

III. Updated Levels of Difficulty of Single/Pair Elements

LEVELS OF DIFFICULTY, SINGLE SKATING, SEASON 2009-2010

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

<p>Step Sequences</p>	<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) Moderate (full for Level 4) use of upper body movement</p> <p>4) <u>Quick</u> changes of rotational direction executed with <u>turns and steps</u></p>
<p>Spiral Sequences</p>	<p>Spirals on each foot, forward & backward, inside & outside mandatory for Levels 3-4</p> <p>1) A difficult variation of position</p> <p>2) A difficult variation of position on a different foot <u>significantly different from the first variation</u></p> <p>3) Change of edge in a spiral</p> <p>4) Unsupported change of free leg position or direction of skating maintaining the spiral (3 seconds hold before and after the change)</p> <p>5) Free leg in a total split position, one or both arms hold possible</p> <p>6) Holding spiral position (without any interruption) for 6 or more seconds without changes in position/variation</p>
<p>All Spins</p>	<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:</p> <ul style="list-style-type: none"> ● spins in one position without change of foot and flying spins – different than the first one ● all other spins – on different foot and/or in different position than the first one <p>3) Difficult change of foot</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) <u>Clear change of edge in the same basic position (for each spin counts only once)</u></p> <p>6) All 3 basic positions (for spins with change of foot – on each foot)</p> <p>7) Both directions immediately following each other</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 (<u>counts also if the Layback spin is a part of a spin combination</u>)</p> <p>10) Biellmann position after layback spin (SP – after 8 revolutions in layback spin)</p> <p>For Spin Combinations with change of foot all 3 basic positions are mandatory for Levels 2 – 4 in Short Program and for Level 4 in Free Skating</p> <p><u>In any spin with change of foot the maximum number of features attained on one foot is 3</u></p>

CLARIFICATIONS: LEVELS OF DIFFICULTY SINGLES – STEPS, SPIRALS, SPINS, season 2009-2010

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 6 turns and 4 steps, none of the types can be counted more than twice.

Variety: Must include at least 8 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.

SPIRAL SEQUENCES

A **Spiral** is a position with one blade on the ice and the free leg (including knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (outside, inside), direction (forward, backward) and position of the free leg (backward, forward, sideways). Pattern of the Spiral Sequence - any combination of curves. Only the first 3 attempted positions are to be considered for Level features. Change of foot and unsupported spiral position must also be among the first 3 positions in order to be counted. If all these positions are executed with assistance of the hand/arm, Level can not be more than 1 (but GOE is not restricted). Minimum of 3 seconds in each position. In the Short Program no Level will be awarded if there is no change of foot (which requires a spiral of 3 sec. hold before and after the change).

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

Second difficult variation is counted as a Level feature only when it is on a different foot and significantly different in its main structure from the first variation. Examples of such different variations: Biellmann position, position with the free leg lifted forward, diving with upper body position, ring position of the free leg, position with twisting of the upper body etc.

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

Change of edge in Spirals requires minimum 3 seconds hold before and after the change with the distance used for the change not longer than 1 meter.

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 (lower part of the buttocks not higher than the upper part of the knee of the skating leg, 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 in any spin can be counted only if done in a basic position (at least 2 revolutions on each edge).

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:

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

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

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

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

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

Flying spins: in case of 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.

IV. Remarks and clarifications

1. Jump elements and Throw jumps

- 1.1. The sign “<” will not be shown to the Judges. They will evaluate the GOE as they see it (without slow motion).
- 1.2. When establishing the GOE, poor take-off includes cheating at the take-off and putting the full blade on the ice in toe jumps. In throw jumps it includes turning of the Man on the ice before throwing the Lady in the air.

2. Spins

In Pairs Short Program the Solo Spin Combination must have at least 2 revolutions in 2 basic positions (correction of printing mistake in Technical Rules, page 97, subparagraph e).

3. Spiral Sequences

In both Singles and Pairs, when establishing the GOE, Judges should take into account the quality of the execution without evaluating duration of each position (as they have no tool for this evaluation). The duration of each spiral position will be evaluated by the Technical Panel which will take this duration into account, when establishing the Level of Difficulty of the Spiral Sequence.

- 3.2. In Singles (like in Pairs), if there is only one spiral position (three seconds long), no Level and therefore no value will be awarded.
- 3.3. In both Singles and Pairs, if a free leg drops at the hip level (or lower) and then comes back to the allowed position (higher than the hip level), this continuation should be ignored and not counted as a new position by the Technical Panel. The Judges will evaluate the quality of the whole sequence.

4. Lifts

Any break in the continuous rotation longer than 3 sec. will be considered as a carry attempt.

Milano,
April 15, 2009
Lausanne,

Ottavio Cinquanta, President

Fredi Schmid, Director General