## Step Sequences - Max Level 4 for all types

<table>
<thead>
<tr>
<th>Level</th>
<th>Base</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max level 4 for all types</td>
<td>More than 50% of Pattern complete</td>
<td>1 Difficult Turns &amp; Not Interrupted more than 50%</td>
<td>3 Difficult Turns &amp; Not Interrupted more than 25%</td>
<td>4 Difficult Turns &amp; Not Interrupted more than 10%</td>
<td>5 Difficult Turns &amp; Not Interrupted all steps/Turns 100% clean</td>
</tr>
<tr>
<td>Note: This is the same criteria to confirm a Juvenile Choreo Step Sequence</td>
<td>PST Base</td>
<td>Level 1</td>
<td>Level 2</td>
<td>Level 3</td>
<td>Level 4</td>
</tr>
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<td></td>
</tr>
<tr>
<td>PST (Note: Only 1st 4 steps/Turns count for PST &amp; Foot)</td>
<td>Level 1</td>
<td>Level 2</td>
<td>Level 3</td>
<td>Level 4</td>
<td></td>
</tr>
<tr>
<td>Level 1</td>
<td>At Least 2 different difficult turns attempted</td>
<td>3 Difficult Turns &amp; Not Interrupted more than 50%</td>
<td>4 Difficult Turns &amp; Not Interrupted all steps/Turns 100% clean</td>
<td></td>
<td></td>
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## PST - Max Level 4 - Level Base = 1 turn on each twizzle turn or 1 turn on one twizzle for Juvenile

### PST Features:

<table>
<thead>
<tr>
<th>Level</th>
<th>Group A: Arms Up, Arms Back, Arms Front</th>
<th>Group B: Hold Leg, Leg 45, Sit Position</th>
<th>Group C: Jump, 1 foot for both, 3rd Twizzle (or 2nd Twizzle for Juvenile) for 3 clean revs &amp; Must be attained in 1st 1/2 of first turn</th>
<th>A&amp;B Most be attained in 1st 1/2 of first turn</th>
<th>Juv only 1 foot required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>2 rev in each turn*</td>
<td>2 rev in each turn*</td>
<td>3 rev in each turn*</td>
<td>* Juv only 1 foot required</td>
<td></td>
</tr>
<tr>
<td>Level 2</td>
<td>&amp;</td>
<td>&amp;</td>
<td>&amp;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 3</td>
<td>2 Features from same or diff groups &amp; Diff Entry &amp; Direction</td>
<td>3 Features from 2 or 3 diffgroups &amp; Diff Entry &amp; Direction</td>
<td>4 Features from 3 different groups &amp; Diff Entry &amp; Direction</td>
<td>* Juv only 1 foot required</td>
<td></td>
</tr>
<tr>
<td>Level 4</td>
<td></td>
<td></td>
<td></td>
<td>* Juv only 1 foot required</td>
<td></td>
</tr>
</tbody>
</table>

### PST Twizzle Adjustments:

- Down 1 level if 1 twizzle incorrect
- Illegal Elements: Illusions, Laying on Ice, jumps of more than 1/2 rev, consecutive 1/2 rev jumps, & Splits with toe assist (except Ballet Jump), Lying on the ice
- Edge Split Jumps with more than 90 degrees

### PST Stop Counting Intermittent more than 2 steps

- Down 1 level if invalid number of steps between Twizzles

## Choreo Character Step & Rhythm Sequence

- Must come to full stop to indicate start
- Travels from Barrier to Barrier and must be 2 meters from each barrier
- Travel along Red Line - between blue lines
- May touch ice w/hand

## Choreo Sliding Movement

- Controlled Sliding on ANY part of body anywhere in program for at least 2 seconds
- Loss of control is not a fall. If have to use body to support loss of control = fall
- Can't end on two knees or sitting/lying on ice after ChSi or call a fall

## Choreo Twizzling

<table>
<thead>
<tr>
<th>Pattern Dance - Max Level 2</th>
<th>Pattern Only and Combined: Base</th>
<th>Shadow Dance: Max Level 1 Basis</th>
<th>75% of Dance Complete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>1 Key Point Clean</td>
<td>Level 1</td>
<td>75% &amp; Cross Tracking</td>
</tr>
<tr>
<td>Level 2</td>
<td>2 Key Points Clean</td>
<td>Level 2</td>
<td>No Level 2 for Shadow</td>
</tr>
</tbody>
</table>

