

## 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**

<b>Step Sequences</b>	<p>1) Simple variety (Level 2), variety (Level 3), complexity (Level 4) of turns and steps throughout (<b>compulsory</b>)</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) <u>Use of upper body movements</u></p> <p>4) <u>At least half a pattern on one foot only</u></p> <p>5) <u>Combination of difficult turns (rockers, counters, brackets, twizzles) quickly executed in both directions (at least twice within the sequence)</u></p>
<b>All Spins</b>	<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 <u>significantly different from the first one and:</u></p> <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> <p>3) Change of foot <u>executed by jump</u></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 <u>sit (only from backward inside to forward outside) or camel</u></p> <p>6) All 3 basic positions <u>on both feet</u></p> <p>7) Both directions immediately following each other <u>in sit or camel spin</u></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><b>Additional features for the Layback spin:</b></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 <u>any other spin</u>)</p> <p>10) Biellmann position after layback spin (SP – after 8 revolutions in layback spin)</p> <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> <ul style="list-style-type: none"> <li><b>a) for Spin Combinations with change of foot all 3 basic positions;</b></li> <li><b><u>b) for Spins with change of foot at least one basic position on each foot.</u></b></li> </ul> <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.