

# **International Solo Ice Dance Competition Guidelines**

## **Technical Rules and Level Requirements**

**Season 2025/26**

**version as of:**

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**(page 14, Steps between Twizzles clarified)**

**(page 17, PSt calling requirement updated)**

Whenever possible, the requirements for International Solo Ice Dance Competitions will follow the requirements announced annually in ISU Communications for International Competitions for ISU disciplines, as per Rule 711. These shall be valid for one season only.

This also applies to the following:

### **Calling Specifications and Level of Difficulty for Required Elements**

The information is presented in the following order:

- Basic Principles of Calling applicable to all Required Elements
- For each Required Element:
  - Additional Principles of Calling
  - Additional Definitions, Specifications to Definitions and Notes, applicable to Additional Principles of Calling and Levels of Difficulty,
  - Levels of Difficulty including Characteristics of Levels and Adjustments to Levels.
- Fall and Illegal Elements / Movements

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## 1. Basic Principles of Calling applicable to all Required Elements

1. The Technical Panel shall identify what is performed regardless of what is listed on the Planned Program Content Sheet.
2. The Levels shall be determined according to the Basic and Additional Principles of Calling and Characteristics of Levels fulfilled. They shall not result in giving No Level to a Required Element as long as the requirements for Basic Level are met.
3. To be given any Level, a Required Element must meet all the requirements for Basic Level. Movements, transitions, and/or choreography that do not fulfill the requirements for elements shall not be identified.
4. If a Fall or Interruption occurs at the attempt of any Required Element, refer to the Additional Principles of Calling for each Required Element.
5. If a Loss of Control with additional support (touchdown by free leg/foot and/or hand(s)) occurs after a Required Element has commenced and the Element continues without interruption its Level shall be reduced by 1 Level per error. Refer to the Additional Principles of Calling for these Elements: Dance Spin, Dance Edge Elements, Set of Twizzles, One Foot Turns Sequence. This Basic Principle does not apply to Pattern Dances, Pattern Dance Element and Step Sequences (except One Foot Turns Sequence) - refer to the Additional Principles of Calling for these elements. This does not apply to falls which have their own rules based on the element.
6. If a program concludes with the skater starting an element within the required duration of the program (including the additional 10 seconds allowed), the element and its Level shall be identified until the Element stops completely. Elements started after the required duration of the program (plus the 10 seconds allowed) shall not be identified.
7. If a Dance Spin (FD) or an Edge Element (RD and FD) is performed in a Step Sequence when not permitted, (including PSt, Choreographic Character Step Sequence or Choreographic Rhythm Section) the Step Sequence will be identified with the respective level and the Extra Element will be added and a deduction of -1.0 applied (-0.5 for all Novice categories) e.g., MiSt4+ExEI, ChSt1+ExEI. It will NOT count as a Required Element.
8. If a Dance Spin is performed in a Step Sequence in Rhythm Dance, the Dance Spin is not identified (Dance Spin is not a required element and there is no provision to identify it as an extra element).
9. The Technical Panel shall decide whether any feature to fulfill the Characteristics of Levels is given credit unless this feature is expressly designated as not eligible for Level in the present Communication.
10. If there is an illegal element(s)/movement(s)/pose(s) anywhere in the program, it is identified and receives the appropriate deduction. If there is an illegal element(s)/movement(s)/pose(s) during the execution of any element, the element will receive a Level per the requirements performed or ignored if the minimum requirement for Basic Level is not fulfilled. The same principle and deduction will apply to Choreographic Elements (Confirmed or Ignored + the deduction) The deduction for an Illegal Element/Movement (2.0) will apply for Junior and Senior, 1.0 for Novice categories.
11. An error, such as a touchdown, which does not constitute an interruption should result in a reduction of the Level by 1 grade per occurrence.
12. For an Entry, Middle or Exit Feature to be considered for Level for an Element, the movement must be continuously performed without pause/hesitation immediately preceding, during and/or after the Element. The Feature and Element must be one unit.
13. Complex is defined as consisting of many different and connected parts.
14. Loss of control with additional support includes stumble/touchdown by free leg/foot and/or hand.
15. A touchdown with an obvious shift of weight from the skating foot to the other foot will be considered as an interruption.
16. When the skating foot leaves the ice, a step is complete. Each push and/or transfer of weight while on two feet is considered as a step.
17. The entry or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the Step Sequence pattern should not be considered as a retrogression.

## 2. Pattern Dance Elements

### ADDITIONAL PRINCIPLES OF CALLING

Applicable to Pattern Dance Elements:

- If a Fall or Interruption occurs at the entrance to or during a Pattern Dance Element and the Element is immediately resumed, the Element shall be identified and given a Level according to the requirements met before and after the Fall or Interruption, or ignored if the requirements for Basic Level are not met.
- If a Skater starts on the wrong side of the rink, the Referee must blow the whistle immediately and have them restart on the correct side. The TC may alert the Referee by headset if the Referee doesn't notice it. If the whistle is not blown, the Technical Panel will call each pattern with no penalty to the Skater. (This does not apply to the Pattern Dance Element in the RD in which case the element would be ignored if started on the wrong side)
  - The process used by the Technical Panel to identify Key Points and their correct execution is the same process as for identification of Required Elements and Levels (i.e. by majority). Correct or incorrect execution of Key Points is reported on the Judges Details per Skater chart as:
    - "Yes": meaning, "all Key Point Features are met and all Edges/Steps are held for the required number of beats", or
    - "Timing": meaning, "all Key Point Features are met but one or several Edges/Steps are not held for the required number of beats", or
    - "No": meaning, "one or several Key Point Features are not met, whether or not Edges/Steps are held for the correct number of beats" or the Key Point is not identified due to a fall or interruption, or
    - "X": meaning a Key Point was not attempted.
  - If the Pattern Dance Element is interrupted one (1) measure or less (4 or 6 beats based on the PDE) – the key points are called as identified and the level will be reduced by 1. It is reported on the Judges Details chart as: "<" to indicate an interruption of one (1) measure or less. (This does not apply to Basic or Intermediate Novice levels)
  - If the Pattern Dance Element is interrupted more than one (1) measure (4 or 6 beats based on the PDE) but 75% of the steps are completed, the key points are called as identified and the level will be reduced by 2. It is reported on the Judges Details chart as: "<<" to indicate an interruption of more than one measure. (This does not apply to Basic or Intermediate Novice levels)
  - For Pattern Dance Elements, an interruption may be, but is not limited to, Fall(s), missing step(s), touchdown(s), etc..
- Evaluating the percentage of steps for Pattern Dances is based on the total number of steps completed.
- A Pattern Dance sequence that does not have 50% of the steps completed to meet the requirement for a basic level will be ignored and will not take up a box.

