

# Page 1 - Updated 3/8/23 Be sure to print both pages

Step Sequences - Max Level 4 for all types				
Base	Level 1	Level 2	Level 3	Level 4
More than 50% of Pattern complete Note: This is the same criteria to confirm a Juvenile Choreo Step Sequence	1 Difficult Turns & Not Interrupted more than 50%	3 Difficult Turns & Not Interrupted more than 25%	4 Difficult Turns & Not Interrupted more than 10% Twz must be double	5 Difficult Turns No interruptions at all all steps/turns 100% clean Twz must be double
PST:	Base	Level 1	Level 2	Level 3
More than 50% of Pattern complete  Note * Only 1st 4 diff steps-turns count for PST & 1 Foot	1 Difficult Turns & Not Interrupted more than 50%	2 Difficult Turns & Not Interrupted more than 25%	3 Difficult Turns & Not Interrupted more than 10% Twz must be double	4 Difficult Turns No interruptions at all all steps/turns 100% clean Twz must be double
1 Ft-Turn	Base	Level 1	Level 2	Level 3
At Least 2 different, difficult turn attempted	1 Difficult Turns	2 Difficult Turns	3 Difficult Turns Twz must be double	4 Difficult Turns Twz must be double
Twizzles - Max Level 4 - Level Base = 1 turn on each twz or 1 turn on one twz for Juv				
Features:	Level 1	Level 2	Level 3	Level 4
Group A: Arms Up, Arms Back, Arms Front Arms continuous. Arm up = not touching arm Group B: Hold Leg, Leg 4S, Sit Position 2x of Coupe', Crossed bhnd & extended Group C: Jump, 1 foot for both, 3rd Twizzle (or 2nd Twizzle for Juvenile) for 3 clean revs A&B Must be attained in 1st 1/2 of first turn	2 rev in each turn* & 1 Feature  * Juv only 1 foot required	2 rev in each turn* & 2 Features from same or diff groups & Diff Entry & Direction * Juv only 1 foot required	3 rev in each turn* & 3 Features from 2 or 3 diff groups & Diff Entry & Direction * Juv only 1 foot required	4 rev in each turn* & 4 Features from 3 different groups & Diff Entry & Direction * Juv only 1 foot required
Twizzle Adjustments: If Fail, count revs prior Down 1 level if touchdown of up to 2 steps Stop Counting= interruption more than 2 steps	Down 1 level if 1 twizzle incorrect Down 2 levels if 2 twizzles are incorrect Down 1 level if stop before twizzle Down 1 if Incorrect number of steps between Tw		<b>Illegal Elements:</b> 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	
Choreo Character Step & Rhythm Sequence		Choreo Sliding Movement		
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		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 ChSl or call a fall		
Pattern Dance - Max Level 2	Level 1	Level 2	Choreo Spin	Choreo Twizzling
Pattern Only and Combined: Base 75% of Dance Complete	1 Key Point Clean	2 Key Points Clean	3 Revs - 2 feet or alternate moving and/or stationary Can't meet definition of DSP (DSP=1 foot for 3 revs)	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
Shadow Dance: Max Level 1	Level 1	Level 2		
Base 75% of Dance Complete	75% & Cross Tracking	No Level 2 for Shadow		

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<b>Short Edge - Max Level 4</b> 2 curves = No Value 100% Flat = No Value 4 Edge Types: Spiral, Crouch, Outside Edge, Ina Ees held less than 3 secs ignored Inside Spread Eagles only count if it is the 2nd half of a combo EE May do spiral type 2 times Can't repeat other types unless in a combo New Exit Features (trans or combo)	<b>Base</b> 3 seconds in position on one lobe only	<b>Level 1</b> Must have 1 of Below 1) Entry Feature 2) Exit Feature 3) Significant Arms	<b>Level 2</b> Must have 2 of Below 1) Entry Feature 2) Exit Feature 3) Significant Arms Or Difficult Position Only	<b>Difficult Positions:</b> *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) * Kerriagan - above head hold knee
May do spiral type 2 times Can't repeat other types unless in a combo New Exit Features (trans or combo)		<b>Level 3</b> Must have Diff Postion & 1 of: 1) Entry Feature 2) Exit Feature 3) Significant Arms	<b>Level 4</b> Must have Diff Postion & 2 of: 1) Entry Feature 2) Exit Feature 3) Significant Arms	If body touches ice on hydro = ChSI or an error if ChSI not allowed
<b>Combo Edge - Max Level 2</b> 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 Ees (can do twl for feature between) If any part of body is touching ice it becomes a sliding movement. i.e.; hand or boot of skate	<b>Base</b> 3 seconds in position on 2 diff lobe  <u>*{for all Combos an Entry or Exit feature can upgrade the other portion of the Ee}</u>	<b>Level 1</b> Each Portion = Level 1 or 1 portion = Level 1 and additional combo feat used	<b>Level 2</b> Each Portion = Level 2 or 1 portion = Level 2 and other portion Level 1 with additional combo feat used	<b>Combo Additional Features:</b>  Change of Edge (within 2 seconds) (No Touchdown in between)  Difficult Turn Connecting (one extra push/step or touch down - turn identifiable)
		<b>Level 3</b> Each Portion = Level 3 or 1 portion = Level 3 and other portion Level 2 with additional combo feat used	<b>Level 4</b> Each Portion = Level 4 or 1 portion = Level 4 and other portion Level 3 with additional combo feat used	
<b>Spins - Max Level 4</b>	*Remember Illusions are an illegal element, even in spins!			
<b>Base</b> 3 revs on 1 foot  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)	<b>Level 1</b> 1 Diff Feat for 3 revs from any basic position  or Diff direction of rotation held for 3 on each side	<b>Level 2</b> 2 Diff Feats for 3 revs from two basic positions  or 1 Diff Feature and Diff direction of rotation held for 3 on each side	<b>Level 3</b> 3 Diff Feats for 3 revs from three basic positions  or 2 Diff Feature/2 basics and Diff direction of rotation held for 3 on each side	<b>Level 4</b> 4 Diff Feat for 3 revs from three basic positions  or 3 Diff Feature/3 basics and Diff direction of rotation held for 3 on each side
Touchdown = -1 level	Upright Diff Features: Biellmann, Layback, Sideways, Split, Donut Sit Diff Features: Front, Back, Side, Tuck, Cross bhd, upper body parallel to ice Camel Diff Features: Biellmann, Donut, Invert, Charlotte (Upside down split), or Simple Camel for man			