



2011-2012 SINGLES PRE-EVENT TECHNICAL PACKAGE

Pre-Juvenile to Novice

(August 22, 2011)

For Junior and Senior program requirements: see the 2010 ISU Singles and Pair Skating and Ice Dance Special Regulations and Technical Rules (page 93-98).

<p>Pre-Juvenile Women Free Program (2:30±0:10)</p> <p>JUMPS: Maximum of seven <u>six</u> jump elements.</p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins. <i>All spins shall be called no higher than Level 1.</i></p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin. • One spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence. <i>All spiral sequences shall be called no higher than Level 1.</i></p>	<p>Pre-Juvenile Men Free Program (2:30 ±0:10)</p> <p>JUMPS: Maximum of seven <u>six</u> jump elements.</p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins. <i>All spins shall be called no higher than Level 1.</i></p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin. • One spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence. <i>All spiral sequences shall be called no higher than Level 1.</i></p>
<p>Juvenile Women Free Program (2:30 ±0:10)</p> <p>JUMPS: Maximum of seven <u>six</u> jump elements.</p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p>	<p>Juvenile Men Free Program (2:30 ±0:10)</p> <p>JUMPS: Maximum of seven <u>six</u> jump elements.</p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p>

<p>SPINS: Maximum of three spins. <i>All spins shall be called no higher than Level 1.</i></p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One must be a spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence <u>(any pattern)</u> or spiral sequence. <i>All step sequences shall be called no higher than Level 1.</i></p>	<p>SPINS: Maximum of three spins. <i>All spins shall be called no higher than Level 1.</i></p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One must be a spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence <u>(any pattern)</u> or spiral sequence. <i>All step sequences shall be called no higher than Level 1.</i></p>
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<p>Pre-Novice Women Short Program (max: 2:30)</p> <p>JUMPS</p> <p>(a) One single or double Axel</p> <p>(b) One double or triple Jump</p> <p>(c) One jump combination including two double jumps or one double and one triple jump</p> <p><i>Note: The 2A may be repeated, but if it is repeated one must be in combination.</i></p> <p><i>Note: Other than the 2A, no jump can be repeated unless as the first and second jump in the combination.</i></p> <p>** Only one triple jump may be included in the program</p> <p>SPINS</p> <p>(a) layback or sideways leaning spin</p> <p>(b) Spin combination with one (and only one) change of foot and at least two basic positions</p> <p>No flying entry on any spin</p> <p>STEP/SPIRAL SEQUENCES: Maximum one step sequence (straight line, circular or serpentine)</p> <p>(a) One spiral sequence</p> <p><u><i>(The spiral sequence may have only Level 1 or Level 0 options.)</i></u></p>	<p>Pre-Novice Women Free Program (3:00 ±0:10)</p> <p>JUMPS: Maximum of seven <u>six</u> jump elements.</p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins.</p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence or one spiral sequence.</p> <p><u><i>(The spiral sequence may have only Level 1 or Level 0 options.)</i></u></p>
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<p>Pre-Novice Men Short Program (max: 2:30)</p> <p>JUMPS</p> <p>(a) One single or double Axel (b) One double or triple jump (c) One jump combination including two double jumps or one double and one triple jump</p> <p><i>Note: The 2A may be repeated, but if it is repeated one must be in combination.</i> <i>Note: Other than the 2A, no jump can be repeated unless as the first and second jump in the combination.</i> **Only one triple jump may be included in the program</p> <p>SPINS</p> <p>(a) Camel spin with only one change of foot (b) Spin combination with one (and only one) change of foot and at least two basic positions</p> <p>No flying entry on any spin</p> <p>STEP/SPIRAL SEQUENCES</p> <p>(a) Two <u>One different</u> step sequence (<u>straight line, circular or serpentine</u>)</p>	<p>Pre-Novice Men Free Program (3:00 ±0:10)</p> <p>JUMPS: Maximum of seven <u>six</u> jump elements.</p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins</p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence.</p>
<p>Novice Women Short Program (max: 2:30)</p> <p>JUMPS</p> <p>(a) One single or double Axel (b) One double jump or triple jump <i>immediately preceded by connecting steps and/or other comparable free skating movements, or triple jump (connecting steps not required)</i> (c) One jump combination including two double jumps or one double and one triple jump <u>consisting of two double jumps or one double and one triple jump or two triple jumps*</u></p> <p><i>* The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump. Jumps (a) and (b) must be different.</i></p> <p>SPINS</p> <p>(a) Layback or sideways leaning spin (b) Spin combination with one (and only one) change of foot and at least two basic positions</p> <p>No flying entry on any spin</p>	<p>Novice Women Free Program (3:00 ±0:10)</p> <p>JUMPS: Maximum of seven <u>six</u> jump elements. <u>A seventh jump element may be included if there is at least one double Axel or one triple jump included in the program*</u></p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins.</p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot.