### Characteristics of Levels for Pattern Dance Elements

Basic Level	Level 1	Level 2	Level 3	Level 4
50% of the Pattern Dance Element is completed	75% of the Pattern Dance Element is completed	75% of the Pattern Dance Element is completed  AND 1 Key Point is correctly executed	90% of the Pattern Dance Element is completed  AND 2 Key Points are correctly executed	100% of the Pattern Dance Element is completed without interruption  AND 3 Key Points are correctly executed

### ADDITIONAL DEFINITIONS, SPECIFICATIONS AND NOTES

#### Key Points:

- A Key Point is correctly executed when all of the related Key Points are met and all of its Edges/Steps are held for the required number of beats.
- Key Points and Key Point Features are technical requirements valid for one season and are published at the start of each season.
- A Key Point may be reviewed on video by the Technical Panel but not in slow motion.
- A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).

### 3. Dance Spins

#### DEFINITION

A Dance Spin is a Spin performed on the spot around a central axis on one foot, with or without a change(s) of foot.

#### ADDITIONAL PRINCIPLES OF CALLING FOR SPINS

1. The first performed Dance Spin shall be identified as the Required Dance Spin, classified as Dance Spin, and given a Level, or ignored if the requirement for Basic Level are not met. Subsequent Dance Spins of three or more rotations shall be identified as an "Extra Element", will receive the abbreviation DSp+ExEI. It indicates that the element receives No Value, it occupies a box and will receive a -1 Point deduction for Junior and Senior or -0.5 for all Novice levels.
2. A Change of direction or one foot turns on the spot before resuming the rotations shall not be considered as an interruption.
3. If a Fall or Interruption occurs at the attempt of a Dance Spin before the requirements for Basic Level have been fulfilled and the Dance Spin is resumed, the Dance Spin shall be identified and given a Level according to what is executed after resumption.
4. If a Fall or Interruption occurs during a Dance Spin, the Dance Spin shall be identified and given a Level according to the requirements met before the Fall or Interruption. If the spin is resumed to fill up time it shall be ignored and not considered for level.
5. A Dance Spin must be performed on the spot and not significantly traveling across the ice for the entire movement, or it will be considered as a Twizzle and part of the choreography.
6. A flying entry is an illegal element. A Dance Spin with a flying entry will be called and receive a Level per the requirements performed or ignored if the minimum requirement for Basic Level is not fulfilled.
7. If a Skater has a touch down during the Dance Spin due to a Loss of control, or the Skater performs a push without changing feet, the Level will be reduced by one Level. A push without a change of foot will be considered as a touch down. A touch down of more than ½ rotation will be considered an interruption.
8. A Dance Spin performed in the Rhythm Dance will be ignored by the Technical Panel.
9. A Difficult Variation shall be considered for Level when held for at least 3 continuous rotations.
10. A Jump within a Dance Spin is not permitted unless not more than a half rotation as part of an exit.

#### ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

##### BASIC POSITIONS IN SOLO DANCE SPINS

Basic Upright Position	Performed on one foot with skating leg straight or slightly bent and upper body upright (on a nearly vertical axis), arched back, or bent to the side. If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position.
Basic Sit Position	Performed on one foot with skating leg bent in a one-legged crouch position and free leg forward, to the side, or back. If the angle between the thigh and shin of the skating leg is more than about 120 degrees, the position shall be considered as an Upright or Camel Position depending on the other criteria that characterize these positions.
Basic Camel Position	Performed on one foot with skating leg straight or slightly bent and body bent forward, and free leg extended or bent upward on a horizontal line or higher. If the waistline is not horizontal and/or the core of the body is more than 45 degrees above the horizontal line, the position shall be considered as an Upright Position. If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position.

## DIFFICULT FEATURES

### Difficult Variations of Basic Upright Positions (examples)

- a) "Biellmann" type—body upright with the heel of the boot pulled by the hand behind and above the level of the head.
- b) Full layback with upper body arched back from the waist towards the ice or sideways with upper body bent to the side from the waist towards the ice.
- c) Split with free leg straight and the boot/skate of the free leg held up higher than the head.
- d) Upper body arched back or sideways with free foot almost touching the head in a full circle (doughnut/ring: maximum of half a blade length between head and blade)
- e) Charlotte: Upper body bent forward with head close to touching the skating leg, which should be mostly straight. Free leg position is optional.

### Difficult Variations of Basic Sit Positions (examples)

- a) Free leg bent or straight directed forward with thigh of skating leg at least parallel to the ice.
- b) Free leg bent or straight directed backward with thigh of skating leg at least parallel to the ice.
- c) Free leg bent or straight directed to the side with not more than 90 degrees between thigh and shin of skating leg.
- d) Free leg crossed extended behind, and directed to the side, with no more than 90 degrees between thigh and shin of skating leg.
- e) Free leg crossed behind and touching or not touching the skating leg, with thigh of skating leg at least parallel to the ice.

### Difficult Variations of Basic Camel Positions (examples – must be in one position for 3 rotations)

- a) Upper body (shoulder and head) turned upwards – facing up so that the line of the shoulders is at least 45 degrees past the vertical point.
- b) Body nearly horizontal or bent sideways horizontally with head and free foot almost touching (doughnut/ring: maximum of half a blade length-between head and blade).
- c) Body nearly horizontal with the heel of the boot pulled by the hand above the level of the head.
- d) Body bent forward to the spinning leg and free leg extended backward and upward up to almost a full split (with the angle between thighs about 180 degrees).
- e) Simple Camel Position.

### Difficult Variations of Entries and Exits

- a) Unexpected entry without any evident preparation. An Illusion is not considered unexpected.
- b) Continuous combination of complex and creative steps and/or movements performed immediately before or after the Dance Spin. (Small jumps of up to ½ rotation may be part of the combination of steps and/or movements in the exit.)

### Different Direction of Spinning Rotation

- Change of spinning direction.
- At least three rotations in each direction.

### Difficult Feature – Notes:

- Examples d) for Upright Position (doughnut/ring) and b) for Camel Position (doughnut/ring) shall be considered as the same Difficult Variation.
- Examples a) for Upright Position (Biellmann) and c) for Camel Position (heel of the boot pulled by the hand above the level of the head) shall be considered as the same Difficult Variation.
- Rotations shall be considered for the total number of rotations when performed fully, continuously, on one foot.
- Rotations in Difficult Variations shall be considered for Level when performed continuously in a fully established position.
- A skater will not be awarded two different Camel Variations or two different Sit Variations without establishing another basic position between each Camel or Sit position.

### Notes:

- A Dance Spin with less than three revolutions will be ignored.
- A skater may change feet more than once however no extra steps are permitted when changing feet, only from one to the other. Multiple steps during the change of foot would create a separate spin.

