

II. Updated Levels of Difficulty of Single/Pair Elements
LEVELS OF DIFFICULTY, SINGLE SKATING, season 2018-2019

Number of features for Levels: 1 for Level 1, 2 for Level 2, 3 for Level 3, 4 for Level 4

<p align="center">Step Sequences</p>	<ol style="list-style-type: none"> 1) Minimum variety (Level 1), simple variety (Level 2), variety (Level 3), complexity (Level 4) of difficult turns and steps throughout (compulsory) 2) Rotations 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 body movements for at least 1/3 of the pattern 4) Two different combinations of 3 difficult turns on different feet executed with a clear rhythm within the sequence. Only the first combination attempted on each foot can be counted.
<p align="center">All Spins</p>	<ol style="list-style-type: none"> 1) Difficult variations (count as many times as performed with limitations specified below) 2) Change of foot executed by jump 3) Jump within a spin without changing feet 4) Difficult change of position on the same foot 5) Difficult entrance into a spin 6) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position 7) All 3 basic positions on the second foot 8) Both directions immediately following each other in sit or camel spin 9) Clear increase of speed in camel, sit, layback or Biellmann position 10) At least 8 rev. without changes in position/variation, foot or edge (camel, layback, difficult variation of any basic position or for combinations only non-basic position) 11) Difficult variation of flying entry in flying spins/spins with a flying entrance (see Clarifications) <p>Additional features for the Layback spin:</p> <ol style="list-style-type: none"> 12) One clear change of position backwards-sideways or reverse, at least 2 rev. in each position (counts also if the Layback spin is a part of any other spin) 13) Biellmann position after Layback spin (SP – after 8 revolutions in layback spin) <p>Features 2-9, 11-13 count only once per program (first time they are attempted). Feature 10 counts only once per program (in the first spin it is successfully performed; if in this spin 8 revs are executed on both feet, any one of these executions can be taken in favour of the skater).</p> <p>Any category of difficult spin variation in a basic position counts only once per program (first time it is attempted). A difficult variation in a non-basic position counts once per program in spin combination only (first time it is attempted).</p> <p>In any spin with change of foot the maximum number of features attained on one foot is two (2).</p>

ELEMENTS REQUIREMENTS (see also Clarifications on the next page)

Jumps

1. Full rotation: signs < and << indicate an error. The base values of the jumps with a sign < are listed in the SOV table. The jump with a sign << is evaluated with SOV for the same jump one revolution less.

2. Correct take-off edge in F/Lz: signs “e” and “!” indicate an error. The base values of the jumps with the sign “e” are listed in the SOV table. The sign “!” allows to keep full original base value of the jump.

If both signs < and “e” are applied for the same jump, the base values are listed in the SOV table.

Spins

1. For flying spins (with no change of foot and only one position) of both Short Program and Free Skating the following is required: a clear visible jump. The sign “V” indicates that this requirement is not fulfilled. The base values of spins with the sign “V” are listed in the SOV table.

2. The base values of spin combinations with only 2 basic positions (at least 2 revolutions in each of these positions) are also listed in the SOV table.

3. All spins with change of foot must have 3 revolutions on each foot. In Short Program, if this requirement is not fulfilled, the spin will get “No Value”. In Free Skating the sign “V” indicates that this requirement is not fulfilled. The base values of spins with the sign “V” are listed in the SOV table.

CLARIFICATIONS: LEVELS OF DIFFICULTY SINGLE SKATING, season 2018-2019

STEP SEQUENCES

Types of difficult turns and steps: twizzles, brackets, loops, counters, rockers, choctaws.

Minimum variety includes at least **5** difficult turns and steps, none of the types can be counted more than twice.

Simple variety includes at least **7** difficult turns and steps, none of the types can be counted more than twice.

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

Complexity includes at least **11** difficult turns and steps, none of the types can be counted more than twice, 5 types must be executed in both directions.

Use of body movement means the visible use for a combined total of at least 1/3 of the pattern of any movements of arms, head, torso, hips and legs that have an effect on the balance of the main body core.

Two combinations of difficult turns are considered to be the same if they consist of the same turns done in the same order, on the same edge and on the same foot.

SPINS

A difficult spin variation of position is a movement of the body part, leg, arm, hand or head which requires physical strength or flexibility and that has an effect on the balance of the main body core. Only these variations can increase the Level. There are 11 categories of difficult variations, among them 3 in camel position based on direction of the shoulder line: camel forward (CF) – with the shoulder line parallel to the ice; camel sideways (CS) – with the shoulder line twisted to a vertical position; camel upward (CU) – with the shoulder line twisted more than vertical position. If the free leg drops down for a long time while preparing for a difficult camel variation, the corresponding Level feature is still awarded, but the Judges will apply the GOE reduction for “poor/awkward/unaesthetic position(s)”.

“Change of foot executed by jump” & “Jump within a spin without change of foot”: are awarded only if the skater reaches a basic position within the first 2 revolutions after the landing.

“Both directions immediately following each other in sit or camel spin”: execution of spins in both directions (clockwise and counter clockwise) that immediately follow each other will be counted as a Level feature for sit and camel basic positions. Long curves of exit after the first part or entry into the second part are reflected in GOE. A minimum of 3 revs in each direction is required. A Spin executed in both directions as above is considered as one Spin.

“Difficult variation of flying position in flying spins/spins with a flying entry”: is awarded only if the flying position is really difficult and the skater reaches a basic position within 2 revolutions after the landing. Normal flying camel entry does not block a possibility of counting a difficult flying entry as a feature.

Windmill (illusion) will be considered as a Level feature only the first time it’s attempted.

JUMPS

A jump will be considered as **“Under-rotated”** if it has **missing rotation of ¼ revolution or more**, but less than ½ revolution.

Flip is taken-off from a backward inside edge, **Lutz** is taken-off from backward outside edge; Technical Panel decides on the take-off edge and indicates errors with signs “e” and “!”. In cases of serious errors (sign “e”) the base value of the jump and the GOE are reduced, in cases of smaller errors (sign “!”) the original base value stays and the GOE is reduced.

In Short Program jumps which do not satisfy the requirements (including wrong number of revs) will have no value, but will block a jumping box, if one is empty; if a combination of two double jumps is not allowed (Sr. Men & Ladies, Jr. Men), the jump with the original lesser value (before any consideration of signs <, <<, e) will not count (e.g. 2Lz+2T*, 2T*+2Lo, 2Lz<+2T*, 2F<<+2T*).

Short Program, Repetitions: If the same jump is executed twice as a solo jump and as a part of the jump combination, the second execution will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).

Free Skating, extra jump elements: If an extra jump(s) is executed, only the individual jump(s), which is not according to the requirements will have no value. The jumps are considered in the order of execution.

Free Skating, Jump Sequences

A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.