<p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence (<u>straight line, circular or serpentine</u>) (a) One spiral sequence <i>(the spiral sequence may have only Level 1 or Level 0 options.)</i></p>	<ul style="list-style-type: none"> • One spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one <u>one</u> step sequence or one spiral sequence. <i>(the spiral sequence may have only Level 1 or Level 0 options.)</i></p>
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Novice Men Short Program (max: 2:30)	Novice Men Free Program (3:30 ±0:10)
<p>JUMPS</p> <p>(a) One single or double Axel</p> <p>(b) One double <u>jump or triple jump</u> immediately preceded by connecting steps and/or other comparable free skating movements, <u>or triple jump (connecting steps not required)</u></p> <p>(c) One jump combination including two double jumps or one double and one triple jump <u>consisting of two double jumps or one double and one triple jump or two triple jumps**</u></p> <p><i>* The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump. Jumps (a) and (b) must be different.</i></p> <p>SPINS</p> <p>(a) Sit or camel spin with option change of foot</p> <p>(b) Spin combination with one (and only one) change of foot and at least two basic positions</p> <p>No flying entry on any spin</p> <p>STEP/SPIRAL SEQUENCES (a) Two <u>One</u> different step sequence (<u>straight line, circular or serpentine</u>)</p>	<p>JUMPS: Maximum of eight <u>seven</u> jump elements.</p> <p><u>An eighth jump element may be included if there is at least one double Axel or one triple jump included in the program</u></p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins.</p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence.</p>

DESCRIPTIONS OF ELEMENTS

JUMPS: Short and Free Program

Jump elements, jump combinations and jump sequences

- A "jump element" is defined as an individual jump, a jump combination or a jump sequence.
- In a jump combination the landing foot of the first jump is the take-off foot of the second. The element remains a jump combination (with an error) even when there are two 3-turns in between jumps with a slight touch down (without weight transfer).
- A jump sequence (not permitted in short program) may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns*/steps*, crossovers or stroking during the sequence.
 - * Turns: 3-turns, twizzles, brackets, loops, counters, rockers.
 - * Steps: toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, running steps.
- Only the two highest jumps will count towards the base value of the sequence.
- If the jumps are connected with a non-listed jump, the element is called as a jump sequence. When a half-loop is connected to a jump or between jumps it will be considered as a two or three jump combination accordingly.
- In an intended jump combination or jump sequence, if a skater falls/steps out of the first jump and immediately after that executes another jump, the second jump will be ignored and the element will be identified as a combination for the Short Program and as a sequence for the Free Program.

Take-off edges

- A jump performed with an incorrect take-off edge (e.g. flutz) will be identified as the intended jump and subject to a deduction in the GOE. Not taking off from the clean correct edge in Flip or Lutz jumps will be identified by the technical panel to the judges and in the protocols with the sign "e". Each judge will then decide himself/herself on the severity of the error (major or minor error) and the corresponding GOE reduction."

