



# **Judging System**

# **ISU First Aid**

**for  
Technical Controllers and Technical Specialists**

**Single Skating**

**Edition 2007/2008**

**Index**

	<b>Version</b>	<b>Update</b>
Step Sequence – Rules	2005-01	
Step Sequence – Clarifications	2007-01	
Step Sequence – Mistakes	2007-01	
Spiral Sequence – Rules	2007-01	
Spiral Sequence – Clarifications	2007-01	
Spiral Sequence – Mistakes	2007-01	
Spin – General	2007-01	
Spin in one position without change of foot – Rules	2005-01	
Spin in one position without change of foot – Clarifications	2007-01	
Spin in one position without change of foot – Mistakes	2007-01	
Spin in one position with change of foot – Rules	2005-01	
Spin in one position with change of foot – Clarifications	2007-01	
Spin in one position with change of foot – Mistakes	2007-01	
Spin Combo without change of foot – Rules	2005-01	
Spin Combo without change of foot – Clarifications	2007-01	
Spin Combo without change of foot – Mistakes	2007-01	
Spin Combo with change of foot – Rules	2007-01	
Spin Combo with change of foot – Clarifications	2007-01	
Spin Combo with change of foot – Mistakes	2007-01	
Flying Spin (no change of foot, no change of position) – Rules	2005-01	
Flying Spin (no change of foot, no change of position) – Clarifications	2007-01	
Flying Spin (no change of foot, no change of position) – Mistakes	2007-01	
Jumps – Rules	2007-01	
Jumps – Clarifications	2007-01	
Jumps – Mistakes	2007-01	
Jump Combination – Rules	2007-01	
Jump Combination – Clarifications	2007-01	
Jump Combination – Mistakes	2007-01	
Jump Sequence – Rules	2007-01	
Jump Sequence – Clarifications	2007-01	
Jump Sequence – Mistakes	2007-01	

Category: **Singles**  
Subject: **Step Sequence**

## RULES

### Short Program:

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 of not less than one half of the width of the ice surface and ends at the opposite end of the ice surface.

May include small jump-like movements with not more than half a revolution. Short stops in accordance with the music are permitted.

### Free Skating:

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.

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

**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. For Men Moves in the Field should be included in the program and will be evaluated under the "Transitions".

Category: **Singles**  
 Subject: **Step Sequence**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b>Pattern</b>	<b>Straight Line</b> - Short barrier to short barrier <b>Serpentine</b> – Two or three bold curves. Skater skates from short barrier to short barrier <b>Circular</b> – A skater completes a circle using the width of the ice surface.	Short Program only.		
<b>Definition</b>				
<b>- Definition of Turns and Steps</b>	<u>Turns</u> : three turns, twizzles, brackets, loops, counters, rockers. <u>Steps</u> : running steps, toe steps, chasses, mohawks, choctaws. change of edge, cross rolls			
<b>- Variety</b>	Must include <u>at least 4</u> different types of turns <u>and 2</u> different types of steps. <u>Each of these types of turns and steps must be executed at least twice during the sequence.</u>	Variety is mandatory. If not existing, the step sequence is a Level 1		
<b>- Complexity</b>	Must include <u>at least 5</u> different types of turns <u>and 3</u> different types of steps <u>all executed at least once</u> in both directions. "Both directions" refers to rotational direction. Skating forward and skating backward is not a change of direction.	Mandatory for Level 4		

Category: **Singles**  
 Subject: **Step Sequence**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><u>Rotations in either direction</u></b>	<p>“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>		yes	
<b><u>Quick change of rotational direction executed by turns and steps following each other</u></b>	Steps and turns need complexity performed in quick changes of rotational directions immediately following each other		yes	
<b><u>Minimum requirements for a pattern</u></b>	<u>In the Short Program a Step Sequence will only receive a Level if at least 50% of the sequence pattern is performed.</u>			if less, no Level
<b><u>Balance</u></b>	Turns and steps must be balanced in their distribution throughout the sequence		if not, Level 1	
<b><u>Modest upper body</u></b>	The upper body refers to arms, head and torso. Modest means the visible use of two of the three parts of the upper body.	Modest upper body refers to the use of <b>two of three</b> of the following parts: head, arms, main body core (torso)	yes	
<b><u>Jump with more than half a revolution</u></b>	Skater performs a jump with more than half a revolution	If the performed jump is a listed jump, call the element; if the jump is a not-listed jump, ignore the jump. (Short Program and Free Skating)		

Category: **Singles**  
Subject: **Step Sequence**

<b>Mistakes / Failures</b>			
<b>Subject</b>	<b>Performance</b>	<b>Comments</b>	<b>Level</b>
<b>No variety</b>	Skater does not perform a variety in steps and turns throughout the sequence	Variety is mandatory for any higher Level	Level 1
<b>No balance</b>	Turns and steps are not balanced throughout the sequence	Balance is mandatory for any higher Level	Level 1

Category: **Singles**  
Subject: **Spiral Sequence**

## RULES

<b>Short Program:</b>	Consists primarily of spirals, Pattern of the Spiral Sequence can be any combination of curves (on edges - spiral positions on a straight line are ignored and not counted in the number of positions). <u>Only the first 3 attempted positions are to be considered for Level features.</u> The minimum hold to be counted as a spiral position is three (3) seconds. For a possible higher level at least one of the spiral positions should be maintained without any assistance of the hand or arm. There must be at least one change of foot. <u>Change of foot and unsupported spiral position must also be among the first 3 positions.</u> Pushes in order to gain speed are permitted. Connecting steps (including spread eagles and two footed movements with one leg extended and the other bend, or "Ina Bauer"), turns, small jumps are permitted at any point in the sequence. Except during such pushes, steps, turns and small jumps, the competitor must be primarily in a spiral position, that is with the free leg higher than the hip level and variations of the position are permitted, including holding the knee or skate blade and the position of the free leg is otherwise free.
<b>Free Skating:</b>	Consists primarily of spirals, Pattern of the Spiral Sequence can be any combination of curves (on edges - spiral positions on a straight line are ignored and not counted in the number of positions). <u>Only the first 3 attempted positions are to be considered for Level features.</u> The minimum hold to be counted as a spiral position is three (3) seconds. For a possible higher level at least one of the spiral positions should be maintained without any assistance of the hand or arm. There must be at least two (2) spiral positions. Pushes in order to gain speed are permitted. Connecting steps (including spread eagles and two footed movements with one leg extended and the other bend, or "Ina Bauer"), turns, small jumps are permitted at any point in the sequence. Except during such pushes, steps, turns and small jumps, the competitor must be primarily in a spiral position, that is with the free leg higher than the hip level. Any variations of the position are permitted, including holding the knee or skate blade and the position of the free leg is otherwise free.