### Characteristics of Levels for Dance Spins

Basic Level	Level 1	Level 2	Level 3	Level 4
<ul style="list-style-type: none"> <li>• At least three rotations continuously on one foot</li> </ul>	<ul style="list-style-type: none"> <li>• At least three rotations continuously on one foot</li> <li>• One (1) Difficult Variation from any Basic Position</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• Different direction of spinning rotation</li> </ul>	<ul style="list-style-type: none"> <li>• At least three rotations continuously on one foot</li> <li>• Two (2) Different Difficult Variations from any Two (2) Different Basic Positions</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• One (1) Difficult Variation from any Basic Position and Different direction of spinning rotation</li> </ul>	<ul style="list-style-type: none"> <li>• At least three rotations continuously on one foot</li> <li>• Three (3) different Difficult Variations from three (3) Different Basic Positions</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• Two (2) different Difficult Variations from two (2) different Basic Positions and Different direction of spinning rotation</li> </ul>	<ul style="list-style-type: none"> <li>• At least three rotations continuously on one foot</li> <li>• Four (4) different Difficult Variations from three (3) Different Basic Positions</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• Three (3) different Difficult Variations from three (3) different Basic Positions and Different direction of spinning rotation <b><u>which must include a difficult variation</u></b></li> </ul> <p>Or</p> <ul style="list-style-type: none"> <li>• Three (3) different Difficult Variations from Three (3) different basic positions AND entry or exit.</li> </ul>



## 4. Dance Edge Elements

### DEFINITIONS

#### Short Edge Element

A Short Edge Element is a movement where the skater must maintain a continuous sustained edge (one curve) in any selected position from one of the four (4) Types. A Short Edge Element must be sustained in position for at least three (3) seconds to be considered for level, but not more than eight (8) seconds. The primary focus is on the quality of edge, and the secondary focus is on the position attained.

Short Dance Edge Elements include the following **4 Types**:

- A.** Spirals in varied positions or an Attitude
- B.** Crouch in varied positions ie; one leg extended to the side, back or front, on or off the ice
- C.** Spread Eagle
- D.** Ina Bauer

#### Combination Edge Element

A Combination Edge Element consists of two Short Edge Elements performed consecutively that progress on two separate curves to form a serpentine-like (S-shaped) pattern. The short edge element on each lobe must be sustained, in position, for at least three (3) seconds to be considered for level, but a Combination Edge Element may not exceed thirteen (13) seconds in total. A change of position is not required for each part of the Combination Edge Element. A change of foot is permitted between each Short Edge Element with no more than 2 steps\* between each part. A turn on the entry or exit is permitted. The primary focus is on the quality of edge for each part, and the secondary focus is on the positions attained.

\*If there are more than 2 steps between each part of the Combination Edge Element, it will be called as two Short Edge Elements and occupy two boxes.

- Spiral Type Edge Element - (SpEe)

A Spiral is a position with one blade on the ice and the free leg (**including knee and foot**) are higher than the hip level. Spiral positions may be classified according to the position of the free leg (extended to back, sideways, in front, split, etc.) An Attitude, a pose on one leg with the other lifted in back, the knee bent at an angle of 90 degrees and well turned out so that the knee is higher than the foot, is also considered a Spiral Type Edge Element.

- Crouch Type Edge Element – (CrEe)

A two-footed movement in which a skater travels along the ice with two knees bent (thighs at least parallel to the ice) or with one knee bent (thigh at least parallel to the ice) and one leg extended to the side, back or front. **(A simple Lunge is not considered as an Edge Element but choreography)**

A Shoot the Duck on one foot with the skating leg in a bent position and the skating thigh at least parallel to the ice with the free leg directed forward parallel to, and off the ice.

Note: Inside Spread Eagles in a full crouch will be considered a Crouch Type Edge Element and an Outside Spread Eagle in a crouch position will be considered as a Spread Eagle Type Edge Element.

- Spread Eagle Type Edge Element - (SeEe)

A two-footed movement in which a skater travels along the ice with one foot on a forward edge/ tracing and the other on a matching backward edge/tracing on the same curve. Only a Spread Eagle skated on an outside edge will be considered as an Edge Element when performed as a Short Edge Element. A Spread Eagle skated on an inside edge will only be considered as an Edge Element when performed as a crouch Type or the **second** part of a Combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle. An inside Spread Eagle will not be considered for difficult exit for an Edge Element.

- Ina Bauer Type Edge Element – (IBEe)

A two-footed movement in which a skater travels along the ice, on a curve, with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on a different but parallel tracing.

## ADDITIONAL PRINCIPLES OF CALLING

### Applicable to all Edge Elements:

- If an edge element is sustained for less than 3 seconds, this shall not be identified.
- The Edge Element type receives a level according to the requirements met, or ignored if the requirements for Basic Level are not met.
- The first performed Edge Element(s) shall be identified as the required Edge Element(s) and given a Level, or ignored if the requirements for Basic Level are not met. Subsequent Edge Element(s) which fulfill the minimum requirements for "Basic" level shall be identified as an Edge Element classified as an "extra element", will receive the abbreviation e.g. SpEe+ExEl. It indicates that the element receives No Value, it occupies a box and will receive a -1 point deduction for Junior and Senior or -0.5 points for all Novice levels.
- If a Fall or Interruption occurs at the attempt of an Edge Element and it did not fulfill the requirements for Basic Level, the 2<sup>nd</sup> attempt will be considered for level.
- Any Edge Element(s) or part of a Combination Edge Element of a repeated Type shall be classified as "not according to requirements" and will receive the abbreviation \* (e.g., CrEe\*). It indicates that the element receives No Value, it occupies a box, and it will count as an Edge Element. This does not apply to:
  - The second part of a Combination Edge Element (composed of two Short Edge Elements on two curves forming a serpentine pattern) may repeat the type. If the position within the Combination Edge Element is repeated, it will be considered for level in both parts of the element when using the Change of Edge feature to connect both parts of the Edge Element and the position must be maintained throughout the Change of Edge.
  - A maximum of two Spiral type Edge Elements can be used whether within a combination edge element, or as two short edge elements, or as one part of a combination element and as a short edge element. When the two Spiral type Edge Elements are not both within the same combination edge element, using the Change of Edge Difficult Feature, they must be in different positions.
- Any Edge Element of a Type, not according to the Required Elements for Rhythm Dance or the Well-Balanced Free Dance Program which fulfill the minimum requirements for Basic Level shall be classified as an element not according to the requirements, will receive the abbreviation\* (e.g. CrEe\* (if the Type of Edge Element can be identified) or Ee\* (if the Type of Edge Element cannot be identified)). It indicates that the element receives No Value, it occupies a box and it will count as a Dance Edge Element(s)
- A chosen example of a Difficult Position shall be considered for Level only the first time it occurs. (Except for repeating a position when using the Change of Edge feature in a Combination Edge Element while maintaining the position through the Change of Edge)
- If a Fall or Interruption occurs during an Edge Element, the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or ignored if the requirements for Basic Level are not met. If the skater continues the Edge Element after the Fall for the purposes of filling time, this will not be considered as "not according to the requirements."
- If a loss of control with additional support (touch down by hand(s)) occurs after an edge element has commenced and continues after the touchdown (without interruption), its level shall be reduced by 1 per touch down (in a combination edge element only the level of the short edge element where the touchdown occurred shall be reduced by 1 level).
- Inside Spread Eagles will not be considered as an Edge Element and only considered basic choreography unless it is the second part of a Combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle. Inside Spread Eagles in a full crouch however will be identified as a Crouch Type Edge Element if the crouch is clearly established with the thighs at least parallel to the ice.
- Inside Spread Eagles will not be considered as a difficult exit for an Edge Element.