Jump rotations: under-rotated and downgraded jumps

- A jump will be considered as "under-rotated" if it is "missing rotation of more than $\frac{1}{4}$, but less than $\frac{1}{2}$ ". An under-rotated jump will be shown as a "<" symbol after the element code. These jumps will receive 70% of the base value.
- A jump will be considered as "downgraded" if it is "missing rotation of $\frac{1}{2}$ revolutions or more. A downgraded jump will be shown as a "<<" symbol after the element code. These jumps will have a base value as the element of one rotation less.
- The same criteria (under-rotated and downgraded) are applied to jumps cheated at the take-off. A clear forward (backward to Axel type jump) take-off will be considered as a downgraded jump. This is most common in a toe loop.
- Both under-rotated and downgraded jumps will count as the intended jump in the

application of well balanced program regulations.

- Jumps of less than or equal to half of a rotation are not counted as a jump element. They are considered as linking moves and are assessed as part of the "transitions" score except when a clear attempt is made. For example, an Axel type jump with rotation of more than one half revolution will be considered as an under rotated Axel and take up a jump box.

Bonus elements:

- **Juvenile:** each jump identified in the program as a **double Axel or any jump of higher base value (fully rotated)** will result in a technical bonus of 1 point.
- **Pre-Novice:** each jump identified in the program as a ~~triple toe loop~~ **double Axel or any jump of higher base value (fully rotated)** will result in a technical bonus of 1 point.
- **Novice:** each jump identified in the program as a **triple Toe loop or any jump of higher base value (fully rotated)** will result in a technical bonus of 1 point.

JUMPS: Short Program

- **Novice:** If the solo jump is a double, it must be immediately preceded by connecting steps and/or other comparable free skating movements. A single move (spread eagle, spiral, single 3-turn, etc.) is not considered as steps. The entry steps should be completed as a fluid movement integrated with the rhythm of the jump entry in order to be rewarded accordingly in the GOE. If the solo jump is a triple, no connecting steps are required.
- A solo jump may not be repeated as either of the jumps in the combination except for Pre-Novice where the skater may repeat the double Axel.

JUMPS: Free Program

- **Novice:** An additional jump element may be included in the program if there is at least one double Axel or one triple jump attempt included in the program. Any attempt regardless of how it is called will count (this includes under-rotated and downgraded jumps). If an additional element is included and the program does not include one double Axel or one triple jump attempt, the entire jump element with the lowest base value will be invalidated.

Repetitions

- Jumps with the same name but different rotations will be considered as two different jumps. A repeated jump, not included in a jump combination or jump sequence, will be considered as part of an unsuccessfully executed jump sequence and counted as a jump sequence with only one jump executed. If three jump combinations or jump sequences have already been executed, the repeated solo jump will be treated as an additional element and therefore not considered (but this element will occupy a jump box if there are any left).
- No jump can be attempted more than twice; if so, the entire jumping box will be invalidated and receive no value.

JUMP COMBINATION: Short and Free Program	
<ul style="list-style-type: none"> When a ½ loop is included before a jump or between two jumps, with no other hops, the element will be considered as a two or three-jump combination accordingly. The base value of the ½ Lo will be the same as a 1Lo. Examples: ½ Lo + 2S will be considered a two-jump combination. 1A ½ Lo + 2S will be considered a three-jump combination. If you do not wish it to count as a two or three-jump combination, please be sure to include other hops (eg. Mazurka) in the sequence. 	
JUMP COMBINATION: Short Program	JUMP COMBINATION: Free Program
<p>Pre-Novice: Double Axel can be repeated.</p> <p>Novice: Double Axel cannot be repeated.</p> <ul style="list-style-type: none"> Pre-Novice can only include one triple jump in the short program. If the same jump is executed as a solo jump and as a part of the jump combination, the last performed of these jump elements will not be counted, but will occupy a jumping box. If this element is a jump combination, the whole jump combination will not be counted. (e.g., solo jump, skated first = 2Lo; combination jump, skated second = 2F+2Lo; the entire jump combination (2F+2Lo) will not be counted). 	<ul style="list-style-type: none"> A jump combination may consist of the same or another single, double or triple jump. There may be up to three jump combinations or jump sequences in the free program. No three jump combination allowed. If a three jump combination is attempted, it will receive no value and take up a jumping box. If the jumps are connected with a “non-listed jump,” the element is called as a jump sequence. If the first jump of a two-jump combination fails to succeed and turns into a “non-listed jump,” the element will still be considered as a jump combination as long as the element still fits within the jump combination definition.
Jump Sequences:	Jump Sequences:
<ul style="list-style-type: none"> Not applicable for short program. 	<ul style="list-style-type: none"> Any kinds of hops and non-listed jumps inside the sequence are allowed. From the moment the jump sequence does not fulfill the above requirements, the remainder of the jump sequence will be ignored and the element will be called “name of the first jump(s) plus sequence.” In this case the GOE relates to the whole element. In free skating judges always evaluate what they see independent of the call. If an Axel type jump immediately follows any other jump (without any steps, turns, hops, mazurkas and non-listed jumps), it is also considered as a jump sequence and will be identified as one jump element. When a ½ loop is included before a jump or