Category: **Singles**  
 Subject: **Spiral Sequence**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><i>Pattern</i></b>	Pattern of the Spiral Sequence can be any combination of curves (on edges - spiral positions on a straight line are ignored and not counted in the number of positions).			
<b><i>Definition</i></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><i>Free leg</i></b>	Free leg means <u>knee and foot higher than the hip level</u>			
<b><i>Change of Direction</i></b>	The skating direction in a spiral sequence means forward and backward.			
<b><i>Change of foot</i></b>	<u>In Short Program</u> if there is no change of foot at all, the Sequence will have no Level and no value. <u>If there is a change of foot but any spiral position before or after the change is shorter than 3 sec. the sequence can receive Level 1 (but not higher)</u>	In Short Program only		

Category: **Singles**  
 Subject: **Spiral Sequence**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b>Change of edge</b>	A spiral position must be maintained at least 3 sec. before the change of edge and kept at least 3 sec. after the change of edge. To achieve a Feature "Change of edge in a Spiral" the skater does not need to stay full 3 seconds before and after the change without any movement, there should be no movement during the actual change of edge and no change of the basic position for 3 seconds before and after the change of edge. However for one more feature, e.g. a difficult variation, 3 sec. length of this variation is compulsory.	If the <b>3 sec.</b> hold after the change of edge is not fulfilled, the change of edge will not count as a feature. If there is no spiral position <b>3 sec. long</b> before the change of edge, the change will not count as a feature	yes	
<b>Change of edge and free leg position</b>	Change of edge and of free leg position should not be at the same time in order to be counted as Level Features.			
<b>Change of direction and change of edge</b>	A change of direction of <b>skating</b> and a change of edge must be done separately.			
<b>Change of position and Biellmann position</b>	A change regular Spiral (free leg back) into a Biellmann or vice versa is not a change of position, according to definition position stays the same (same direction of skating, same edge, same position of the free leg – backwards)			

Category: **Singles**  
 Subject: **Spiral Sequence**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b>Unsupported change of position or direction</b>	The first position needs to be maintained for at least 3 sec.. The unsupported change of position or direction needs to be made with no time limit and the position after the change must again be maintained for a min. of 3 sec.	If the time before and after the change is not fulfilled, no feature will be given for the unsupported change of position or direction.	yes	
<b>Unsupported</b>	Unsupported means, no help with a “kick”, a bend of a knee, a movement of the body etc. Unsupported means to perform a change of edge or direction only with the weight of the body or with the muscles. <u>Unsupported spiral position with the free leg sideways or forward is considered a Level feature only when it is a difficult variation of position (the skater twists or seriously moves the body core).</u>		yes	
<b>No unsupported position</b>	If there is no unsupported position(s) 3 seconds long, the Level cannot be higher than Level 1	Short Program and Free Skating		
<b>Duration of position</b>	All positions or features in a Spiral Sequence must be performed for a minimum of 3 seconds to achieve the appropriate feature.	If this minimum hold is not fulfilled, the position will not count for level features <u>but it counts in the number of positions attempts.</u>		
<b>“Biellmann” position</b>	The skaters free leg is pulled from behind to a position higher than and towards the top of the head, close to the skating axis of the skater		yes	
<b>Split position</b>	A split position can be performed either sideways or forwards or backwards; one arm hold is possible. The split position must be at least 170°;	A split position counts only once for a feature, even if performed in two or more positions.	yes	

Category: **Singles**  
 Subject: **Spiral Sequence**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><i>Simple Variation (of position)</i></b>	A spiral position with limited leg and arm movement, e.g. bending of free leg, bending of skating leg, changes arm position, turning of head (all of these not affecting the main body core position and independent from skating edge or direction). A simple variation does not increase the level.			
<b><i>Difficult Variation (of position)</i></b>	These are variations that affect the main body core position and balance, e.g. twisting the upper body, bending or pulling the upper body towards the skating leg, obtaining the Biellmann position. Only these variations can increase the level.		Yes	

Category: **Singles**  
 Subject: **Spiral Sequence**

Mistakes / Failures			
Subject	Performance	Comments	Level
<b>Short Program</b>			
<b>No Spiral position is held for 3 (three) seconds</b>	A spiral sequence in which all executed spiral positions are held with less than 3 sec.	Not according to requirements	no Level
<b><u>Not all three Spiral position is held for 3 (three) seconds</u></b>	<u>In Short Program a spiral sequence in which not all the executed spiral positions are held for at least 3 sec. can receive Level 1 (but not higher)</u>	<u>Short Program only</u>	Level 1
<b>Less positions</b>	A spiral sequence in which less than three positions (with at least 3 sec. hold) are executed.	Not according to requirements, but there is at least a part of the sequence performed	Level 1
<b>No change of foot</b>	No change of foot <b>at all</b>		no Level
<b>Change of foot: Spiral position maintained for less than 3 seconds after or before the change</b>	<u>If there is a change of foot but any spiral position before or after the change is shorter than 3 sec. the sequence can receive Level 1 (but not higher)</u>	<u>Short Program only</u>	Level 1
<b>Free leg height</b>	Any part of the free leg lower than hip level on a spiral position		this position does not count
<b>Change of edge</b>	No clear edge after the change of edge	If the skater does not clearly change from one edge to the other and obtains only a flat then no credit will be given for the change of edge feature.	no feature for the change of edge

Category: **Singles**  
 Subject: **Spiral Sequence**

Mistakes / Failures			
Subject	Performance	Comments	Level
<b><i>Split position</i></b>	Free leg not in split position (min. 170°)		no feature for this point
<b><i>Supported spiral position definition</i></b>	Hand or any part of the arm supporting the free leg position		
<b><i>Unsupported spiral position definition</i></b>	Free leg being held in position only by strength of free leg		
<b><i>No unsupported spiral position of 3 seconds</i></b>	A Spiral Sequence which has no unsupported position (3 sec.) will be called as Level 1.		Level 1
<b><i>Supported change of edge definition</i></b>	Using any movement of any part of the body to assist the change of edge		Not counted as a Level Feature
<b><i>Unsupported change of edge definition</i></b>	Shifting the weight of the body just enough to change the edge		
<b><i>Free Skating</i></b>			
<b><i>Less holds</i></b>	A spiral sequence in which all executed spiral positions are held with less than 3 sec.	Not according to requirements	no Level
<b><i>Less positions</i></b>	Only one position with at least 3 sec. hold is performed		Level 1
<b><i>Free leg height</i></b>	Any part of the free leg lower than the hip level		no credit for this position

Category: **Singles**  
 Subject: **Spiral Sequence**

Mistakes / Failures			
Subject	Performance	Comments	Level
<b><i>Change of edge</i></b>	No clear edge after the change of edge	If the skater does not clearly change from one edge to the other and obtains only a flat then no credit will be given for the change of edge feature.	no feature for the change of edge
<b><i>Supported / unsupported</i></b>	Support in change of direction or position with free leg sideway or forward	Action by the skater such as bending the skating knee or moving any other part of the body in order to help with the change.	no feature for "unsupported change of free leg position or direction of skating" given
<b><i>No unsupported spiral position of 3 seconds</i></b>	A Spiral Sequence which has no unsupported position (3 sec.) will be called as Level 1.		Level 1
<b><i>Split position</i></b>	free leg not in split position (min. 170°)		no feature for the split position

## RULES

### Short Program

Except flying spins, spins cannot be commenced with a jump. The concluding upright position at the end of the spin (final wind-up) is not considered to be another position if does not exceed 3 revolutions and the revolutions executed in it are not to be counted in the required number of revolutions. Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted.

The spin 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, however a spin with less than three rotations is considered as a skating movement and not a spin. In the spin combination the change of foot is required

The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. 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.

### Free Skating

#### *Number of spins required*

#### Senior Well Balanced Program

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

- maximum of 4 spins, one of which must be a spin-combination, one a flying spin and one a spin with only one position;

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

- maximum of 4 spins, one of which must be a spin-combination, one a flying spin and one a spin with only one position;

All Spins must be of a different character (must have different abbreviations).

#### Junior Well Balanced Program

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

- maximum of 3 spins, one of which must be a spin-combination, one a flying spin and one a spin with only one position;

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

- maximum of 3 spins, one of which must be a spin-combination, one a flying spin and one a spin with only one position;

All Spins must be of a different character (must have different abbreviations).