**Applicable to Combination Edge Elements:**

1. A Combination Edge Element shall be identified with the first two fully established Types of Short Edge Elements on different curves. (Two Short Edge Elements on the same curve will not be considered a Combination but will be called as two Short Edge Elements.) The Level of each of the two Types of Short Edge Element shall be given separately.
2. If for any reason one of the parts of a Combination Edge Element cannot be identified, only the other part shall be identified as a Short Edge Element, and given a Level according to the requirements met, or ignored if the requirements for Basic Level are not met.
3. If one of the Short Edge Element forming the Combination Edge Element includes an Illegal Element, the deduction for Illegal Element will apply once and the Part of the Combination Edge Element including the Illegal Element will still receive the level achieved according to requirements met.
4. If both Short Edge Elements forming the Combination Edge Element include an Illegal Element (same or different), the deduction for Illegal Element will apply twice and both parts of the Combination Edge Element will receive the Level achieved according to requirements met.
5. In a Combination Edge Element, if a Skater performs an Illegal Element as an Entry and/or Exit Feature (such as a Jump of more than half a revolution): the deduction for Illegal Element will apply and the first and/or second part of the Combination Edge Element will receive the Level achieved according to requirements met. The other part of the Edge Element will receive a Level according to the requirements met or ignored if the minimum requirements for Basic Level are not fulfilled. The illegal Entry or Exit may not be considered for level for the other portion of the element.
6. Any Difficult entry feature(s) connected with the 1<sup>st</sup> Edge Element considered and accepted for Level for the chosen Type of Edge Element will also upgrade the 2nd Edge Element in a Combination Edge Element.
7. Any Difficult exit feature(s) connected with the 2nd Edge Element considered and accepted for Level for the chosen Type of Edge Element will also upgrade the 1st Edge Element in a Combination Edge Element.
8. If there are more than two connecting steps between the two Short Edge Elements in a Combination Edge Element the Edge elements will be called separately as two Short Edge Elements.

**ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES****Difficult Positions/Features****Spiral Type Difficult Positions – must be held for 3 seconds to be considered for level:**

- a) A Spiral with a full split (in front, back or to the side): when the legs of the skater are extended in one line with the angle between thighs about 180 degrees.
- b) A Spiral comprising a full doughnut/ring: upper body arched back, with one foot almost touching the head in a full circle (maximum of half a blade length between head and blade);
- c) A "Biellmann": body in any orientation (e.g., upright, horizontal etc.) in relation to the vertical line of the body, with the heel of the boot pulled by the hand behind and above the level of the head.
- d) A "Kerrigan": a spiral where the leg is extended behind with the entire boot higher than the head and the free leg held by the hand around the knee.
- e) A "135" (Fan): the leg is extended in front or slightly to the side and not held by the hands, and positioned at least 135 degrees between the thighs.

Note:

- Examples a) (Split, held and extended behind the upper body), and d) (Kerrigan) shall be considered as the same Difficult Position.

**Crouch Type Difficult Position - must be held for 3 seconds to be considered for level:**

Hydroblade: A movement done almost level with, and parallel to the ice. The core of the body must be clearly positioned away from the vertical axis. No other part of the body other than the boot of the free leg is allowed to touch the ice. If any other part of the body, (other than the allowable boot/foot drag of the free leg) touches the ice it will be considered a Choreographic Sliding Movement when the Choreographic Sliding Movement is an option as one of the elements to be skated or penalized if the movement violates any other rules.

**Spread Eagle Type Difficult Position - must be held for 3 seconds to be considered for level:**

Any Outside Spread Eagle. (Inside Spread Eagle only considered an Edge Element when used as 2nd part of a combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle)

**Ina Bauer Type Difficult Position - must be held for 3 seconds to be considered for level:**

Any Outside Ina Bauer. (An inside Ina Bauer is not considered difficult)

### Entry Features

- a) Continuous combination of complex and creative steps and/or movements performed immediately before the Edge Element. Complex is defined as consisting of many different and connected parts. Considered for Level only the first time performed.
- b) Difficult/transitional entry (Example; from a twizzle or jump)
- c) Unexpected entry without any evident preparation

### Exit Features

- a) Continuous combination of complex and creative steps and/or movements performed immediately following the Edge Element. Complex is defined as consisting of many different and connected parts. Considered for Level only the first time performed.
- b) Difficult/transitional exit (Example; directly from the position into a twizzle/difficult turn or different/difficult position or brief Edge Element Type not held for 3 seconds. No additional steps are allowed prior to the exit unless on two feet and then only a push from the skating foot is allowed.

### Arm/Upper Body Features

- a) Significant and continuous movement of the arm(s). Where one arm is being used to support the free leg in position the free arm should be used in a significant and continuous motion. When not being used to support the free leg, both arms must be used although not simultaneously as long as one or the other is moving for the required 3 seconds. Simple use of the hands/forearms only is not sufficient. The movement must be performed for at least three seconds during the execution of the Element to be considered as a feature.
- b) Additional feature for spirals, upper body (shoulder and head) turned upwards-facing up so that the line of the shoulders is at least 45 degrees past the vertical point and no additional support of the free leg. Must be held for 3 seconds.
- c) Additional feature for Ina Bauer, back arched back with head bent back, tilted towards the ice. Must be held for 3 seconds.

### Combination Dance Edge Element Additional Features:

**Difficult Turn as a connecting step** A difficult turn as a connecting step between two Short Edge Elements to form a Combination Edge Element is defined as either, a Rocker, a Counter, Twizzle (any number of rotations allowed) or a Bracket. The turn must be identifiable to be considered as a Feature. Only one extra step, push or touch down is allowed prior to the start of the second side of the Combination Edge Element. The step may be prior to or after the difficult turn.

**Change of edge between two** Short Edge Elements: The change of edge connecting two Short Edge Elements should be a clean change of edge from one definite edge to a different definite edge with the second edge being clearly established and will be the entry edge of the second Edge Element. If the second edge is established after 2 seconds, the feature will not be considered.

