

## Step Sequence, Spiral Sequence, Spiral and Choreographic Sequence Singles and Pairs

Step Sequence (For all categories where the Step Sequence is called no higher than Base Level). (all levels called no higher than Base level): A good step sequence will fully utilize the ice surface. However, in order to be identified as a step sequence, it must cover at least half of the ice surface.

Listed jumps may not be included. There is no specified pattern and short stops in accordance with the music are permitted. The step sequence should be executed according to the character of the music.

Attention should be paid to energy and execution of the step sequence with an emphasis on the quality of steps, turns and body movements rather than difficulty and quantity. Judges will reward step sequences that are matched to the musical structure and are effortless throughout.

**Spiral Sequence:** A collection of at least two spirals executed on different feet, separated by no more than four steps not including the step taken into the skating foot of the second spiral. (A step in this case applies to any time a change of foot takes place.(e.g. Mohawk = 2 steps, 3-turn = 1 step, crosscut = 2 steps).

**Spiral:** A gliding position executed on one foot with free leg extended (including knee and foot) above hip level.

- A spiral sequence meeting the above definition will receive a Basic Level call.
- The first two spirals performed that meet the definition will be identified as a spiral sequence.
- If there is not at least one spiral with a sustained position (i.e. not kicked) on each foot then the element will be called "no level" by the technical panel.
- If there is not at least one spiral with an unsupported position the element will be called no level.
- If one or both of the two required spirals is so short that the edge is not well-established or the position is not held long enough to be evaluated, the judge may assess a GOE penalty according to "poor position" and/or "poor edge", as applicable.
- To be identified as a spiral, the free leg (including knee and foot) must be above hip level, but there can be a bend in the free leg and/or skating leg. Positions like a Biellmann style and a "Y" with the free leg to the side are permitted.
- The quality of the spiral will be evaluated by the judges including a possible GOE reduction for poor edge quality.
- "No more than four steps between": A step in this case applies to any time a skater executes a clear change of foot. If a skater puts weight on both feet as in a sculling movement or pumping with both feet, the Technical Panel will count these movements as a "step". If there are more than four steps, not including the step taken into the second spiral, the Spiral Sequence will be given "No Value".

**Choreographic Sequence (Singles):** A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc. Listed elements included in the choreographic sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. The Technical Panel identifies the choreographic sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the choreographic sequence is not the last element of the program). It can be performed before or after the Step Sequence. This element has a fixed base value and will be evaluated by the judges in GOE only.

**Choreographic Sequence (Pairs):** A choreographic sequence consists of any kind of movements like steps, turns (except twizzles), spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, small lifts etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. The Technical Panel identifies the choreographic sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the choreographic sequence is not the last element of the program). It can be performed before or after the Step Sequence.