Category: **Singles**  
Subject: **Spin General**

## RULES

<b><u>Positions:</u></b>	There are 3 basic positions: camel, sit and upright positions. Intermediate positions see below.
<b><u>Basic Positions:</u></b>	<b><u>Camel:</u></b> free leg backwards with the knee higher than the hip level, however Layback and Biemann are still considered as upright spins. <b><u>Sit:</u></b> buttocks not higher than the knee of the skating leg. (This should be understood as the “bottom of the buttocks” not higher than the “top of the skating knee”). <b><u>Upright:</u></b> any position with extended skating leg which is not a camel position, (a slight bend of the knee is allowed).
<b><u>Intermediate positions:</u></b>	All the other positions not fulfilling the requirements of any basic positions
<b><u>Spin Combination:</u></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.
<b><u>Spin in one position and Flying Spin:</u></b>	Intermediate positions are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features
<b><u>Spin with one basic position and one intermediate position:</u></b>	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 that are quite far from each other, it's a combination.
<b><u>Spinning on both edges:</u></b>	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). A change of edge within an intermediate spinning position does not count for a feature.
<b><u>Flying Spin:</u></b>	In case of an obvious “step over” (instead of a jump) Level can not be more than 1; 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.

Category: **Singles**  
Subject: **Spin General**

## RULES

<b><u>Flying Entrance:</u></b>	<u>In case the regular Flying Camel or an obvious “step over” (instead of a jump) is performed, this entrance cannot be considered as a Level feature.</u>
<b><u>Spinning in both directions:</u></b>	<u>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.</u> <u>A minimum of 3 revolutions in each direction is required.</u> <u>A Spin executed in both directions (clockwise and counter clockwise) as above is considered as one Spin.</u>
<b><u>Spinning centre</u></b>	<u>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), the second part of the spin (after the change of foot) will be ignored and the Spin will receive no Level (Short Program).</u>
<b>Free Skating</b>	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, however a spin with less than three 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 spin combination the change of foot is optional and the number of different positions is free. The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. If the skater falls when entering a spin, a simple 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.
<b><u>Lacking of type of spin (Free Skating)</u></b>	<u>If there is a type of spin not performed, e.g. flying spin, or spin with only one position, the last performed spin in the order of skated will be deleted.</u>
<b><u>Two or more spins of the same character (same abbreviation) (Free Skating)</u></b>	<u>Any Spin with the same abbreviation as one executed before will be deleted by computer (but will occupy a spinning box).</u>

Category: **Singles**  
Subject: **Spin General**

## RULES

<b><u>Change of 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 <b>the skater</b> remains spinning on the same foot is not considered a spin with change of foot spin.
<b><u>Spin no change of position</u></b>	A “spin with no change of position”, in which another 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 <u>concluding upright position at the end of the spin (final wind-up) is not considered to be another position if it does not exceed three (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions.</u>
<b><u>Spin with change of foot</u></b>	<u>A second change of foot in a spin with change of foot does not count as a feature for a higher level.</u>
<b><u>Change of positions</u></b>	<u>During a change of position a difficult variation of position can be executed.</u>
<b><u>Spin Combination</u></b>	<u>A spin combination executed with less than 2 revolutions in all executed positions is considered as a spin combination not according to the requirements, receives no Level and therefore no value. A spin combination executed with only 1 position with more than 2 revolutions (according to requirements) and in all other positions less than 2 revolutions (not according to the requirements) receives Level 1.</u>
<b><u>Spinning centre</u></b>	<u>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), two spins will be called and will occupy two spinning boxes.</u>

Category: **Singles**

Subject: **Spin in one position without change of foot**

## RULES

### Short Program

#### 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. 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 or sideways).

### Free Skating

The spins must have a required minimum number of 6 revolutions, the lack of which must be reflected by Judges in their marking, however a spin with less than three 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. The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. If the skater falls when entering a spin, a simple 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.

Category: **Singles**

Subject: **Spin in one position without change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><i>Intermediate positions</i></b>	Intermediate positions are allowed, counted in the total number of revolutions required by the Rules, but cannot be considered as difficult variations in accordance with the definition of such positions.			no
<b><i>No basic position attend</i></b>	If all the positions are intermediate (no basic position with at least 2 rev.), the Spin will have no Level.	No Level		
<b><i>Biellmann position</i></b>	Biellmann position is a difficult variation of an <b>upright spin</b> when the skaters 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.		yes	
<b><i>Backward entry</i></b>	A backward entry includes (but not limited to) a forward-inside three turn, in a spin. <u>In order to be counted as a Level feature backward entrance requires at least 2 rev. on a backward outside edge</u>	Backward entry refers to: Skaters who spin counter clockwise would enter and begin spinning on the right foot. Skaters who spin clockwise would enter and begin spinning on the left foot.	yes	
<b><i>Camel position</i></b>	First, the skater performs the camel position, then grip of the free leg staying with the upper body flat and the free leg is higher than the hip (no Biellmann position).	It is considered a difficult position	yes	
<b><i>Windmill</i></b>	Wind mill (illusion) is not considered a difficult variation and will not receive a feature.			no
<b><i>Toe Arabian</i></b>	During the spin a skater performs a "Toe Arabian" (like a Butterfly) and continues to spin on the same foot.	It is a difficult variation and will receive a feature	yes	

Category: **Singles**

Subject: **Spin in one position without change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><u>Spinning on both edges</u></b>	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 <u>basic</u> position (sit, camel, upright). A change of edge in an intermediate position does not count for a feature.	The blade must be moving backward or forward on an inside or outside edge and not on the flat.	yes	
<b><u>Increase of speed</u></b>	For camel, sit and layback positions, once the position has been established, a clear increasing of speed will be considered a difficult variation		yes	
<b><u>Crossfoot Spin</u></b>	A Crossfoot Spin is to be considered a difficult variation for an Upright Spin and will receive one feature.	A Crossfoot Spin must be executed on both feet with the weight equally divided on both feet. If this position is not correctly executed, no feature for a difficult variation can be granted.	yes	

Category: **Singles**

Subject: **Spin in one position without change of foot**

Mistakes / Failures			
Subject	Performance	Comments	Level
<b><i>Less than 2 revolutions in a basic position</i></b>	The spin performed does not have at least 2 revolutions in a basic position; all the other revolutions are performed in an intermediate position	If there are not enough revolutions in a basic position, the spin will receive no Level	no Level
<b><i>Wind-up revolutions in camel and sit spin</i></b>	The wind-up revolutions exceed the maximum number of three (3).	The spin will be called as a "Spin Combination". The wind-up becomes an upright position.	
<b><i>Flying entry</i></b>	A flying entry in a camel or sit spin would make the spin a "Flying Camel Spin" or a "Flying Sit Spin", but still possible as an upright spin with a flying entry.		
<b><i>Layback spin</i></b>	In <b>Short Program</b> attaining the Biellmann position too early (before the completion of 8 revolution of the layback position)	The Biellmann position will not count as a feature.	
	Less than 3 revolution in one position	The position does not count as a feature	
	<b>Short Program:</b> Skater executes less than two revolutions in a layback position then goes into a Biellmann and does more than two	The basic layback position did not have the required two revolutions and therefore does not count. The required 8 revolutions in the layback prior to the Biellmann have not been achieved and therefore there is no value.	no Level

Category: **Singles**  
Subject: **Spin in one position with change of foot**

## RULES

### Short Program:

Men - spin with only one change of foot:

Senior: The competitor is free to choose either the camel position or the sit position 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.

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.