## Characteristics of Levels for Dance Edge Element

**Note: Difficult Positions count as two (2) features but can be considered for a level 1 if it is the only feature attained and counted towards the level.**

Basic Level	Level 1	Level 2	Level 3	Level 4
An Edge Element of any Type established in position for at least 3 seconds.	<p>An Edge Element of any Type established in position for at least 3 seconds.</p> <p>With one from the following:</p> <p>a) Entry feature b) Exit Feature c) Arm Feature</p> <ul style="list-style-type: none"> <li>Each part of a Combination Edge Element may be upgraded with an Entry or Exit Feature.</li> <li>A Combination Edge Element Additional Feature may upgrade either one of the two parts.</li> </ul>	<p>An Edge Element of any Type established in position for at least 3 seconds.</p> <p>With two from the following:</p> <p>a) Entry feature b) Exit Feature c) Arm Feature</p> <p><b>OR</b> 1 Difficult Position</p> <ul style="list-style-type: none"> <li>Each part of a Combination Edge Element may be upgraded with an Entry or Exit Feature.</li> <li>A Combination Edge Element Additional Feature may upgrade either one of the two parts.</li> </ul>	<p>An Edge Element of any Type established in position for at least 3 seconds.</p> <p>With three of the following:</p> <p>a) Entry feature b) Exit Feature c) Arm Feature</p> <p><b>OR</b> 1 Difficult Position AND 1 additional feature</p> <ul style="list-style-type: none"> <li>Each part of a Combination Edge Element may be upgraded with an Entry or Exit Feature.</li> <li>A Combination Edge Element Additional Feature may upgrade either one of the two parts.</li> </ul>	<p>An Edge Element of any Type established in position for at least 3 seconds.</p> <p>With a Difficult Position AND 2 additional features from the following:</p> <p>a) Entry feature b) Exit Feature c) Arm Feature</p> <ul style="list-style-type: none"> <li>Each part of a Combination Edge Element may be upgraded with an Entry or Exit Feature.</li> <li>A Combination Edge Element Additional Feature may upgrade either one of the two parts.</li> </ul>

### Adjustments to Level

- During an Edge Element, any deviation from the established edge will reduce the level by "1" by the Technical Panel. The element will still receive a Basic Level only if the requirements for a Basic Level are met.
- If an Edge Element is done entirely on a flat (straight line), the element will receive a Basic Level, regardless of any features attained.**

## 5. Twizzles

### ADDITIONAL PRINCIPLES OF CALLING

1. The first Set of Twizzles shall be identified as the required Set of Twizzles and a Level given according to what is performed.
2. A second Set of Twizzles performed after the required Set of Twizzles shall be identified as a Choreographic Twizzling Movement. Subsequent Sets of Twizzles shall not be identified.
3. If a loss of control with additional support (e.g. stumble/touchdown by free leg/foot and/or hand(s)) the following will apply:
  - Any loss of control resulting in an error of up to one uncontrolled step is a stumble/touchdown – reduce by one Level.
  - More than one uncontrolled step is an Interruption and any features/rotations from this point are not considered for the Level.
4. If a Fall or Interruption occurs during any part of the Set of Twizzles and fulfill the requirement for Basic Level, the Set of Twizzles shall be identified and given a level according to the requirements met before the Fall or Interruption.
5. If a Fall or Interruption occurs at the entry edge, or during the first Twizzle, and before the requirements for Basic Level have been fulfilled and the Twizzle Element is resumed, the Twizzle Element shall be identified and given a Level according to what is executed after resumption.
6. Entry edge to either Twizzle cannot be from a stand-still, otherwise the Level will be reduced by one Level per stop.
7. If there is a full stop during the connecting steps between the Twizzles the Level will be reduced by one.
8. If any part of any Twizzle within the first two Twizzles becomes a Pirouette or checked Three Turns, its Level shall be reduced:
  - by one Level for either of the two required Twizzle
  - by two Levels for both Twizzles
9. If there is more than the maximum or less than the minimum permitted number of steps between required Set of Twizzles, the Level shall be reduced by 1 Level. Each push and/or transfer of weight while on two feet between Twizzles is considered as a step. A hop/jump on the same foot would also be considered two steps as once the blade leaves the ice a step is complete and when the blade lands, a new step begins.

### ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

#### Twizzle Features (groups of examples)

##### Group A – (Hands, including wrists)

1. Elbow(s) at least at level with or higher than the level of the shoulders. Elbows(s) could be above the head, at the same level as the head, or lower than the head. Hand(s) not touching any part of the arms.
2. Significant continuous motion of arm(s).
3. Hands touching behind back and extended away from the body.
4. Hands touching in front, extended away from the body, with arms straight.

##### Group B – (Skating Leg and Free Leg)

1. Coupé in front, side or behind with free foot in contact with the skating leg in at least 45 degrees open hip position.
2. Holding the blade or boot of the free foot.
3. Free foot crossed behind the skating foot and close to the ice.
4. Free leg extended or bent with more than 45 degrees from the inner thigh to the vertical axis.
5. Sit position (at least 120 degrees between the thigh and shin of the skating leg).
6. Changing the level of the skating leg (knee) with a continuous wave (up/down) motion.

##### Group C – (Upper Body, Entry and Exit)

1. Third twizzle of at least 3 rotations, performed correctly, started with different entry edge from the first two Twizzles, and preceded by a maximum of one step for Set of Sequential Twizzles and for Set of Solo Twizzles.
2. Entry to the first or second Twizzle from a Dance Jump (the entry edge for the Twizzle will be determined by the landing edge of the Dance Jump).
3. Two Twizzles performed on one foot without change of foot, with no limit on turns or movements performed on one foot between required Twizzles in Rhythm Dance and between the second and third twizzle in Rhythm Dance and Free Dance.
4. Set of Twizzles performed directly after entry movements/steps which are at least one from creative, difficult, complex, unexpected.
5. Core of body is shifted off vertical axis.

## NOTES ON ADDITIONAL FEATURES

1. The Feature may be performed in either Twizzle or both but will only count when done correctly the first time.
2. A chosen Additional Feature from Groups A and B, in addition to the Group C “Core of body off axis” shall be considered for a Level if it is fully achieved and established: within the first half rotation of the Twizzle and held until the number of rotations needed for that Level is fully completed (2 rotations for Level 2, 3 rotations for Level 3, 4 rotations for Level 4).
3. There is no limit on turns or movements performed on one foot on the change of foot or the steps between required Twizzles. Any number of connecting turns after the Twizzle rotations considered for level, including additional single Twizzle(s), are permitted.
4. If there is more than one step performed between the 2nd and 3rd Twizzle in a Set of Twizzles, the 3rd Twizzle is no longer considered for Level as a Group C feature.
5. Any number of connecting turns after the Twizzle rotations considered for level, including additional single Twizzle(s), are permitted.
6. Any change of weight when on two feet between Twizzles will be considered a step.
7. In a Set of Twizzles to achieve the “C” Feature of ‘Two twizzles performed on one foot without change of foot, with no limits on turns or movements, performed on one foot between Twizzles.
  - The requirement for this feature to be considered is that there are three completed rotations during the Twizzle immediately following this “C” feature.
  - This same requirement applies if this “C” feature is performed between the 1st and 2nd Twizzles as well as between the 2nd and the 3rd Twizzles.
- If, in addition, the 3rd twizzle is performed with at least three rotations AND is executed correctly, then the Technical Panel should consider this as a “C” feature for Level.

**The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD.**

### Characteristics of Levels for Twizzle Element

Basic Level	Level 1	Level 2	Level 3	Level 4
At least <b>1 rotation</b> in each of the two Twizzles	At least <b>2 rotations</b> in each of the two Twizzles.  <b>AND</b> at least 1 Feature.  (Features must be held for one full revolution for Groups A & B.)	Different entry edge and different direction of rotation for the two Twizzles.  At least <b>2 rotations</b> in each Twizzle  <b>AND</b> 2 different Features from <u>two</u> different groups.  (Features must be held for two full revolutions for Groups A & B.)	Different entry edge and different direction of rotation for the two Twizzles.  At least <b>3 rotations</b> in each Twizzle  <b>AND</b> 3 different Features from <u>three</u> different groups.  (Features must be held for three revolutions for Groups A & B.)	Different entry edge and different direction of rotation for the two Twizzles.  At least <b>4 rotations</b> in each Twizzle  <b>AND</b> 4 different Features from three different groups.  (Features must be held for four revolutions for Groups A & B.)