	<p>between two jumps, with no other hops, the element will be considered as a two or three jump combination accordingly. The base value of the ½ Lo will be the same as a 1Lo. Examples: ½ Lo + 2S will be considered a two jump combination. 1A ½ Lo + 2S will be considered a three jump combination. If you do not wish it to count as a two or three-jump combination, please be sure to include other hops (eg. Mazurka) in the sequence.</p>
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SPINS: Short and Free Program

General

- Juvenile: All spins can be called no higher than Level 1, regardless of features.
- There are three basic spin positions: camel (free leg backwards with the knee higher than the hip level, however layback and Biellmann are still considered upright spins), sit (the upper part of the skating leg at least parallel to the ice), upright (any position with extended or almost extended skating leg which is not a camel position) and intermediate positions (all positions that according to the above definitions are not camel, sit or upright).
- A spinning movement with less than three revolutions is considered a skating movement and not a spin. In the short program, an attempted spin that happens to rotate less than three revolutions will be called the intended spin “no level” In the free program, the attempted spin will be called according to what part of the spin can be identified and given “no level”.
- The minimum required number of revolutions in a basic position is two without interruption. If this is not fulfilled the position is not counted.
- A spin combination executed with less than two revolutions in any basic position is considered as not according to requirements and will receive no value.
- Revolutions in intermediate positions count towards the total number of revolutions for all spins when determining whether the minimum of 3 revolutions has been met; intermediate positions can be considered for difficult variations for combination spins only.

Features

- In any spin with change of foot the maximum number of features attained on one foot is two.

Back entry / Flying entry

- The back entry requires the first two revolutions on a backward outside edge (not necessarily in a basic position). The Backward entry counts as a feature that can increase the Level in only one spin in both the Short Program and the Free Skating; while doing that, the first attempt is taken into account.
- Backward and flying entry, change of edge and any type of difficult spin variation count as features that can increase the Level only once per program (in the first spin they are attempted). **Normal flying camel entry does not count as a Level feature, but counts as**

such an attempt.

- The feature for the flying entry can be granted only if the basic position is reached within the first two revolutions after the landing.
- In a flying sit spin “landing on the same foot as take-off or changing foot on landing” is counted as a Level feature only when the sit position is attained in the air.

<i>FLYING SPIN: Short Program</i>	<i>FLYING SPIN: Free Program</i>
Not applicable for short program.	<ul style="list-style-type: none"> • Pre-Juvenile: <ul style="list-style-type: none"> ➤ The flying spin may have a change of foot and/or a change of position. • Juvenile to Novice: <ul style="list-style-type: none"> ➤ The flying spin must have one position only and no change of foot.

Change of edge

- Clear change of edge can be counted only if done in a basic sit position (from BI to FO), in a camel, layback or Biellmann position.
- In any spin, change of edge can be counted only once per short program and once per free program, if done with two uninterrupted rotations before and after the change, staying in the same basic position.

8 revolutions

- At least 8 rev. without changes in position/variation, foot or edge (camel, difficult sit, layback, difficult upright), counts as a level feature once per spin. If the 8 revolutions are tried/performed more than once in a spin, the Technical Panel can take any one of these attempts in favour of the skater.