### Free Skating:

The spins must have a required minimum number of revolutions: six (6), the lack of which must be reflected by Judges in their marking, however a spin with less than three rotations is considered as a skating movement and not a spin.

This minimum number of required revolutions must be counted from the entry of the spin until its exit.

In order to be counted, a change of foot must be executed with a minimum of 3 rev. on each foot.

The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. If the skater falls when entering a spin, a simple 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.

Category: **Singles**

Subject: **Spin in one position with change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><u>Intermediate positions</u></b>	Intermediate positions are allowed, counted in the total number of revolutions required by the Rules, but cannot be considered as difficult variations in accordance with the definition of such positions.			no
<b><u>Only one or no basic position attended</u></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 Level 1 (but not more) if this basic position was at least reached; the Spin will have no Level if the basic position on the other foot was never reached. <b>This only applies to the short program.</b>	If in the <b>free program</b> a spin in one position with change of foot has no basic position on one foot, the features from the other foot may still be applied.		no
<b><u>Biellmann position</u></b>	<u>Biellmann position is a difficult variation of an upright spin</u> when the skaters 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><u>Backward entry</u></b>	A backward entry includes (but not limited to) a forward-inside three turn, in a spin. <u>In order to be counted as a Level feature backward entrance requires at least 2 rev. on a backward outside edge</u>	Backward entry refers to: Skaters who spin counter clockwise would enter and begin spinning on the right foot. Skaters who spin clockwise would enter and begin spinning on the left foot.	yes	
<b><u>Camel position</u></b>	First, the skater performs the camel position, then grip of the free leg staying with the upper body flat and the free leg is higher than the hip (no Biellmann position).	It is considered a difficult position and is often named as a doughnut or ring spin.	yes	
<b><u>Windmill</u></b>	Wind mill (illusion) is not considered a difficult variation and will not receive a feature.			no

Category: **Singles**

Subject: **Spin in one position with change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><i>Toe Arabian</i></b>	During the spin a skater performs a "Toe Arabian" (like a Butterfly) and continues to spin on the same foot.	It is a difficult variation and will receive a feature	yes	
<b><i>Spinning on both edges</i></b>	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 <u>basic</u> position (sit, camel, upright). A change of edge in an intermediate position does not count for a feature. A change of edge will count separate for each foot.	The blade must be moving backward or forward on an inside or outside edge not on the flat.	yes	
<b><i>Crossfoot Spin</i></b>	A Crossfoot Spin is to be considered a difficult variation for an Upright Spin and will receive one feature.	A Crossfoot Spin must be executed on both feet with the weight equally divided on both feet. If this position is not correctly executed, no feature for a difficult variation can be granted.	yes	
<b><i>Both directions</i></b>	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.		yes	
<b><i>Flying entrance</i></b>	Deathdrop, butterfly or any variation of another flying entrance (except the regular flying camel) can be considered for Level feature. <u>In case of a regular Flying Camel or if an obvious "step over" (instead of a jump) is performed, this entrance cannot be considered as a Level feature.</u>		yes	

Category: **Singles**

Subject: **Spin in one position with change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<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>	<p>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.</p> <ul style="list-style-type: none"> <li>• Sit spin (broken leg) – changing the weight distribution by bending the leg to the side or behind the main body core;</li> <li>• Camel spin with the upper body turned upwards approx. 180% (upside down position);</li> <li>• Camel spin – body arched where head and free foot are almost touching (doughnut spin);</li> <li>• Upright spin – where from the hips to the skating foot it is straight and the upper body is bent down towards to ice;</li> <li>• Biellmann spin is considered a difficult variation of an upright spin – going from a camel spin to a Biellmann spin is considered as change of position. Going from an upright spin into a Biellmann spin is NOT a change of position likewise going from a layback spin to a Biellmann spin is NOT a change of position.</li> </ul> <p><u>Remark: Biellmann position counts as a feature that can increase the level only in one spin in the Short Program and in two spins in Free Skating. While doing that, the first spin(s) is (are) taken into account.</u></p>			

Category: **Singles**

Subject: **Spin in one position with change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
	<ul style="list-style-type: none"> <li>For camel, sit and layback positions once the position has been established a clear <b>increasing of the speed</b> will be considered a difficult variation (Rational: It is necessary to draw body parts (adjust position) toward the main body core in order to increase speed. This is more physically difficult and changes the balance point on the spinning blade).</li> </ul>			
<b><i>Second difficult variation</i></b>	The two (2) difficult variations to receive a higher Level must be done on different feet.	Depending on the execution of the difficult variations is the balance of the spin.		
<b><i>Change of foot</i></b>	A change of foot in spins means "spinning on each foot". A transition in either (air or ice) that use each foot but remains spinning on the same foot is not considered a spin with change of foot spin. <u>To be considered, a change of foot in a spin requires at least 3 revolutions before and after the change.</u>			
<b><i>Simple change of foot (can NOT increase the level)</i></b>	Does not require significant strength and skill, e.g. a step over, a small hop, a hop/jump from or into an upright position.			no
<b><i>Difficult change of foot (can increase the level)</i></b>	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.		yes	

Category: **Singles**

Subject: **Spin in one position with change of foot**

Mistakes / Failures			
Subject	Performance	Comments	Level
<b><i>Less than 2 revolutions in a basic position</i></b>	The spin performed does not have at least 2 revolutions in a basic position; all the other revolutions are performed in an intermediate position	If there are not enough revolutions in a basic position, the spin will receive no Level	no Level
<b><i>Less than 2 revolutions in a basic position on one foot</i></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 Level 1 (but not more) if this basic position was at least reached; the Spin will have no Level if the basic position on the other foot was never reached.		
<b><i>Wind-up revolutions in camel and sit spin</i></b>	The wind-up revolutions exceed the maximum number of three (3).	The spin will be called as a "Spin Combination". The wind-up becomes an upright position. The spin is a wrong element <b>(in Short Program only)</b>	no Level for short program
<b><i>Two changes of foot (Short Program)</i></b>	Skater changes the foot twice	The spin becomes a wrong element with no level and no value <b>(in Short Program only)</b>	no Level for Short Program
<b><i>Less revolutions</i></b>	Skater performs less than 2 revolution in a position or variation of it	The position or variation does not count	
<b><i>Spinning centres far apart when changing</i></b>	The spinning centre when changing the foot are too far apart	Two spins are called. The second spin will <b>Short Program:</b> be disregarded, no level <b>Free Skating:</b> both spins are counting and blocking two boxes.	e.g. A clear exit out of one spin and an entrance to the next spin with the spinning centres apart from each other

Category: **Singles**

Subject: **Spin in one position with change of foot**

Mistakes / Failures			
Subject	Performance	Comments	Level
<b>High sit position</b>	Sitting position is much higher than required for a sit spin	The higher position will be considered as an intermediate position. The revolution in this position is counted in total number of revolutions, but the position is not valid for Level Features.	
<b>Fall after the change of foot <u>or less than three revolutions performed</u></b>	<b>Short Program:</b> <u>After the change of foot there is either a fall or less than three (3) revolutions performed</u>	<u>The spin in not according to the requirements and will receive no Level</u>	<u>No Level</u>
	<b>Free Skating:</b> <u>After the change of foot there is either a fall or less than three (3) revolutions performed</u>	<u>The element will be called a "spin in one position with no change of foot". The features for Levels of difficulty of the called spin will apply</u>	<u>Level according to element</u>

Category: **Singles**  
Subject: **Spin Combo without change of foot**

## RULES

### Free Skating:

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

The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. If the skater falls when entering a spin, a simple 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.