## 6. Step Sequences

### ADDITIONAL PRINCIPLES OF CALLING

#### Applicable to Step Sequences:

1. The first performed Step Sequence of a required group shall be identified as the required Step Sequence of that group and given a Level, or ignored if the requirements for Basic Level are not met. Subsequent Step Sequences of that group and Step Sequences of a group not according to the Required Elements for Rhythm Dance or Free Dance shall not be identified. In case there is an incorrect element performed as “not according to the requirements” (e.g. Circular Step Sequence instead of e.g. a required MiSt/DiSt) the element will be called, it will fill a box and will receive NO value but will NOT receive a deduction. E.g. CiSt\*
2. If a Spin(s) (FD) and/or Edge Element(s) (RD and FD) that meets the requirement for Basic Level occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) or Edge Element(s) will be identified as an Extra Element(s) ExEl and receive a deduction, e.g. ChSt1+ExEl.
3. If a Fall or Interruption occurs at the entrance to or during a Step Sequence and the Element is immediately resumed, the Element shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or ignored if the requirements for Basic Level are not met.
4. The percentage of steps for a Step Sequence is evaluated on the overall pattern completed per the prescribed shape, i.e. straight-line, circle, serpentine, diagonal etc..
5. Difficult turns inside of a retrogression will only be considered for level if the retrogression is permitted.

#### Characteristics of Levels for Style B Step Sequence Element:

Requirements	Basic Level	Level 1	Level 2	Level 3	Level 4
<b>Interruptions</b>	No more than 50% of the pattern in total	No more than 50% of the pattern in total	No more than 25% of the pattern in total	No more than 10% of the pattern in total	No interruptions
<b>Difficult Turn(s) Correctly Executed</b>		at least 1 Type of Difficult Turn	at least 3 Types of Difficult Turns	at least 4 Types of Difficult Turns	at least 5 Types of Difficult Turns
<b>Multidirectional</b>				<b>Turns Multidirectional</b>	<b>Turns Multidirectional</b>
<b>Steps/Turns</b>					<b>All Steps/Turns are 100% clean</b>

Notes:

Only the first attempt of each difficult turn will be considered for level. List of difficult turns for consideration: Rocker, Counter, Bracket, Twizzle for Level 1 and 2, Double Twizzle for Levels 1-4, Forward Outside Mohawk or Choctaw.



## 7. Pattern Dance Type Step Sequence (PSt)

### ADDITIONAL PRINCIPLES OF CALLING PATTERN DANCE TYPE STEP SEQUENCES

1. The pattern must meet the requirements for the season. The basic steps should look very much like a Pattern Dance.
2. The PSt will end at the location designated in the Rhythm Dance requirements.
3. The following four different Difficult Turns will be considered for level: Back Entry Rocker, Counter, Back Entry Bracket, Forward Outside Mohawk. Only the first attempt will be considered for level and only two (2) beats per entry and exit edge are allowed.
4. The music must obey the requirements as listed in the Rhythm Dance Requirements. (For judges only)
5. An Edge Element that meets the requirements for a Basic Level occurs within a PSt when not permitted will be identified as an Extra Element(s) ExEI and receives a deduction e.g. PSt2+ExEI.
6. \*Not permitted in the PSt:
  - Retrogressions, Spins, Stops, Loop(s)
  - Jumps (small toe hops with no rotation, if appropriate for the music, are allowed)

\*Note – ~~Only 50% of the pattern the Choreographic Spinning Movement~~ needs to be complete for the technical panel to identify the PSt. Any other errors are considered by the judges and reflected in the GOE. Not Permitted movements are also penalized by the judging panel, not the technical panel.

### Characteristics of Levels for Pattern Dance Step Sequence Element:

Requirements	Basic Level	Level 1	Level 2	Level 3	Level 4
<b>Interruptions</b>	No more than 50% of the pattern in total	No more than 50% of the pattern in total	No more than 25% of the pattern in total	No more than 10% of the pattern in total	100% complete with no interruptions
<b>Difficult Turn Correctly Executed</b>		Includes <b>1 Difficult Turn</b>	Includes <b>2 Difficult Turns</b>	Includes <b>3 Difficult Turns</b>	Includes <b>4 Difficult Turns</b>
<b>Steps/Turns</b>					<b>All Steps/Turns are 100% clean</b>

## 8. One Foot Turns Sequence

### ADDITIONAL PRINCIPLES OF CALLING

1. One Foot Turns Sequence consists of Difficult Turns performed on one foot.
2. The One Foot Turn element shall be identified when all four turns have been attempted or the skater has missed one (1) or two (2) turns due to an error.
3. Two difficult turns used as part of choreography or as an entry into or exit out of another element shall not be identified as a One Foot Turn.
4. Additional One Foot turns and power-pulls may be included.
5. If a loss of control with additional support occurs during the One Foot Turns Sequence and continues without interruption, its Level shall be reduced by one Level per error.
6. If a Fall or Interruption occurs during a One Foot Turn Sequence and the Element is immediately resumed, the element shall be identified and given a Level according to the requirements met before the Fall or Interruption, or ignored if the requirements for Basic Level are not met.
7. Hops/jumps landing on the same foot during the One Foot Turns Sequence are permitted.

### Additional Definitions, Specifications to Definitions and Notes

Types of One Foot Turns Sequence Difficult turns: Bracket, Rocker, Counter, Twizzle (Twizzle with one rotation- "Single Twizzle" only counts for Level 1 and 2. "Double Twizzle" counts for Levels 1–4), skated on distinct and recognizable edges according to the definitions of the turns.

#### Notes:

An error in any part of a turn will result in the turn not being considered for Level. This also applies to an error in any part of a Twizzle or "Double Twizzle", the entire Twizzle is not considered towards the Level. As an example-If the skater includes a "Double Twizzle" as a Difficult Turn and there is a mistake in the execution within any part of the Turn, it is not considered even as a "Single Twizzle".

### Characteristics of Levels for One Foot Turns Sequence Element

Basic Level	Level 1	Level 2	Level 3	Level 4
At least <b>2 Types</b> of One Foot Turn is executed  <u>(All 4 turns should be attempted unless 1 or 2 are missed due to an error)</u>	<b>1 Type</b> of One Foot Turns correctly executed	<b>2 different Types</b> of One Foot Turns correctly executed	<b>3 different Types</b> of One Foot Turns correctly executed	<b>ALL 4 different</b> Types of One Foot Turns correctly executed  AND  All Turns are 100% clean

## 9. Choreographic Elements

### DEFINITIONS

#### Choreographic Spinning Movement:

Can be performed anywhere in the program, A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or travelling.