## Choreo Spin

- 3 Revs - 2 feet or alternate moving and/or stationary
- Can't meet definition of DSP (DSP = 1 foot for 3 revs)

## Choreo Twizzling

- 1st part on 1 or 2 feet, 2 revs
- 2nd part - at least 2 revs
- up to 3 steps between
- 1 or 2 feet & Can't be a DSP both parts must travel
### Short Edges - Max Level 4

| 2 curves | No Value  
| 100% Flat | No Value

#### 4 Edge Types:
- Spiral, Crouch, Outside Edge, Ina

**Notes:**
- Edges held less than 3 secs ignored
- Inside Spread Eagles only count if it's the 2nd half of a combo EE
- Can only do spiral type 2 times
- Can't repeat other types unless in a combo

#### New Exit Features (trans or combo)
- Combo Edge - Max Level 2

<table>
<thead>
<tr>
<th>Base</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Difficult Positions</th>
</tr>
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</table>
| 3 seconds in position on one lobe only | Must have 1 of Below: 1) Entry Feature 2) Exit Feature 3) Significant Arms | Must have 2 of Below: 1) Entry Feature 2) Exit Feature 3) Significant Arms | *180 Split in Spiral or 135 in front  
* Biellmann (heel at or above head)  
* Donut (1/2 blade to head)  
* Outside Ina or Outside Spread  
* Hydro (body off axis)  
* Simple Camel (for man only)  
* Kerrigan - above head hold knee

#### Level 2
- May do spiral type 2 times
- Can't repeat other types unless in a combo

#### Inside Spread Eagles:
- Only count if it's the 2nd half of a combo EE

#### Combo Edge - Max Level 2
- Remember Each Edge gets a level
- Same curve = 2nd Edge No Value
- No more than 2 steps or 1/2 rev between is called two short Edges
- Can do twl for feature between
- If any part of body is touching ice it becomes a sliding movement
- E.g.; hand or boot of skate

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<tr>
<td>3 seconds in position on 2 diff lobe</td>
<td>Each Portion = Level 1 or 1 portion = Level 1 and additional combo feat used</td>
<td>Each Portion = Level 2 or 1 portion = Level 2 and other portion Level 1 with additional combo feat used</td>
<td></td>
</tr>
</tbody>
</table>

#### Level 3
- Must have Diff Position & 1 of: 1) Entry Feature 2) Exit Feature 3) Significant Arms

#### Level 4
- Must have Diff Position & 2 of: 1) Entry Feature 2) Exit Feature 3) Significant Arms

### Spins - Max Level 4

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<tbody>
<tr>
<td>3 revs on 1 foot</td>
<td>1 Diff Feature for 3 revs from any basic position</td>
<td>2 Diff Features for 3 revs from two basic positions</td>
<td>3 Diff Features for 3 revs from three basic positions</td>
<td>4 Diff Feature for 3 revs from three basic positions</td>
</tr>
</tbody>
</table>

#### Level 1
- May change feet as often as wish if allowed for that event
- Spin should not appear to have finished when changing feet (not running edge exit)

#### Level 2
- Can upgrade the other portion of the EE

#### Level 3
- Can change the other portion Level 2 with additional combo feat used

#### Level 4
- Can change the other portion Level 3 with additional combo feat used

### Difficult Positions:
- *180 Split in Spiral or 135 in front
- * Biellmann (heel at or above head)
- * Donut (1/2 blade to head)
- * Outside Ina or Outside Spread
- * Hydro (body off axis)
- * Simple Camel (for man only)
- * Kerrigan - above head hold knee

### Difficult Turn Connecting
- Level 4 (one extra push/step or touch down - turn identifiable)

### Upright Diff Features:
- Biellmann, Layback, Sideways, Split, Donut

### Sit Diff Features:
- Front, Back, Side, Tuck, Cross brake, upper body parallel to ice

### Camel Diff Features:
- Biellmann, Donut, Invert, Charlotte (Upside down split), or Simple Camel for man