Category: **Singles**

Subject: **Spin Combo without change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><i>Intermediate positions</i></b>	<u>Intermediate positions are allowed, counted in the total number of revolutions required by the Rules. Difficult variations in accordance with the definition of such positions in an intermediate position can be considered for a feature.</u>			
<b><i>Biellmann position</i></b>	<u>Biellmann position is a difficult variation of an <b>upright spin</b> when the skaters 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.</u>			
<b><i>Backward entry</i></b>	A backward entry includes (but not limited to) a forward-inside three turn, in a spin. <u>In order to be counted as a Level feature backward entrance requires at least 2 rev. on a backward outside edge</u>	Backward entry refers to: Skaters who spin counter clockwise would enter and begin spinning on the right foot. Skaters who spin clockwise would enter and begin spinning on the left foot.	yes	
<b><i>Camel position</i></b>	First, the skater performs the camel position, then grip of the free leg staying with the upper body flat and the free leg is higher than the hip (no Biellmann position).	It is considered a difficult position	yes	
<b><i>Windmill</i></b>	Wind mill (illusion) move is not considered a difficult variation and will not receive a feature.			no
<b><i>Toe Arabian</i></b>	During the spin a skater performs a "Toe Arabian" (like a Butterfly) and continues to spin on the same foot.	It is a difficult variation and will receive a feature	yes	

Category: **Singles**

Subject: **Spin Combo without change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><i>Flying entrance</i></b>	Deathdrop, butterfly or any variation of another flying entrance (except the regular flying camel) can be considered for Level feature. <u>In case the regular Flying Camel or an obvious "step over" (instead of a jump) is performed, this entrance cannot be considered as a Level feature.</u>		yes	
<b><i>Spinning on both edges</i></b>	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 <u>basic</u> position (sit, camel, upright).	The blade must be moving backward or forward on an inside or outside edge not on the flat.	yes	
<b><i>Crossfoot Spin</i></b>	A Crossfoot Spin is to be considered a difficult variation for an Upright Spin and will receive one feature.	A Crossfoot Spin must be executed on both feet with the weight equally divided on both feet. If this position is not correctly executed, no feature for a difficult variation can be granted.	yes	
<b><i>Simple variation</i></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.			

Category: **Singles**

Subject: **Spin Combo without change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b>Difficult variation</b>	<p>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.</p> <ul style="list-style-type: none"> <li>• <b>Sit spin (broken leg)</b> – changing the weight distribution by bending the leg to the side or behind the main body core;</li> <li>• <b>Camel spin</b> with the upper body turned upwards approx. 180% (upside down position);</li> <li>• <b>Camel spin</b> – body arched where head and free foot are almost touching (doughnut spin);</li> <li>• <b>Upright spin</b> – where from the hips to the skating foot it is straight and the upper body is bent down towards to ice;</li> <li>• <b>Biellmann spin</b> is considered a difficult variation of an upright spin – going from a camel spin to a Biellmann spin is considered as change of position. Going from an upright spin into a Biellmann spin is NOT change of position likewise going from a layback spin to a Biellmann spin is NOT a change of position.</li> </ul> <p><u>Remark: Biellmann position count as a feature that can increase the level only in one spin in the Short Program and in two spins in Free Skating. While doing that, the first spin(s) is (are) taken into account.</u></p> <ul style="list-style-type: none"> <li>• <b>For camel</b>, sit and layback positions once the position has been established a clear <b>increasing of the speed</b> will be considered a difficult variation (Rational: It is necessary to draw body parts (adjust position) toward the main body core in order to increase speed. This is more physically difficult and changes the balance point on the spinning blade).</li> </ul>			

Category: **Singles**

Subject: **Spin Combo without change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><u>Total number of Difficult variations</u></b>	Difficult variations count as many times as the number executed in different positions one of which can be intermediate. However a skater can get not more than 3 Features this way (any two basic positions and any one intermediate position).			

Category: **Singles**

Subject: **Spin Combo without change of foot**

<b>Mistakes / Failures</b>			
<b>Subject</b>	<b>Performance</b>	<b>Comments</b>	<b>Level</b>
<b><i>Wind-up revolutions in camel and sit spin</i></b>	The wind-up revolutions exceed the maximum number of three (3).	The wind-up becomes an upright position.	
<b><i>Less revolutions in all positions</i></b>	Skater performs less than 2 revolution in all executed positions	No position will count	no Level
<b><i>Less revolution in variation</i></b>	Skater performs less than 2 revolution in a variation of a position	The variation does not count as a feature.	
<b><i>High sit position</i></b>	Sitting position is much higher than required for a sit spin	The higher position will be identified as an intermediate position. The revolutions in this position are counted in the total number of revolutions and are valid for Level Features.	
<b><i>Only 1 position</i></b>	A spin combination with only 1 position that has (2) or more revolutions (as to requirements) and in all other positions less than 2 revolutions (not to requirements).	Will receive Level 1	Level 1

Category: **Singles**  
Subject: **Spin Combo with change of foot**

## RULES

<b>Short Program</b>	<p>The spin combination must consist of only one change of foot and at least two (2) changes of position (sit, camel, upright or any variation thereof) with not less than six (6) revolutions on each foot. Any spin combination must include all three (3) basic positions or their variations. 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. During a change of position a difficult variation of position can be executed. The minimum number of revolutions required in each position is two (2). In case this requirement is not fulfilled, the position is not counted.</p> <p>A spin combination executed with less than 2 revolutions in all executed positions is considered as a “spin combination not according to the requirements”, receives no Level and therefore no value. 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> <p><u>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 an intermediate position).</u></p> <p><u>If there are not three (3) revolution before or after the change, the spin combination is not according to the requirements and no Level and value will be given.</u></p>
<b>Free Skating:</b>	<p>The spin combination must have a required minimum number of revolutions: ten (10), the lack of which must be reflected by Judges in their marking; however a spin with less than three 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 spin combination the change of foot is optional and the number of different positions is free.</p> <p>A second change of foot in a spin with a change of foot does not count as a feature for a higher level.</p> <p>During a change of position a difficult variation of position can be executed.</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 combination executed with less than 2 revolutions in all executed positions is considered as a “spin combination not according to the requirements”, receives no Level and therefore no value. 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> <p>If the skater falls when entering a spin, a simple 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.</p> <p><u>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), two spins will be called and will occupy two spinning boxes.</u></p> <p><u>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 an intermediate position).</u></p> <p><u>If there is no change of foot the element will be called a “spin in one position with no change of foot” or a “spin combination with no change of foot” The features for Levels of difficulty and the guidelines for marking the GOE of these spins will apply</u></p>

File name: 17 S\_Spin Combo with change of foot\_Rules.doc  
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Page 1 of 1

Category: **Singles**  
 Subject: **Spin Combo with change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><i>Intermediate positions</i></b>	<u>Intermediate positions are allowed, counted in the total number of revolutions required by the Rules. Difficult variations in accordance with the definition of such positions in an intermediate position can be considered for a feature.</u>			
<b><i>Biellmann position</i></b>	<u>Biellmann position is a difficult variation of an <b>upright spin</b> when the skaters 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.</u>			
<b><i>Backward entry</i></b>	A backward entry includes (but not limited to) a forward-inside three turn, in a spin. <u>In order to be counted as a Level feature backward entrance requires at least 2 rev. on a backward outside edge</u>	Backward entry refers to: Skaters who spin counter clockwise would enter and begin spinning on the right foot. Skaters who spin clockwise would enter and begin spinning on the left foot.	yes	
<b><i>Camel position</i></b>	First, the skater performs the camel position, then grip of the free leg staying with the upper body flat and the free leg is higher than the hip (no Biellmann position).	It is considered a difficult position	yes	
<b><i>Windmill</i></b>	Wind mill (illusion) move is not considered a difficult variation and will not receive a feature.			no
<b><i>Toe Arabian</i></b>	During the spin a skater performs a "Toe Arabian" (like a Butterfly) and continues to spin on the same foot.	It is a difficult variation and will receive a feature	yes	