Spins in both directions

- Spins in both directions that immediately follow each other will be rewarded by counting this as an additional feature in all Levels for sit and camel basic positions. A minimum of three revolutions in each direction is required and will be considered a change of foot spin if three revolutions on each foot has been achieved. A spin in both directions, as above, is considered as one spin.

Final wind-up – spin in one position, flying spin

- Spin in one position and (in singles) flying spin (which means a spin with a flying entrance and no change of foot and position): the concluding upright position at the end of the spin (final wind-up) is not considered to be another position independent of the number of revolutions, as long as in such a final wind-up, no Level feature is executed (change of edge, variation of position, etc).

Fall on spin entry

- If the skater falls when entering a spin, a spin is allowed immediately after this fall (for filling time purpose) with this spin not being counted as an additional element.

Spin codes

- All spins must be of a different character (must have a different abbreviation/code). Any spin with the same abbreviation as one executed before will be invalidated, but will occupy a spin box.

Example 1: (Novice Men) 1) CCoSp2
2) FCSp3
3) CCoSp4**

**Because the first and third spins have the same abbreviation (code), the third spin is invalidated by the computer and receives no points.

Example 2: (Novice Men) 1) CCoSp2
2) FCSp3
3) FCCoSp3

In this example the abbreviations (codes) for all three spins are different, as such; all three spins are valid and count for points.

Difficult Variation

- A difficult variation is a movement of a body part/leg/arm/hand/head, which requires more physical strength or flexibility and that has an effect on the balance of the main body core. Only these variations can increase the Level.
- Two difficult variations are considered to be of different types if they are from different categories (as defined below) or from same category, but with significantly different body weight or core distribution. To receive the feature in any type of these variations a skater must complete at least two revolutions in this type of variations.
- Difficult variations count not more than twice in a spin.

For one position spins: Both these variations will be counted as Level features if they both are in basic positions with at least two revolutions and fulfil the criteria described below in “Repetitions”.

For spin combination: One of the two variations can be in an intermediate position, the other one must be in a basic position. The two variations must be, on different feet, in different positions and fulfill the criteria described below in “Repetitions”.
- **Attempt of a difficult variation**
A difficult variation is considered “attempted” when the variation is clearly visible, regardless of the fact if this variation was counted or not (on whatever grounds).
- **Repetitions**
Both in SP & in FS, if a difficult spin variation of the same category is repeated, this repetition can be counted only when the distribution of the body weight or core is significantly

different from the first variation. Once the skater attempts two difficult variations within an above category, he will not receive credit for a further attempt within that category (even if executed on a different foot).

If a difficult spin variation is not counted because it was already used, any additional features in this variation are not counted as well. However, if a second difficult variation in a spin combination is of a different type than used in the program up to that moment, but is not counted because it is in the same position as the first variation, other additional features in this variation can still be counted. Rationale: to reward variety in types.

- **Categories of different difficult variations**

Any type of a difficult spin variation (see chart below) counts as a feature. Each type can increase the Level only once per program both in short and free program (in the first spin it is attempted); if a variation of the same type is repeated, it will not count as a Level feature even if executed on a different foot.

- **Different types of variations**

Difficult variations will be considered of a different type (i.e., “significantly different”) if (a) they are in different categories or (b) if they are in the same category but have significantly different body weight or core distribution (i.e., SF-Twist and SF-Pike). **Note, however, that ONLY TWO difficult variations of the same classification can be included in any program – even if executed on a different foot.**

- **Similar variations**

If in a spin combination the variation in the intermediate position is quite similar to the performed variation in a basic position, the feature for the variation in the intermediate position might not be granted if in the opinion of the TP the two variations are not significantly different.

The following is a list of the 13 different categories of difficult variations with examples of commonly executed difficult variations in each category.

