

LEVELS OF DIFFICULTY, PAIR SKATING, SEASON 2019/20

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

Twist Lifts	<ol style="list-style-type: none"> 1) Lady's split position (each leg at least 45° from the body axis and Lady's legs are straight or almost straight) 2) Catching the lady at the side of the waist without her hand(s)/arm(s)/any part of upper body touching the man 3) Lady's position in the air with arm(s) above the head (minimum one full revolution) 4) Difficult take-off 5) Man's arms sideways, being straight or almost straight, reaching at least shoulder level after release of the lady
Lifts	<ol style="list-style-type: none"> 1) Seniors: Difficult variation of the take-off <u>and</u> difficult landing variety Juniors: Simple variation of the take-off <u>and</u> simple landing variety 2) 1 change of hold and/or lady's position (1 rev. of the man before and after the change, counts twice if repeated) 3) Difficult variation of the lady (1 full revolution) 4) Difficult (simple for juniors) carry (not for SP) 5) Seniors: Difficult one-hand-hold of the man (2 full revolutions in total not counting parts shorter than 1 rev.) Juniors: one-hand-hold of the man (2 full revolutions in total not counting parts shorter than 1 rev.) 6) Additional revolutions of the man with one-hand-hold after 2 revs in 5) (only in FS and only in one lift) 7) Change of rotational direction by the man (1 rev. before and after the change, counts only once per program) <p>Features 1), 2), 3), 5) must be significantly different from lift to lift and if similar, will only count first time attempted.</p> <p>All the features can be counted only if executed in the first 3.5 revolutions. For both takeoff and landing there is an additional allowance of ½ rev.</p>
Step Seq.	<ol style="list-style-type: none"> 1) Minimum variety (Level 1), simple variety (Level 2), variety (Levels 3–4) of difficult turns and steps of both partners throughout (compulsory) 2) Rotations in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction) 3) Use of body movements for at least 1/3 of the pattern 4) Changes of position (crossing at least three times while doing steps and turns) for at least 1/3 of the sequence, but not more than 1/2 of the sequence or not separating at least half of the pattern (changes of holds are allowed) 5) Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) executed by both partners with continuous flow within the sequence
Death Spirals	<ol style="list-style-type: none"> 1) Difficult entry (immediately preceding the death spiral) and/or exit (see clarification) 2) Full revolution(s) of the lady when both partners are in "low" positions (counts as many times as performed)
Solo Spins	<ol style="list-style-type: none"> 1) Difficult variations (count as many times as performed with limitations specified below) 2) Change of foot executed by jump 3) Jump within a spin without changing feet 4) Difficult change of position on the same foot 5) Difficult entrance into a spin 6) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position 7) All 3 basic positions on the second foot 8) Both directions immediately following each other in sit or camel spin 9) Clear increase of speed in camel, sit, layback or Biellmann position 10) At least 6 rev. without changes in pos./variation, foot and edge (camel, layback, difficult variation of any basic position or for combinations only non-basic position) <p>Features 2 to 10 and any category of difficult spin variation count only once per program (first time attempted). If 6 revs are executed on both feet, any one of these executions can be taken in favor of the skaters. In any spin with change of foot the maximum number of features attained on one foot is two (2).</p>
Pair Spins	<ol style="list-style-type: none"> 1) <u>2</u> changes of basic positions of both partners 2) 3 difficult variations of positions of partners, <u>2 of which can be in non-basic position</u> (each variation of each partner counts separately, each partner must have at least one difficult variation) 3) <u>Difficult entrance or any flying entrance by one or both partners</u> 4) <u>Difficult exit</u> 5) Both directions immediately following each other 6) At least 6 revolutions without any changes in position/variation and foot (camel, sit, difficult upright)

ELEMENTS REQUIREMENTS (see also Clarifications on the next page)

Solo and Pair Spin combinations

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

Jump elements

Both partners must fulfill requirements for jump elements in Single Skating. If these requirements are not fulfilled by one or both partners, signs and GOE reductions are the same.

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

Single Euler in between two listed jumps in jump combinations – Same remarks apply as in single skating.

CLARIFICATIONS: LEVELS OF DIFFICULTY PAIR SKATING, season 2019/20

TWIST LIFTS

Feature 1) (Lady's split): each leg straight or almost straight at least 45° from the body axis;

Feature 5) (Man's arms): straight or almost straight, going sideways and reaching at least shoulder level.