Category: **Singles**  
 Subject: **Spin Combo with change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><i>Both directions</i></b>	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.		yes	
<b><u>Spinning on both edges</u></b>	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 <u>basic</u> position (sit, camel, upright). Spinning on both edges in an intermediate position will not count for a feature. If executed on both feet <u>and in different basic positions</u> , this feature can be counted twice.	The blade must be moving backward or forward on an inside or outside edge not on the flat.	yes  yes	
<b><i>Flying entrance</i></b>	Deathdrop, butterfly or any variation of another flying entrance (except the regular flying camel) can be considered for Level feature. <u>In case of a regular Flying Camel or if an obvious "step over" (instead of a jump) is performed, this entrance cannot be considered as a Level feature.</u>		yes	

Category: **Singles**  
 Subject: **Spin Combo with change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><i>Crossfoot Spin</i></b>	A Crossfoot Spin is to be considered a difficult variation for an Upright Spin and will receive one feature.	A Crossfoot Spin must be executed on both feet with the weight equally divided on both feet. If this position is not correctly executed, no feature for a difficult variation can be granted.	yes	
<b><i>Simple variation</i></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><i>Difficult variation</i></b>	<p>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.</p> <ul style="list-style-type: none"> <li>• Sit spin (broken leg) – changing the weight distribution by bending the leg to the side or behind the main body core;</li> <li>• Camel spin with the upper body turned upwards approx. 180% (upside down position);</li> <li>• Camel spin – body arched where head and free foot are almost touching (doughnut spin);</li> <li>• Upright spin – where from the hips to the skating foot it is straight and the upper body is bent down towards to ice;</li> </ul>			

Category: **Singles**  
 Subject: **Spin Combo with change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
	<ul style="list-style-type: none"> <li>• Biellmann spin is considered a difficult variation of an upright spin – going from a camel spin to a Biellmann spin is considered as change of position. Going from an upright spin into a Biellmann spin is NOT change of position likewise going from a layback spin to a Biellmann spin is NOT a change of position.  <u>Remark: Biellmann position counts as a feature that can increase the level only in one spin in the Short Program and in two spins in Free Skating. While doing that, the first spin(s) is (are) taken into account.</u></li> <li>• For camel, sit and layback positions once the position has been established a clear <b>increasing of the speed</b> will be considered a difficult variation (Rational: It is necessary to draw body parts (adjust position) toward the main body core in order to increase speed. This is more physically difficult and changes the balance point on the spinning blade).</li> </ul>			
<b>Second difficult variation</b>	Second difficult variation counts if the two variations are on different feet and in different positions – at least one of them in any basic position. The other variation in this case can be in any position (basic or intermediate) different from the first one.			
<b>Change of foot</b>	A change of foot in spins means “spinning on each foot”. A transition in either (air or ice) that use each foot but remains spinning on the same foot is nor considered a spin with change of foot spin. <u>To be considered, a change of foot in a spin requires at least 3 revolutions before and after the change.</u>			

Category: **Singles**

Subject: **Spin Combo with change of foot**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><i>Simple change of foot (can NOT increase the level)</i></b>	Does not require significant strength and skill, e.g. a step over, a small hop, a hop/jump from or into an upright position.			no
<b><i>Difficult change of foot (can increase the level)</i></b>	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.		yes	
<b><i>More than one change of foot</i></b>	Becomes a wrong element in <b>Short Program</b> . Does not increase the level in <b>Free Skating</b> .			no
<b><i>Variation during change of position</i></b>	During a change of positions a difficult variation of position can be executed.			
<b><i>All features only executed on one foot</i></b>	The features required to obtain the levels for the combination spin do not prohibit a skater from achieving level 4 features all executed on one foot, as long as there is a change of foot followed by at least 3 revolutions in any position including an intermediate position.			

Category: **Singles**  
 Subject: **Spin Combo with change of foot**

Mistakes / Failures			
Subject	Performance	Comments	Level
<b><i>Wind-up revolutions in camel and sit spin</i></b>	The wind-up revolutions exceed the maximum number of three (3).	The wind-up becomes an upright position.	
<b><i>Less revolutions in positions</i></b>	Skater performs less than 2 revolution in all executed positions		no Level
<b><i>Less revolution in variation</i></b>	Skater performs less than 2 revolution in a variation of a position	The variation does not count as a feature.	
<b><i>High sit position</i></b>	Sitting position is much higher than required for a sit spin	The higher position will be identified as an intermediate position. The revolution in this position is counted in the total number of revolutions and are valid for Level features.	
<b><i>Only 1 position</i></b>	A spin combination executed only with one (1) position with two or more revolutions (according to requirements) and in all other positions less than 2 revolutions (not according to requirements).	Will receive Level 1	Level 1
<b><i>Less than 3 basic positions (Short Program)</i></b>	Skaters perform less than the required 3 basic positions (upright, sit, camel).	Combo spin will be reduced to Level 1	Level 1
<b><i>Not 3 revolutions after the change of foot (SP)</i></b>	Skater does not have three (3) revolutions before and/or after the change of foot.	If there is no spin position before and/or after the change of foot with at least three (3) revolutions, the spin combination is not according to the requirements and no value will be given.	no Level

Category: **Singles**  
 Subject: **Spin Combo with change of foot**

Mistakes / Failures			
Subject	Performance	Comments	Level
<b><u>Only one or no basic position attended</u></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 Level 1 (but not higher) if this basic position was at least reached; The Spin will have no Level if the basic position on the other foot was never reached. <b>This only applies to the short program.</b>	If in the <b>free program</b> a spin combination with change of foot has no basic position on one foot, the features from the other foot may still be applied.	
<b><u>Fall after the change of foot or less than 3 revolutions performed</u></b>	Skater falls immediately following the change of foot and/or is unable to complete three (3) revolutions in any position.	Short Program The element is not according to the requirements and no Level will be given.	No Level
		Free Skating The element will be called a "spin in one position with no change of foot" or a "spin combination with no change of foot". The features for Levels of difficulty of the called spin will apply.	Level according to element
<b><u>Spinning centres are apart</u></b>	When skater changes foot the spinning centres are far apart, means e.g. a clear exit out of one spin and an entrance to the next spin with the spinning centre apart of each other.	In the <i>Short Program</i> : two spins are to be recognized. The second spin will be disregarded; the first part (before the change of foot) is not according to the requirements, therefore no Level. <i>In Free Skating</i> : both spins will be called as separate spins, blocking two boxes and evaluated according to what it was (spin combination no change of foot or spin in one position, no change of foot etc.). The Levels will be granted according to the identified spin(s).	

Category: **Singles**  
Subject: **Flying Spin (no change of foot, no change of position)**

## RULES

### Short Program

**Senior:** Any type of flying spin is permitted. 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.

### Free Skating:

In a well balanced Free Skating program for Ladies/Men Senior/Junior one of the performed spin must have a flying entrance.

If no one of the performed spins have a flying entrance, the forth spin executed in Senior (the third in Junior) will be automatically deleted by the computer.