Basic Position	Category - Description	Short Hand (tech panel)	Type(s) - Example(s)
Camel Position	Camel Forward: Belly-button facing forward	CF	· Swan
	Camel Sideways: Belly-button sideways	CS	· Donut
	Camel Upwards: Belly-button upwards	CU	· Layover
Sit Position	Sit Forward: Free leg directed forward	SF	· Pike (cannonball) · Pancake · Twist
	Sit Sideways: Free leg directed to the side	SS	· Broken leg
	Sit Behind: Free leg directed to the back	SB	· Tuck behind
Upright Position	Upright Forward: Torso leaning forward	UF	· A-Frame
	Upright Straight/ Sideways: Torso straight Up or sideways	US	· Cross-foot · V-frame

	Upright Biellmann: Torso leaning backwards	UB	· Biellmann
Layback Position	All difficult variations of a Layback are considered the same classification	UL	· Hair cutter · Pearl
Intermediate Position	All variations in intermediate positions are considered the same classification	IP	· Windmill (with 3 revs)
Other	Jump within a spin in a basic position to the same or different basic position (2 revs before and after jump) – counts towards the foot/ position after the jump.	JS	· Sit – jump – sit · Camel-Arabian jump-back sit
	Increase of Speed – counts towards the position used within the spin.	IS	· Only counts in sit, camel, layback

<p>COMBINATION SPIN WITH A CHANGE OF FOOT: Short and Free Program</p> <ul style="list-style-type: none"> • <u>All three basic positions are required for Levels 2 – 4.</u> • The minimum number of revolutions required in each position is two without interruption, if this is not fulfilled, the position is not counted. • To be considered, a change of foot in a spin requires at least three revolutions on each foot before and after the change. <p>No level</p> <ul style="list-style-type: none"> • A combination spin in which all basic positions are held for less than two full uninterrupted revolutions shall be called “no level” and will receive no value. 	
<p>COMBINATION SPIN WITH A CHANGE OF FOOT: Short Program</p> <ul style="list-style-type: none"> • The combination spin must not commence with a jump. • <u>All three basic positions are mandatory for Levels 2-4.</u> Only one change of foot is permitted and any variation of position is possible. • The change of foot can be done in the form of a jump, step over or reverse direction. A change of foot cannot be performed with a toe Arabian. If performed in the short program, judges will reduce the GOE, considering it an error (touching the ice with the free foot). <p>No level</p> <ul style="list-style-type: none"> • For Spins with change of foot, at least one basic position on each foot is mandatory. In case this requirement is not fulfilled in 	<p>COMBINATION SPIN WITH A CHANGE OF FOOT: Free Program</p> <ul style="list-style-type: none"> • For Spins with change of foot, at least one basic position on each foot is mandatory for Level 2 – 4 in the Free Program. • <u>All three basic positions, held for at least 2 continuous revolutions in each, are mandatory for Levels 2- 4.</u> • The spin combination must have at least one change of foot and two different basic positions (sit, camel, upright or any variation thereof).

<p>the Short Program, the spin will have no Level and consequently no value.</p> <ul style="list-style-type: none"> In all categories, if the spin does not contain a change of foot with three revolutions on each foot, or if the spin contains a second change of foot with three revolutions, no level will be called and the spin will receive no value. 	
<p>COMBINATION SPIN WITH NO CHANGE OF FOOT: Short Program</p>	<p>COMBINATION SPIN WITH NO CHANGE OF FOOT: Free Program</p>
	<ul style="list-style-type: none"> A spin combination executed with only one position with not less than two revolutions (as to requirements) and in all other positions, less than two revolutions (not to the requirements), receives a Level 1 and the judges will also reduce the GOE.
<p>SPIN IN ONE POSITION WITH CHANGE OF FOOT: Short Program</p>	<p>SPIN IN ONE POSITION WITH CHANGE OF FOOT: Free Program</p>
<ul style="list-style-type: none"> The spin cannot be commenced with a jump. The change of foot can be done in the form of a jump, step over or reverse direction. A change of foot cannot be performed with a toe Arabian. If performed in the short program, judges will reduce the GOE, considering it an error (touching the ice with the free foot). Only revolutions in the specified position shall be counted towards levels and GOE's. All revolutions are counted towards the minimum required number of revolutions for a spin to count. Any variation of the basic spin position is possible. To be considered, a change of foot in a spin requires at least three revolutions before and after the change. <p><u>No level</u> If there are two revolutions on one foot in a basic position, but less than two revolutions in a basic position on the other foot, the spin will have no level and no value.</p>	<ul style="list-style-type: none"> If there are two revolutions on one foot in a basic position, but less than two revolutions in a basic position on the other foot, the level cannot be more than 1.