LIFTS

Take-off: Simple: includes but is not limited to change of handhold on ascent of lift.

Difficult: includes but is not limited to: Somersault take off, small lift going immediately into a Pair lift take-off without the Lady touching the ice between two lifts, one hand take-off, Spread Eagle, Ina Bauer or Spiral by one or both partners as the entry curve, inside Axel take-off in 5ALi and 5SLi.

Landing: Simple: different landing foot (not automatically considered), change of hold on descent.

Difficult: includes but is not limited to: Somersaults, variation in hold, partner positions and/or direction of landing, one hand landing, Spread-Eagle position of the Man during dismount.

Carry: Simple: duration at least 3 seconds. **Difficult:** includes at least one of the following features: during the carry the Man for at least 3 sec. skates on one foot or holds the partner on one arm or performs crossovers or performs Spread Eagle or a similar move. Allowed in both programs, but in SP does not count as a Feature and in FS counts only the first time executed.

Difficult variation of Lady's position: a movement of leg, arm, or upper body which requires physical strength or flexibility and that has an effect on the balance of the main body core. Only these variations can increase the Level.

Change of hold/Lady's position requires one full revolution of the Man before and after this change. If a change of hold and a change of Lady's position are executed at the same time, only one Level feature will be awarded.

Variation of the take-off/landing, change of hold/Lady's basic position and difficult variation of the Lady must be significantly different from the previously attempted variation/change to be awarded as a Level feature. One arm dismount can be counted as a feature only once per program.

Features "**change of hold/Lady's position/rotational direction**" are not awarded if the change is interrupted by carry.

Feature 5) Difficult one hand hold of the man means:

- any lift in which there is only one point of contact between the man and the lady and the lady is balancing without supporting herself on the man;
- lifts with more than one point of contact which require exceptional balance and control (e.g. "star" lift where the lady is facing away from the man).

STEP SEQUENCES

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

Same definition of minimum variety, simple variety and variety as for single skating; requirements must be fulfilled by both partners.

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

Crossing at least 3 times of the partners for at least 1/3, but not more than 1/2 of the sequence. The partners must maintain not more than approximately three meters distance between each other throughout the crossing feature.

Not separating for at least half of the pattern: only one of the two features (but not both) can be awarded.

DEATH SPIRALS

Death spiral has a Level and value if both partners execute at least 1 rev in the death spiral position (knees of the Man clearly bent, his toe anchored and arm fully extended; Lady's head must reach, at least briefly, the level of her skating knee). For a higher Level both Lady and Man must stay in the "low" position for 1 or more full revs.

Lady's "low" position: for inside Death Spirals, the lowest hip or buttock and head should not be higher than her skating knee; for outside Death Spirals – head should not be higher than her skating knee and bodyline between knee of skating leg and head should be flat or shallow arch.

Man's "low" pivot position: buttocks not higher than the knee of the pivot foot.

Any part of the Death Spiral with a higher Lady's or Man's position is not valid for Level features 2).

Change of arm hold by the Lady or Man is allowed, but is no longer a Level feature.

Change of pivot is considered as the end of the Death Spiral.

Entry, exit: The difficult entry position must be performed while both partners are on the entry curve and the Lady and/or the Man are moving from a difficult entry position directly and without delay to a Death Spiral position. The feature is awarded only if the low position is reached by both partners within 1 revolution after the man's toe is fixed on the ice.

Exit: starts when the Man bends his "holding" arm at the elbow; ends: when the Lady comes to vertical position.

SOLO SPINS

Level feature "**Difficult entrance into a spin**" does not include regular backward entry **and regular flying camel entry**. Clarifications for Spins in Singles are also valid for Pair Skating (when applicable).

PAIR SPIN COMBINATION

Pair Spin Combination can be started with a jump. Any flying entry can be considered as a feature. If there are not 3 revolutions before or after the change of foot executed by both partners, the PCoSp will be marked with a "V". If there is no attempt of a change of foot by either partner or there are less than 3 revolutions on both feet by either partner, the spin will have "No Value".

Difficult exit – exiting in a lift or spinning movement, an innovative move that makes the exit significantly more difficult.

JUMPS, THROW JUMPS, TWIST LIFTS

In Short Program jumps, throw jumps and twist lifts which do not satisfy the requirements (including wrong number of revs) will have no value, but will block a corresponding element box, if one is empty.

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