b>SP, PCoSp:</b> Change of foot not at the same time	-1 to -2
		Stop during spin (except when changing direction)	-1 to -2
		Touch down with free foot or one hand	-1
<b>DEATH SPIRALS</b>			
Fall	-3	Poor position of the lady (too high etc.)	-1 to -3
Wrong pivot position (losing toe pick etc.)	-2 to -3	Poor exit	-1 to -3
Lady assisted not only by the blades	-2 to -3	Slow or reduction of speed	-1 to -3
		Weak lady's edge quality	-1
<b>STEPS</b>			
Fall	-3	<b>SP:</b> Incorrect pattern	-1 to -2
Less than half of the pattern doing steps/turns	-2 to -3	Poor quality of steps, turns, positions	-1 to -3
		Stumble	-1 to -2
		<b>SP:</b> Jumps with more than half rev. included	-1
<b>SPIRALS</b>			
Fall	-3	Poor positions	-1 to -3
Less than half of the pattern in spiral position	-2 to -3	Stumble	-1 to -2
		Poor edge quality	-1 to -2



**Remarks:**

1. In both Singles and Pairs “Starting from the wrong edge” and “Unclear edge at take-off” in Flip or Lutz jumps will be identified by the Technical Panel to the Judges and in the Protocols with the sign “e”. Each Judge will then decide himself/herself on the severity of the error (major or minor error) and the corresponding GOE reduction.
2. In Jump Combinations/Sequences Half-loop (or “Euler”) (landing backwards) will be a listed jump. Consequently the units “half-loop + Salchow/Flip” and “any jump landed backwards outside + half-loop + Salchow/Flip” will become jump combinations of 2 or 3 jumps correspondingly. Half-loop will have the Base Value and the GOE values of the single loop jump and will be identified by the Technical Panel to the Judges and in the Protocols as “1Lo”.
3. The S&PTC would like to remind the Judges that if prior to the element of Singles Short Program “jump immediately preceded by connecting steps and/or by other comparable Free Skating movements” there are no steps and movements or there is break between steps/movements and the jump, the GOE must be reduced according to the Guidelines.

Milan,  
May 4, 2010  
Lausanne

**Ottavio Cinquanta**, President

**Fredi Schmid**, Director General

## Singles and Pairs

## Who is responsible?

## Deductions / Bonus

	Description	Penalty	Who is responsible
1	<b>Time violation – for up to every 5 sec. lacking or excess</b>	<b>-1.0 point deduction</b>	<b>Referee (after consultations with Timekeeper)</b>
2	<b>Music violation</b>	<b>-1.0 point deduction</b>	<b>Judges Panel including the Referee by the majority of votes with no deduction in case of 50:50 split vote</b>
3	<b>Costume / prop violations</b>	<b>-1.0 point deduction</b>	<b>Judges Panel including the Referee by the majority of votes with no deduction in case of 50:50 split vote</b>
4	<b>Illegal Elements/Movements – for every illegal element/movement</b> <ul style="list-style-type: none"> <li>– somersault type jumps;</li> <li>– lifts with wrong holds;</li> <li>– lifts with more than 3 ½ revolutions of the man;</li> <li>– spinning movements in which the man swings the lady around in the air while holding her hand or foot;</li> <li>– twist-like or rotational movements during which the lady is turned over with her skating foot leaving the ice;</li> <li>– rotational movements with the grip of one of the partners on the leg, arm and neck of the other partner;</li> <li>– jumps of one of the partners towards the other partner;</li> <li>– lying and prolonged and/or stationary kneeling on both knees on the ice at any moment.</li> </ul> Remarks: If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called “No Level”.	<b>-2.0 point deduction</b>	<b>Technical Specialist identifies Technical Panel decides by the majority of votes. Technical Controller deducts</b>
5	<b>Fall during the program - for every fall</b> (in Pair skating -1.0 for a fall of one partner and -2.0 for a fall of both partners.)  A fall is defined as: “loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.”	<b>-1.0 deduction</b>	<b>Technical Specialist identifies Technical Panel decides by the majority of votes. Technical Controller deducts</b>
6	<b>Interruption of program</b> <ul style="list-style-type: none"> <li>- for 11-20 sec. interruption</li> <li>- for 21-30 sec. interruption etc....</li> </ul>	<b>-1.0 point</b> <b>-2.0 points</b>	<b>Referee</b>
7	<b>Fresh start</b>	<b>No deduction</b>	
8	<b>Elements not according to requirements of Short Program or Well balanced Free Skating program</b>	<b>Element receives “*” as indication for deleted element</b>	<b>Computer</b> deletes elements according to rules; <b>Technical Controller</b> authorizes or corrects deletion of elements
9	<b>Bonus for Distribution of Highlights in the second half of the program</b> <ul style="list-style-type: none"> <li>- jump elements in Singles Free Skating</li> <li>- jump elements, throw jumps, lifts and twist lifts in Pairs Free Skating</li> </ul>	<b>Factor 1.1 for the base value of each such element</b>	<b>Computer / Calculation Program</b>