

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

Step Sequences	<p>1) Simple variety (Level 2), variety (Level 3), complexity (Level 4) of turns and steps throughout (compulsory)</p> <p>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</p> <p>3) Use of upper body movements</p> <p>4) At least half a pattern on one foot only</p> <p>5) Combination of difficult turns (rockers, counters, brackets, twizzles) quickly executed in both directions (at least twice within the sequence)</p>
All Spins	<p>1) A difficult variation in a basic or (for spin combinations only) in an intermediate position</p> <p>2) Another difficult variation in a basic position which must be significantly different from the first one and:</p> <ul style="list-style-type: none"> ● 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 <p>3) Change of foot executed by jump</p> <p>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</p> <p>5) Clear change of edge in sit (only from backward inside to forward outside) or camel</p> <p>6) All 3 basic positions on both feet</p> <p>7) Both directions immediately following each other in sit or camel spin</p> <p>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</p> <p>Additional features for the Layback spin:</p> <p>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 a spin combination)</p> <p>10) Biellmann position after layback spin (SP – after 8 revolutions in layback spin)</p> <p>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);</p> <p>The following requirements are mandatory for Levels 2 – 4 both in Short Program and in Free Skating:</p> <ul style="list-style-type: none"> a) for Spin Combinations with change of foot all 3 basic positions; b) for Spins with change of foot at least one basic position on each foot. <p>In any spin with change of foot the maximum number of features attained on one foot is 2</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 9 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

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

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.

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

Solo spins: same as Single Skating

Pair spins: Entrance from backward outside or inside edge requires that each partner rotates at least 2 rev. on a backward outside/inside edge.

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 (except related to entry/exit).

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.