LAYBACK OR SIDEWAYS LEANING SPIN: Short Program

The position of a Biellmann spin can only be taken and considered as a feature to increase the level after having successfully rotated the required five (Pre-Novice) or six revolutions (Novice) in the layback position (backward or sideways) as specified above.

SPIRAL SEQUENCE: Short and Free Program

- A minimum of at least two spirals for at least three seconds is required. This can be replaced by one spiral that is at least six seconds. Spiral sequences not meeting this minimum will be assigned level 0, and receive no value.
- A spiral position must be maintained with the free leg (including knee and foot) above the hip for three seconds to be counted.
- Any variations are permitted, including holding the knee or skate blade and the position of the free leg is otherwise free.
- The spiral sequence will always be awarded a fixed Base Value and evaluated by judges in GOE only.
- The pattern of the spiral sequence can be any combination of curves (on edges). Only spirals executed on edges will be counted, spirals executed in a straight line will not be considered.

STEP SEQUENCE: Short and Free Program

General:

- The competitors have complete freedom in selecting the kind of step sequence they intend to execute. Jumps can also be included in the step sequence. All step sequences should be executed according to the music. The step sequence must fully utilize the ice surface. Step sequences too short and barely visible cannot be considered as meeting the requirements of a step sequence.

Turns and Steps:

- To obtain higher than Level 1, turns and steps must be balanced in their distribution throughout the step sequence.
 - * Turns: 3-turns, twizzles, brackets, loops, counters, rockers.
 - * Steps: toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, running steps.
- To obtain a Level 2, a “**simple variety**”, consisting of at least **7 turns and 4 steps** must be executed. None of the types can be counted more than twice.
- To obtain a Level 3, a “**variety**”, consisting of at least **9 turns and 4 steps** must be executed. None of the types can be counted more than twice.
- To obtain a Level 4, a “**complexity**”, consisting of at least **5 different types of turns and 3 different types of steps all executed at least once in both directions**.

Rotations:

- This feature means that a skater rotates continuously in one direction for at least 1/3 of the sequence and then continuously for at least 1/3 of the sequence in the opposite direction or

over the length of the step sequence the skater is performing turns for at least 1/3 of the sequence in total (not continuous) in one rotational direction and at least 1/3 of the sequence in total (not continuous) in the opposite direction

“Full body rotation” means one complete rotation. The skater should not just turn half a rev. back and forth.

Upper Body:

Use of upper body movements means the visible use for a combined total of at least ½ of the pattern of the step sequence any movements of the arms and/or head and/or torso that have an effect on the balance of the main body core. Having an effect on the balance of main body core can also be understood as having an effect on the balance of the body as a whole and influencing the balance on the blade.

One foot:

- “At least half a pattern on one foot only” presumes that the skater stays on one foot without any breaks for at least half of the sequence pattern. However hops and unlisted jumps started and landed on this foot are allowed.

Difficult Turns:

- Difficult turns are rockers, counters, brackets, twizzles, loops. In the combinations:
 - three turns are not allowed (not difficult turns);
 - changes of edges are not allowed (listed as steps);
 - a jump/hop is not allowed (not a turn);
 - changes of feet are not allowed;
 - at least one turn in the combination must be of a different type than the others.

The exit edge of a turn is the entry edge of the next turn. Combinations must be executed quickly.

- Two combinations of difficult turns are considered to be the same if they consist of the same turns done in the same order and on the same edges.
- Step sequences may include any non-listed jumps. Short stops in accordance with the music and retrogressions are permitted.