Category: **Singles**

Subject: **Flying Spin (no change of foot, no change of position)**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b><u>Intermediate positions</u></b>	Intermediate positions are allowed, counted in the total number of revolutions required by the Rules, but cannot be considered as difficult variations in accordance with the definition of such positions.			no
<b><i>Biellmann position</i></b>	<u>Biellmann position is a difficult variation of an upright spin when the skaters 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.</u>	By definition a Flying Spin is a Spin in one position with a flying entrance and no change of foot. With Biellmann this can be FUSp only.		
<b><i>Camel position</i></b>	<u>First, the skater performs the camel position, then grip of the free leg staying with the upper body flat and the free leg is higher than the hip (no Biellmann position).</u>	It is considered a difficult position	yes	
<b><i>Windmill</i></b>	Wind mill (illusion) move during spin is not considered a difficult variation and will not receive a feature.			no
<b><i>Toe Arabian</i></b>	During the spin a skater performs a "Toe Arabian" (like a Butterfly) and continues to spin on the same foot.	It is a difficult variation and will receive a feature	yes	
<b><u>Spinning on both edges</u></b>	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 <u>basic position (sit, camel, upright).</u>	The blade must be moving backward or forward on an inside or outside edge and not on the flat.	yes	
<b><i>Flying entry</i></b>	Flying entry is part of the character of the spin and is considered an additional feature <b>except in the case of a flying camel.</b> <u>If an obvious "step over" (instead of a jump) is performed, this entrance cannot be considered as a Level feature and the final Level cannot be more than Level 1.</u>			no

File name: 21 S\_Spin flying\_Clarifications.doc  
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Page 1 of 3

**S Flying Spin (no change of foot, no change of position) - Clarifications**

Category: **Singles**

Subject: **Flying Spin (no change of foot, no change of position)**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<u><b>Flying Camel Spin</b></u>	<u>A Butterfly entrance into a Flying Camel Spin is to be considered a difficult entry and will receive one feature.</u>		yes	
<u><b>Flying Sit Spin</b></u>	<u>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.</u>		yes	
<b>Difficult variation</b>	<p>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.</p> <ul style="list-style-type: none"> <li>• Sit spin (broken leg) – changing the weight distribution by bending the leg to the side or behind the main body core;</li> <li>• Camel spin with the upper body turned upwards approx. 180% (upside down position);</li> <li>• Camel spin – body arched where head and free foot are almost touching (doughnut spin);</li> <li>• Upright spin – where from the hips to the skating foot it is straight and the upper body is bent down towards to ice;</li> <li>• Biellmann spin is considered a difficult variation of an upright spin – going from a camel spin to a Biellmann spin is considered as change of position. Going from an upright spin into a Biellmann spin is NOT change of position likewise going from a layback spin to a Biellmann spin is NOT a change of position.</li> </ul> <p><u>Remark: Biellmann position counts as a feature that can increase the level only in one spin in the Short Program and in two spins in Free Skating. While doing that, the first spin(s) is (are) taken into account.</u></p>			

Category: **Singles**

Subject: **Flying Spin (no change of foot, no change of position)**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
	<ul style="list-style-type: none"><li>For camel, sit and layback positions once the position has been established a clear <b>increasing of the speed</b> will be considered a difficult variation (Rational: It is necessary to draw body parts (adjust position) toward the main body core in order to increase speed. This is more physically difficult and changes the balance point on the spinning blade).</li></ul>			

Category: **Singles**

Subject: **Flying Spin (no change of foot, no change of position)**

Mistakes / Failures			
Subject	Performance	Comments	Level
<b><i>Less than 2 revolutions in a basic position</i></b>	The spin performed do not have at least 2 revolutions in a basic position; all the other revolutions are performed in an intermediate position	If there are not enough revolutions in a basic position, the spin will receive no Level	no Level
<b><i>Wind-up revolutions in camel and sit spin</i></b>	The wind-up revolutions exceed the maximum number of three (3).	The spin will be called as a "Spin Combination" with a flying entrance. The wind-up becomes an upright position.	Wrong element in Short Program <b>and</b> depending on previous elements performed <b>in Free Skating</b>
<b><i>Position not attained in the air</i></b>	Skater does not attain the position in the air	Spin does not meet the requirements	Level 1
<b><i>Less revolutions</i></b>	Skater does not perform the required minimum of 3 revolutions	Spin does not meet the requirements	no Level
<b><i>Change position</i></b>	Skater changes position	Spin becomes a "spin combination with flying entrance" which might be a wrong element	Wrong element in Short Program, <b>and</b> depending on previous elements performed <b>in Free Skating</b>
<b><i>No jump as entry</i></b>	Skater hardly leaving the ice (just a hop)	The Technical panel will decide, if it is a flying character of the entry, means a jump. If not – no feature.	

Category: **Singles**  
Subject: **Jumps**

## RULES

<b>Short Program</b>	For Senior Men any triple or quadruple jump is permitted, however when a quadruple jump is executed in c) (jump combination) a quadruple jump cannot be included again as a solo jump. When the triple Axel Paulsen is executed in a) it cannot be repeated again as a solo jump or in the jump combinations. 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).
<b>Free Skating:</b>	<b>Individual Jumps</b> 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. <u>A Double Axel can not be included more than three times in total in a Single's Free Program (as a Solo Jump or a part of Combination/Sequence).</u> 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 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 blocks a jumping box if still available. No triple or quadruple jump can be attempted more than twice.

Category: **Singles**  
 Subject: **Jumps**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b>Short Program / Free Skating</b>				
<b>Calling under rotated jumps</b>	The Technical panel must call the attempted jump even if it is clear that it is under rotated and will be downgraded.	In accordance with the "repetition rule".		
<b>The ¼ mark landing</b>	The quarter mark of landing is the border line to identify a cheated jump. There need to be more than ¼ revolution missing.	The Technical Specialist will identify any jump that is cheated by more than one quarter turn on the landing as the jump of the lower value. For example, a triple Lutz that rotates 2.5 turns by the foot placement and 2.75 turns of the upper body will be called as a triple attempt then downgraded 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.		
<b>Cheated take off</b>	A clear forward take-off other than Axel type jump will be considered as a cheated jump	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) .		
<b>Spin exited immediately into a jump</b>	If a skater performs a spin, immediate followed by a jump, the two elements must be called separately. Credit will be given to the difficult jump take-off (GOE).			

Category: **Singles**  
 Subject: **Jumps**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b>Repetition of a jump in Short Program</b>	<p>A repeated jump of the same name with the same number of revolutions in the <b>Short Program</b> (Junior or Senior), executed as a solo jump, will be deleted, no value given, no GOE, but will occupy a jumping box.</p> <p>A repeated jump of the same name but different number of revolutions in the <b>Short Program</b> (Junior or Senior), executed as a solo jump, will receive credit.</p>	<p>Example: 2Lz in combination and 2Lz as solo jump. Jump or Jump combination, whichever is executed last, receives no value.</p> <p>Example: 2Lz solo jump and 3Lz combination is o.k.</p>		
<b>Popped listed jumps</b>	<p>A popped listed jump with less than 3/4 revolution is not considered a completed single jump and a value of "0" will be given. 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".</p>			
<b>Not listed jumps</b>	<p>Jumps that are not listed in the SOV (e.g. Walley's, Split Jump, Half Loop 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 Transition. A Toe-Valley, however, will be called and count as a Toe-loop.</p>			
<b>Axel type jumps</b>	<p>An Axel type jump taking off from the forward inside edge is a non-listed element and therefore does not receive any value.</p>	<p>Therefore does not receive any value and does not occupy an element box</p>		
<b>Landing on another foot</b>	<p>All jumps may be landed on either foot.</p>	<p>The call goes for the jump, independent of the landing foot; Judges will reflect this in the GOE if necessary.</p>		