The following requirements apply:

- On two feet, or alternate feet, or one foot and one knee/boot (but not two knees).
- If a skater performs a pause within the first three (3) rotations of the spinning movement, the movement is considered broken and will not be confirmed by the Technical Panel.
- Must not meet the requirements for a Dance Spin (i.e. 3 revolutions on the spot on one foot).

#### Choreographic Twizzling Movement:

A Choreographic Twizzling Movement must be performed after the required Set of Twizzles. It is composed of 2 parts and the following requirements apply:

- for both parts: on one foot or two feet or a combination of both and must travel.
- for the first part: at least 2 continuous rotations must be performed.
- for the second part: at least 2 continuous rotations with up to 3 steps between the first and second twizzling movement.

#### Choreographic Character Step Sequence

The following requirements apply:

- Performed anywhere in the program.
- To be identified, must begin with a stop or skidding movement within two meters of the barrier on either side of the rink. (Except for the Advance Novice Quickstep pattern dance requirement for a ChSt)
- Must be primarily placed around either the Short Axis or Long Axis, the pattern must be different than the chosen Style B Step sequence, and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from the barrier on each side.  
**Note:** Basic Novice are required to use the Short Axis and Intermediate Novice are required to use the Long Axis.
- Touching the ice with any part(s) of the body with controlled movements is allowed in the Character Step Sequence for Advanced Novice, Junior and Senior only. (example on two knees. Using both hands, etc). If done in Basic Novice or Intermediate Novice Free Dance, the appropriate penalty will apply (Fall, Illegal, Not Permitted).
- Touching the barrier at the start or finish is permitted.
- Permitted stops must not be longer than 5 seconds each.
- Retrogressions are not permitted. (During a stop, movements in any direction away from the point of origin up to approximately one (1) meter, will not be considered a retrogression).

#### Choreographic Rhythm Sequence (Senior RD – For Season 2025-2026)

The following requirements apply:

- Performed anywhere in the program and skated to any dance style.
- Pattern - Skater will perform steps around the short axis and must proceed from barrier to barrier. Skater must be no more than two (2) meters from either barrier.
- Stop – Only 1 at the beginning, during or end of the element for no more than 5 seconds. (this will count as one of the permitted stops)
- No retrogressions or loops permitted. (During a stop, movements in any direction away from the point of origin up to approximately one (1) meter, will not be considered a retrogression).

### ADDITIONAL PRINCIPLES OF CALLING

#### Choreographic Character Step Sequence/Choreographic Rhythm Sequence:

- Dance Spins (ChSt) and Edge Elements (ChRs and ChSt) are not permitted. If a Dance Spin or Edge Element is performed and meets the criteria for a Basic Level, the Step Sequence will be identified, confirmed if the requirements are met, and the Extra Element will be added and a deduction of -1.0 applied (-0.5 for all Novice categories) e.g., ChSt1+ExEl. The Dance Spin or Dance Edge Element will NOT count as a Required Element.

**Choreographic Sliding Movement:**

Performed anywhere in the program, during which the skater performs a controlled sliding movement on the ice for a minimum of 2 seconds.

The following requirements apply:

- Continuous controlled sliding movement on any part of the body.
- May rotate and no maximum time restriction.
- Controlled sliding on 2 knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element.
- Sliding Movement which finishes as a stop on 2 knees or sitting/lying on the ice is identified as a Choreographic Sliding Movement and a deduction for Fall/Illegal Element is applied.
- A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall as long as no additional support is required.
- Performing a simple lunge movement will not be considered a Sliding Movement.
- Additional Sliding Movements will be ignored. Appropriate penalties should be taken if the movement meets the requirements for a Fall or violates other choreographic restrictions which would then be penalized by the judging panel, i.e. on two knees, or the weight of the body is on any another body part, it would be considered a Fall while lightly touching the ice with a hand would be a choreographic restriction violation.

**ADDITIONAL PRINCIPLES OF CALLING – ALL CHOREOGRAPHIC ELEMENTS**

- Any Choreographic Element/Movement combined with another Required Element as an 'Entry' or 'Exit' feature will not be considered by the Technical Panel as a required Choreographic Element/Movement. It will only be considered by the Technical Panel as an 'entry' and/or 'exit' feature.
- Only the first performed required number of different Choreographic Elements shall be identified as the required Choreographic Elements. Subsequent Choreographic Step Sequences will not be identified and considered as choreography by the Judges panel.

## HOW TO IDENTIFY AND CONFIRM CHOREOGRAPHIC ELEMENTS

A Choreographic element is confirmed as soon as the requirement(s) for the element is/are reached (see chart below).

- Should the minimum requirement not be reached, the element will be ignored and will not block a box.
- Should the element be confirmed but does not meet the following requirements, it receives the “!” symbol which means the GOE is reduced by 2 grades. 1 (Refer to the Symbols Chart)

Choreographic Element	Minimum Requirement to be Confirmed	! applied when an error or any of the following occur:	Additional Principals of Calling
Choreographic Spinning Movement	A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or travelling without interruption.	-Any error inside/during the element.	- May be performed anywhere in the program. - Subsequent Spinning Movements shall not be identified. - Must not meet the requirements for a Dance Spin (i.e. 3 revolutions on the spot on one foot)
Choreographic Character Step Sequence	Must start with a stop or skidding movement and perform steps around the short or long axis and must proceed from barrier to barrier.	- Performed but more than 2 meters from either barrier. -A retrogression is performed. -A stop performed (when not permitted) -Touching barrier at both the start and end of ChSt -The pattern is the same as the Style B Step Sequence	- May be performed anywhere in the program. - Subsequent Character Step Sequence(s) and Choreographic Rhythm Sequence(s) shall not be identified. - Technical panel will ignore the element if it doesn't start with a stop or skidding movement. <u>(This does not apply to the ChSt required at the end of the Quickstep for the Advance Novice pattern dance)</u>
Choreographic Rhythm Sequence	Perform steps around the short or long axis and must proceed from barrier to barrier.	- Performed but more than 2 meters from either barrier. -A retrogression is performed. -A stop performed (when not permitted)	- May be performed anywhere in the program.
Choreographic Sliding Movement	Execute sliding movement on the ice for at least 2 seconds.	-There is a loss of control that is not considered a fall.	-May be performed anywhere in the program. A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall as long as no additional support is involved.  - If the Choreographic Sliding Movement does not fulfill the requirements (and therefore not identified) and the skater has performed “touching the ice with any part of the body” (as an example, on two knees), the Tech Panel will call a Fall. - Basic lunges do not fulfil the minimum requirement and will be ignored. - Subsequent sliding movements, which are identified as an Illegal Element/Movement and/or a Fall shall be called as such but not as an Extra Element (ChSI)
Choreographic Twizzling Movements	Perform at least 2 continuous travelling rotations in both the first part and second parts.	Performed with more than 3 steps in between twizzling movements.	

## 10. Falls and Illegal Elements / Movements

### Fall

A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.

