



Technical Notification 51

DATED: July 9, 2009

RE: Singles Skating - Spiral Sequence – Novice Ladies Short Program

In the Novice Ladies Short Program, a minimum of two (2) spirals with at least one change of foot is required. Spirals on both the left and right foot must be executed. The skater must have at least one 3 second spiral on each foot to achieve at least a Level 1. Only the first 3 attempted spirals will count for leveled features. Additional features for higher levels may be achieved and added to the level based upon the successful completion of the two required spirals. An unsupported spiral is required to receive above a Level 1.