

LEVELS OF DIFFICULTY
Single Skating, Season 2006-2007

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

SISt CiSt SeSt	Step Sequences	<ol style="list-style-type: none"> 1. Variety (complexity for Level 4) of turns and steps throughout (compulsory) 2. 4 changes of skating or rotational direction 3. Modest (full for Level 4) use of upper body movement 4. Quick changes from steps to turns
SpSq	Spiral Sequences	<ol style="list-style-type: none"> 1. 3 spiral positions with change of foot (mandatory for SP), forward & backward, inside & outside (including backward inside) 2. 1 difficult variation of position 3. Unsupported Change of edge in a spiral (3 seconds hold before and after the change) 4. Unsupported change of free leg position or direction maintaining the spiral position (3 seconds hold before and after the change) 5. Unsupported position with the leg sideways or forward 6. Free leg in a total split position sideways or forward, one <u>or both arms</u> hold possible
USp SSp CSp LSp	Spin in one position without change of foot (upright including layback, camel or sit)	<ol style="list-style-type: none"> 1. 1 difficult variation 2. Second difficult variation different from the first one 3. Backward entrance 4. <u>On one edge and on the other edge</u> <p>Layback spin:</p> <ol style="list-style-type: none"> 1. 1 change of position backwards-sideways or reverse, at least 3 rev. in each position 2. Clear increasing of speed after establishing the basic position 3. Difficult variation of arm hold and/or body or free leg position 4. Biellmann position after layback spin (SP – after 8 revolutions in layback spin)
CUSp CSSp CCSp CLSp	Spin in one position with change of foot	<ol style="list-style-type: none"> 1. 1 difficult variation 2. Second difficult variation (counts only if these two variations are on different feet) 3. Difficult change of foot 3. Backward entrance or variation of flying entrance (not regular flying camel) 4. <u>On one edge and on the other edge</u> (on both feet counts twice) 5. Both directions immediately following each other
CoSp FCoSp	Spin Combo without change of foot	<ol style="list-style-type: none"> 1. 1 difficult variation (counts as many times as the number of executed difficult variations in different basic positions) 2. Backward entrance or variation of flying entrance (not regular flying camel) 3. All 3 positions and at least 3 changes of position 4. <u>On one edge and on the other edge in one position</u>
CCoSp FCCoSp	Spin Combo with change of foot	<ol style="list-style-type: none"> 1. 1 difficult variation 2. Second difficult variation (counts only if these two variations are on different feet and in different basic positions) 3. Difficult change of foot 4. <u>On one edge and on the other edge</u> in one position (on both feet counts twice) 5. All 3 positions and at least 4 changes of positions (compulsory for Level 4) 6. Backward entrance or variation of flying entrance (not regular flying camel) 7. Both directions immediately following each other
FUSp FSSp FCSp FLSp	Flying Spin, no change of foot, no change of position	<ol style="list-style-type: none"> 1. 1 difficult variation 2. Second difficult variation different from the first one 3. <u>On one edge and on the other edge</u> 4. Landing on the same foot as take off 5. Difficult variation of air or landing position

LEVEL OF DIFFICULTY SINGLES - STEPS, SPIRALS, SPINS, CLARIFICATIONS, SEASON 2006-2007

Step Sequences. Definition of Turns and Steps (turns with change of foot are considered as steps)

Basic:	Turns	Three turns
	Steps	Progressives, chasses, Mohawks
Variety:	Turns	Must include three different methods of turning e.g. three turns, twizzles, brackets
	Steps	Must include three different steps e.g. progressives, toe steps, chasses, Mohawks etc
Complex:	Turns	Must include more than three different turns e.g. brackets, counters, rockers, twizzles
	Steps	Must include three different steps e.g. running steps, progressives, toe steps, chasses, Choctaws etc. used in multiple directions.

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

Spiral Sequences. Definition of Spiral Variations

Simple Variation (of position): A spiral position with limited leg and or arm movement, e.g. bending of free leg, bending of skating leg, changes in arm positions, turning of head (all of these not affecting main body core position and independent from skating edge or direction). A simple variation DOES NOT increase the Level.

Difficult Variation (of position):

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.

Change of position or direction in Spirals:

A change of position or direction and a change of edge must be done not at the same time in order to be counted as features for a Level (3 sec. hold before and after the change of position/direction and 3 sec. hold before and after the change of edge are mandatory).

Spins. Definition of Spin Variations

Simple Variation: A simple variation of position is a movement of a body part, leg, arm, hand or head, which enhances but does not change the basic position of the main body core. A simple variation DOES NOT increase the Level.

Difficult Variation: 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.

As examples only:

- sit spin (broken leg) – changing the weight distribution by bending the leg to the side or behind the main body core;
- camel spin with the upper body turned upwards approx 180% (upside down position);
- camel spin – body arched where head and free foot are almost touching (doughnut spin);
- upright spin – where from the hips to the skating foot it is straight and the upper body is bent down towards to ice;
- 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;

Remark: Biellmann positions 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.

- For camel, sit and layback positions once the position has been established a clear increasing of the speed 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).

Spinning on both edges:

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

Spins in both directions:

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

Simple and difficult change of foot:

Simple (cannot increase the Level): does not require significant strength and skill, e.g. a step over, a small hop, a hop/jump from or into an upright position.

Difficult (can increase the Level): requires significant strength and skill, e.g. a clear jump over or a toe-Arabian or any form of a “butterfly” from sit or camel position directly into sit or camel position.