### Note:

Kneeling on both knees will be considered a fall (unless it is identified as a sliding movement when allowed or when allowed in the Choreographic Character Step Sequence).

### Illegal Elements / Movements / Poses

The following elements and movements are illegal in all Solo Ice Dance competitions:

- Jumps of more than half (1/2) revolution (including Back Flips)
- 2 or more consecutive ½ rotation jumps (jumps are not consecutive if there are two or more steps in-between)
- Lying or sitting on the ice (except where permitted)
- Toe Assisted Split Jumps of any kind (A Ballet Jump where the skater takes off and lands on the same toe with less than 1/2 rotation will be considered a hop and not a split jump, unless the thighs are spread equal to or more than 90 degrees in which case it would be illegal)
- Edge Split jumps more than 90 degrees at the thighs. (Split Jumps with an edge take off where the legs at the thigh are spread equal to or more than 90 degrees. Such as, but not limited to a Falling Leaf.)
- Flying entries for Dance Spins
- Illusions\* of more than one rotation (one rotation equals one "down and up" motion of the upper body)

\*Definition Illusion:


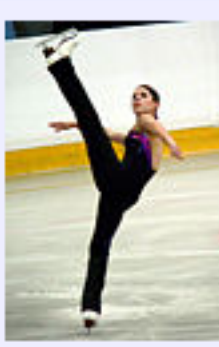

Illusion - An Illusion is a spin that has a basic position similar to the camel, but instead of remaining "flat" throughout the duration of the spin, the skater's body tilts up and then down so the head is close to the ice with the boot of the free leg extended upwards, creating almost a full split, while the skater is spinning.

### Note:

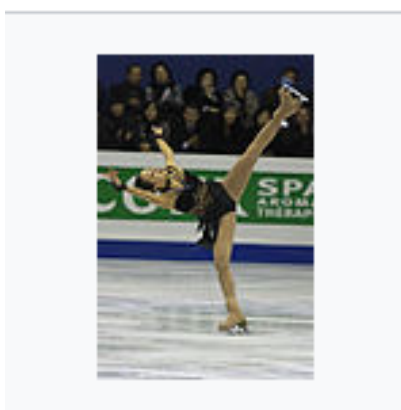
If there is an illegal element(s)/movement(s)/pose(s) anywhere in the program, it is identified and receives the appropriate deduction. If there is an illegal element(s)/movement(s)/pose(s) during the execution of any element, the element will receive a Level per the requirements performed or ignored if the minimum requirement for Basic Level is not fulfilled. The same principle and deduction will apply to Choreographic Elements (Confirmed or Ignored + the deduction) The deduction for an Illegal Element/Movement (2.0) will apply for Junior and Senior, 1.0 for Novice categories.

Any feature that contains or is considered an illegal element, that feature will not be considered for level.

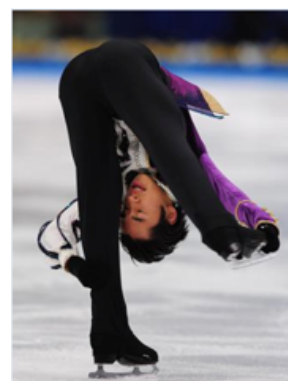
## 11. Appendix A – Examples of Different Positions

<b>Charlotte</b>	A Charlotte is a variation in which the torso is dropped down forward toward the skating leg and the free leg is lifted behind in a near-split position	
<b>Fan Spiral</b>	A fan spiral is a back outside edge spiral held with the free leg held unsupported to the skater's front or side. Ideally, this position should be held with both legs straight, although less flexible skaters attempt to compensate for a lack of strength or flexibility by not fully extending the free leg or bending the skating leg.	
<b>Kerrigan Spiral</b>	A Kerrigan spiral is a high-leg outside spiral performed with one hand supporting the knee of the free leg. This position is named after Nancy Kerrigan.	





Note: A 135, (or Fan) position now counts both skating backwards or forwards.



135 or Fan



Charlotte

<b>Arabesque Spiral</b>	An <b>arabesque spiral</b> is the basic spiral position. The free leg is extended behind the body above hip height (at least a 90 degree angle). Some skaters are able to achieve vertical split position (170- 180 degrees) with this position.	
<b>Catch Foot Spiral</b>	A spiral where the free leg is held with one or both hands. A <b>catch-foot spiral</b> does not refer to any single position, but generally refers to any spiral with the skate of the free leg being held in one or both hands. Catchfoot spirals include:	
<b>Biellmann Spiral</b>	A Biellman spiral is a variation of a catch foot where the free leg is pulled up higher than the head. This position requires extreme flexibility.	
<b>Cross Grab Spiral</b>	A cross grab is a catch-foot spiral where the skate of the free leg grasped from behind by the opposite hand	



Kerrigan spiral  
(Front view)  
(Mao Asada)



Kerrigan spiral  
(Side view)  
(Joannie Rochette)



Variation on Kerrigan spiral  
(Caroline Zhang)

Can also be considered a split.



## 12. Appendix B – How to time Edge Elements (for Referees)

The Edge Elements are timed for however long the skater is “in position”, based on the definition of each Type of Edge Element on page 9. In other words, how long is the skater meeting the definition of the type of Edge Element?

For example:

Timing a Spread Eagle would start the moment the second foot hits the ice on the outside edge, creating a Spread Eagle, and then it would stop the moment either foot leaves that position. The same method would be used for an Ina Bauer as well, whether an inside or outside Ina Bauer, start timing the moment the position is attained, and stop timing when the skater is no longer in position.

The Crouch and Spiral are the same, however it is important to remember the definitions of the “Type” of these Edge Elements. For a Crouch, the skater only needs to have their thighs parallel to the ice to start timing and once they are no longer parallel, the element is over and you would stop timing. The skater may also be trying to attain the Hydroblade difficult variation which may take longer to attain, but that is not what the referee is timing, only the technical panel needs to know how long they are in the difficult variation. The referee is looking at only the thighs and if they are parallel (or closer) to the ice or not.

The same goes for the Spiral Edge Element. The Referee is only looking at when the skater meets the definition of the Spiral Type which is “with one blade on the ice and the free leg (**including knee and foot**) are higher than the hip level.” (see page 9 for definitions). The stopwatch should start when the skater meets this definition, regardless if they are going for a difficult variation or not. It could take longer to attain the difficult variation, for example a Split, the skater’s knee and foot are higher than the hip level before ever reaching the full split. The referee again only times how long the skater is in a Spiral Type, not how long they are in the difficult position. In this case of the Split, you would start timing when **both** the knee and foot are higher than the hip and then stop timing when the knee **and/or** foot drops below the hip level. The technical panel will time the difficult variations separately.

In the case of a Combination Edge Element, it should be timed from the start of the first Short Edge Element to the end of the second Short Edge Element that make up the combination. The steps between, if any are executed, are part of the overall time.

If a referee times an Edge Element where the skater does not meet the definition of the type of Edge Element they are attempting for at least 3 seconds, and the element is still on the screen at the end of the review process, please ask them to review the element again for total time. If it is under 3 seconds, in position, it should be ignored and thus deleted from the screen.