Category: **Singles**  
 Subject: **Jumps**

Mistakes / Failures			
Subject	Performance	Comments	Level
<b><i>Taking off from wrong edge (Flip/Lutz)</i></b>	In obvious cases of starting from the wrong edge the Technical penal will indicate the error to the Judges.	The Judges must reduce their GOE accordingly.	
<b><i>Short Program</i></b>			
<b><i>Attempted Jump</i></b>	What is an attempt? In principle, a clear preparation for a take-off for an individual jump, stepping to the entry edge or placing the toe pick into the ice and leaving the ice without a turn or with less than ¾ revolution is considered an attempt of an individual jump, receives no value and blocks a box.	In some cases, which need to be decided by the Technical panel, 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>Element other than required</i></b>	Skater performs a different element than the required solo jump	The element will receive no value but will block that jumping box.	
<b><i>Free Skating</i></b>			
<b><i>Repetitions</i></b>	First repetition of a triple or quad jump of the same name and revolution without one of them being in a jump combination  Second/third repetition of a triple or quad solo jump of the same name and revolution as a solo jump or in a jump combination or sequence.	The last executed jump will be identified as a “ <u>sequence</u> ” and blocks a “Combo / Sequence box”.  Will receive no value but blocks a “jump box”	

Category: **Singles**  
Subject: **Jump Combination**

## RULES

<b>Short Program</b>	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 as the solo jump, a quadruple jump cannot be included again 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. 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). Each jump must be given credit according to its merit. In the case of jumps (including toe jumps) special attention must be paid to a clean spring starting from a true edge and to a clean landing.
<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. If the jumps are connected with a not listed jump (e.g. half-loop), the element is called as a jump sequence. In a jump combination the landing foot of the first jump is the take off foot of the second. The same would apply to the third jump.

Category: **Singles**  
 Subject: **Jump Combination**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b>Short Program</b>				
<b>Jump combination with 3 jumps</b>	The entire combination will be deleted but blocks a box.	<b>Short Program only</b>		
<b>Repetition of jump</b>	If a repeated jump in the Short Program (Junior or Senior), is executed in a jump combination, the jump combination in total will be deleted, no value given, no GOE.	<b>Short Program</b>		
<b>Free Skating</b>				
<b>Repetitions of jumps</b>	If a third repeated jump is executed in a combination, the entire combination will be treated as an additional element and therefore not considered (but blocks a combination box).	<b>Free Skating</b>		
<b>Second jump combination with 3 jumps</b>	The entire combination will be deleted, but blocks a box of the jump combination.	<b>Free Skating</b>		
<b>Repetition of solo jump</b>	The repetition of an already performed quad or triple jump of the same name not included into a combination or sequence, will be automatically added with a "sequence" and blocks a combination box.	<b>Free Skating</b>		

Category: **Singles**  
 Subject: **Jump Combination**

Mistakes / Failures			
Subject	Performance	Comments	Level
<b><i>Taking off from wrong edge (Flip/Lutz)</i></b>	In obvious cases of <u>(long wrong edge) of starting from the wrong edge the Technical penal will indicate the error to the Judges.</u>	<u>The Judges must reduce their GOE accordingly.</u>	
<b><i>Short Program</i></b>	Repetition of the required solo jump with the same number of revolution in the jump combination	The jump of the same name and revolution performed last will be deleted. If it is the combination, the complete combination will be deleted.	
<b><i>Fall after first jump (Short Program and Free Skating)</i></b>	If a skater falls/steps out of 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><u>“First Jump + Combo” in the Short Program</u></b> <b><u>“First Jump + Sequence” in Free Skating</u></b>		
<b><i>No second jump</i></b>	If there is no second jump in a jump combination, the Technical Specialists identifies the intended combination during or after the program. If there is <u>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</u>	<b>Short Program only</b>	
<b><i>Step out after first jump</i></b>	The jump combination becomes a jump sequence (if the definition of a sequence is fulfilled) or a solo jump.	<b>Free Skating</b>	

Category: **Singles**  
 Subject: **Jump Combination**

Mistakes / Failures			
Subject	Performance	Comments	Level
<i>Touch down with free foot (without weight transfer) and 2 three turns or no turns between jumps</i>	The element remains a jump combination.	<b>Short Program and Free Skating</b>	
<i>Touch down with free foot (with weight transfer) after the first jump and 2 three turns or no turns between the jumps</i>	The element will be called by the Technical Panel as follows: <b>“First Jump + Combo”</b> in the <b>Short Program</b> <b>“First Jump + Second Jump + Sequence”</b> in <b>Free Skating</b> (if the definition of a Jump Sequence is fulfilled) and <b>“First Jump + Sequence”</b> (in other cases).		
<i>First jump is a “non-listed” jump</i>	If the first jump of a two-jump combination fails to succeed and turns out into a “non listed jump”, but the second jump is a listed jump, the unit will still be considered as a jump-combination.	<b>Free Skating</b>	
<i>Second jump is a “non-listed” jump</i>	If the second jump of a two-jump combination fails to succeed and turns out into a “non listed jump”, but the first jump is a listed jump, the unit will still be considered as a jump-combination.	<b>Free Skating</b>	

Category: **Singles**  
Subject: **Jump Sequence**

## RULES

**Free Skating:**

A jump sequence may consist of a minimum of two (2) listed 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. 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.

Category: **Singles**  
 Subject: **Jump Sequence**

CLARIFICATIONS				
Subject	Solution	Comments	Feature	
			yes	no
<b>Reference to Rule</b>	A jump sequence may consist of any number of jumps of any number of revolutions that <u>may</u> be linked by non-listed jumps <u>and/or</u> hops immediately following each other while maintaining the jump rhythm (knee); there can be <u>no</u> turns/steps (not even as an entry into a jump) during the <u>sequence</u> ; there can be no crossovers or stroking during the sequence.	<u>From the moment this definition 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"</u>		
<b>Axel type jump</b>	An Axel type jump immediately after another listed jump without any connecting hop, mazurka or any other non-listed jump is not a jump sequence and is considered as a separate jump.			
<b>Sequence consisting by a listed jump and an unlisted jump</b>	Jump Seq. consisting of a listed jump and unlisted jump(s) is considered as a solo jump.	Example: Waltz-jump +2T SEQ is just 2T.		

Category: **Singles**  
 Subject: **Jump Sequence**

Mistakes / Failures			
Subject	Performance	Comments	Level
<b><i>Taking off from wrong edge (Flip/Lutz)</i></b>	In obvious cases of (long wrong edge) of starting from the wrong edge the Technical penal will indicate the error to the Judges.	The Judges must reduce their GOE accordingly.	
<b><i>Third repeated jump</i></b>	If a <b>third repeated jump</b> (triple or quad of the same name) is executed in a sequence, the entire sequence will be treated as an additional element and therefore not considered	<b>Free Skating</b> Takes a jumping box but receives no value	
<b><i>Half revolution or more on the ice</i></b>	In cases of <b>half a revolution (or more) on the ice</b> 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"	<b>Free Skating</b>	
<b><i>Fall after first jump</i></b>	If a skater falls/steps out of the first jump and immediately after that executes another jump, this continuation will be ignored by the Technical Panel. The element will be called "First Jump + Sequence"	<b>Free Skating</b>	
<b><i>Only one listed jump</i></b>	A jump sequence, consisting of <b>only one listed jump</b> together with other non-listed jumps is not considered a jump-sequence but will count as a solo jump.	<b>Free Skating</b>	