Pattern:

- In features 2 – 4 “pattern” means the pattern actually executed by the skater.
- Serpentine footwork must have at least two bold curves and must go from end to end.
- Straight line footwork must start at any point along the short barrier at one end of the ice and extend to any place on the opposite short barrier, keeping approximately the shape of a straight line.
- Circular footwork can be oval or circular but must cover the width of the ice.

STEP SEQUENCE: Short Program	STEP SEQUENCE: Free Program
<ul style="list-style-type: none"> • The step sequence is considered finished once the skater reaches the opposite short barrier (SISt/SeSt), have closed the 	<ul style="list-style-type: none"> • The step sequence is unlimited. The call will be according to the pattern of the first part of the sequence.

<p>circle (CiSt) or the moment when the skater concludes the sequence (if this happens earlier).</p> <ul style="list-style-type: none"> • <u>Unlisted jumps, independent of their number of revolutions can be included in the step sequence without a deduction or any other consequence. Listed jumps with more than half revolution will be ignored in the short program as an element, but will force the judges to reduce the GOE by 1 grade for “listed jumps with more than ½ revolution included”.</u> In any case these jumps do not influence the determination of Level of difficulty of the step sequence. 	<ul style="list-style-type: none"> • A jump of more than one half revolution is identified as an element.
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GENERAL SHORT/FREE PROGRAM NOTES

- 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 part of the body other than the blades, e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.”
- There is a -0.5 point deduction for every fall outside of an element. When a fall occurs inside an element, no deduction will be taken. The fall deduction would be called only if the fall is clearly not connected with the execution of an attempted element. E.g. if a skater is performing a jump combination/sequence where the skater falls on the first jump and gets up and falls on the second jump of the planned combination/sequence, no fall deduction would be taken. Also, if the skater gets up from a fall within an element, has not regained balanced and falls, this would still be a consequence of the fall on the element and no fall deduction would be called. If the skater gets up from a fall, regains balance and then falls a fall would be called.
- If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called “No Level” by the technical panel.
- Spirals, spread eagles, falling leaves and/or other moves in the field, when included in the short program for the purpose of enhancing choreography or connecting steps, should not be considered as extra elements. Moves in the field should be included in the program and will be evaluated under the “transitions” score.
- An element is considered omitted only if started after the maximum time allotted for the program. The referee must advise the judges and the technical panel of any element(s) started after the time limit.
- Any additional element or elements exceeding the prescribed numbers will not be counted in the results of a skater. Only the first attempt (or allowed number of attempts) of an element will be taken into account.

Timing

- The time of the short program and free skating program must begin from the moment the skater begins to move or to skate until arriving at a complete stop at the end of the program.

Interruptions

- In case of an interruption in the program the allowed three minute period before the continuation commences immediately after the referee has stopped the performance with a loud signal.

Costumes

- Clothing worn in competitions must be modest, dignified, and appropriate for athletic competition and must not give the effect of excessive nudity for athletic sport. No tights for men are permitted, but women may wear skirts, trousers or tights. Sleeveless costumes are permitted. Clothing may reflect the character of the music.

DEDUCTIONS (Short and Free Program):

In Cumulative Points Calculation (CPC) judging, the following deductions apply:

Violation	Deduction	Responsibility for applying the deduction
Time Violation	-1.0 for every five seconds lacking or in excess.	Referee
Music Violation	– 1.0 for vocal music with lyrics	Referee (*see note below)
Costume and prop violation	– 1.0	Referee (*see note below)
Interruptions to the program	-0.5 for 11-20 seconds -1.0 for 21-30 seconds Etc	Referee
Falls	-0.5 for every fall outside of an element (<i>for pairs, this is for fall of each skater</i>)	Majority of technical panel
Illegal Element Violation	– 2.0	Majority of technical panel

* Note – at Junior and Senior events at the Challenge and National championships these deductions are applied by the majority of the referee & all judges; however for Novice and lower events at all competitions it is the responsibility of the Referee alone.

** Fall Definition: A fall is defined as a 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 skates e.g. hand (s), knee(s), back, buttock(s) or any part of the arm.