

INTERNATIONAL SKATING UNION

Communication No. 1319

Single & Pair Skating

I. Rule Changes

Based on the experience gained during the 2004/05 season and based on a thorough review by the ISU Judging System ad-hoc Commission as well as the Single and Pair Skating Technical Committee, the ISU Council, in accordance with Article 17, paragraph 1, n) of the ISU Constitution and in accordance with Special Regulations, part A. General, paragraph j), (iii), has decided to implement the following Rule changes effective the season 2005/06, i.e. as of July 1, 2005

Rule 310, paragraph 1

1. a) The short program for single skating (Senior and Junior) consists of eight (8) required elements with connecting steps. The sequence of the elements is optional.
- b) No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each competitor, but vocal music with lyrics is not permitted. Connecting steps are allowed and must be marked.
- c) Unprescribed or additional elements such as jumps, spins, steps or repetitions, even of elements which have failed, are not marked and consequently do not block a "box" (spot) of another type of elements. If, however, such an unprescribed or additional element performed substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements."
- d) If a skater falls when entering a spin, a simple spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being marked.

Rule 310, paragraph 3

Spins:

Except flying spins, spins cannot be commenced with a jump. The concluding upright position at the end of the spin (final wind-up) is not considered to be another position if does not exceed 3 revolutions and the revolutions executed in it are not to be counted in the required number of revolutions. Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted.

e) Ladies - layback or sideways leaning spin:

Any position is permitted, as long as the basic layback or sideways leaning position is maintained for eight (8) revolutions without rising to an upright position. The position of a "Biellmann Spin" can only be taken and considered as a feature to increase the Level after having successfully rotated these required 8 revolutions in the layback-position (backward or sideways).

f) Spin combination:

The spin combination must consist of only one change of foot and at least two (2) changes of position (sit, camel, upright or any variation thereof) with not less than six (6) revolutions on each foot. Any spin combination must include all three (3) basic positions or their variations. The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately. During a change of positions a difficult variation of position can be executed. The minimum number of revolutions required in each position is two (2). In case this requirement is not fulfilled, the position is not counted.

A Spin combination executed with less than 2 revolution in all executed positions is considered as a “Spin combination not according to the requirements”, receives no Level and therefore no value. A spin combination executed with only 1 position with not less than 2 revolution (as to requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.

Step sequences:

All step sequences should be executed according to the character of the music. Each step should be progressive and no retrogression is permitted, step sequences may include small jump-like movements with not more than half a revolution. Short stops in accordance with the music are permitted. Turns and steps must be balanced in their distribution throughout the sequence.

g) Spiral step sequence (Ladies):

consists primarily of spirals, either commencing at the end of the ice surface, progressing in bold curves and ending at the opposite end of the ice surface (serpentine) or skated in a complete circle or oval utilizing the full width of the ice surface (circular) or a combination of the two. There must be at least three (3) spiral positions with at least one change of foot. Pushes in order to gain speed are permitted. Connecting steps (including spread eagles and two footed movements with one leg extended and the other bent, or "Ina Bauer"), turns, small jumps are permitted at any point in the sequence. Except during such pushes, steps, turns and small jumps, the competitor must be primarily in a spiral position, that is with the free leg higher than the hip level and each spiral position must be maintained for at least 3 seconds hold. Any variations of the position are permitted, including holding the knee or skate blade and the position of the free leg is otherwise free.

A spiral sequence in which all executed spiral positions are held with less than 3 seconds receives no Level and therefore no value. A Spiral Sequence in which less than three positions (with at least 3 seconds hold) are executed will receive Level 1.

g) and h) Step sequence:

- Straight Line Step Sequence: commences at any place of the short barrier and goes to any place of the opposite short barrier keeping the approximate shape of the straight line or
- Circular Step Sequence: skated on a complete circle or oval utilizing the full width of the ice surface or
- Serpentine Step Sequence: commences at the end of the ice surface and progresses in at least two bold curves of not less than one half of the width of the ice surface and ends at the opposite end of the ice surface.

Rule 313, paragraph 5

Lift:

Pair lifts are classified as follows:

- | | | |
|-------------|---|-----------------------------------------|
| Group One | - | Armpit Hold position |
| Group Two | - | Waist Hold position |
| Group Three | - | Hand to Hip position |
| Group Four | - | Hand to Hand position (Press Lift type) |
| Group Five | - | Hand to Hand position (Lasso Lift type) |

Groups are listed in order of their difficulty, from easy to most difficult, however Groups Three and Four are of the same difficulty. In Group Five the Axel Lasso (Side by Side Lasso) Lift is considered as the most difficult. In any Group one hand hold may increase the difficulty of the lift. A simple one-hand-hold (not less than ½, but less than 1 revolution of the man) will count once for Levels 2-3 and a difficult one-hand-hold (1 revolution of the man) will count for all the Levels as many times as there are full revolutions.”

a) Only the prescribed overhead lift take-off is permitted. A minimum of two (2) revolutions of the lady, and minimum of one (1) and maximum of three and a half (3 ½) revolutions of the man. Partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand to upper part of the leg (above the knee) grips.

Changes of hold or of the lady's position during the lift are permitted. If, however, the man changes hold for less than one revolution it is not considered as a “change of hold”. Change from right arm hold to left arm hold or vice-versa with at least one (1) revolution in each of these positions is an additional feature for Levels.

Only if there is a significant impact in the balance of the lift, the ladies change of position will be counted as an influence of the Level.

A landing procedure, where the lady is not immediately landing on the ice, is not automatically considered as a difficult landing.

The conclusion of the lift is when the man's arm(s) begin to bend after full extension and consequently the lady begins to descend.

Hand-to-hand loop lift take-off:

Partners skate one behind the other, backward outside, in hand-to-hand position. Lady is lifted from the backward outside edge.

Toe Lasso lift take-off:

Partners skate in Lasso position with the lady skating backward and the man forward. The lady is lifted in the air from a backward toe take-off.

Toe loop hip lift take-off:

Partners skate backward with a hip grip. The lady picks as in a toe loop jump. The man turns together with the lady.

Twist lift:

b) The number of revolutions of the lady rotating freely in the air is two (2). The lady must be caught in the air at the waist by the man prior to landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. The man also exits from the lift on one foot. In the twist lift, a split position by the lady, prior to rotating, is not mandatory, but will be one of the features that might increase the grade of execution of this element. Level of this element.

The Level of Difficulty for Twist Lifts is listed in four (4) different Levels.

Solo spin combination:

e) The solo spin combination may be commenced with a jump. Minimum of five (5) revolutions on each foot. The change of foot may be executed in the form of a step over or a jump and the change of foot and the change of position may be made either at the same time or separately. The concluding upright position at the end of the spin (if not otherwise chosen as one of the required positions) (final wind-up) is not considered to be another position if does not exceed 3 revolutions and the revolutions executed in it are not to be counted in the required number of revolutions. Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted. When the spin is commenced with a jump, no previous rotation on the ice before the take-off is permitted, and a step over must be considered by the Judges in the Grade of Execution.

Death Spiral:

g) Only the prescribed death spiral is permitted. In the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of one (1) revolution with the knees of the man clearly bent and in full pivot position. The lady must skate on a clean edge with her body and head close to the ice surface, however she must not touch the ice with her head or assist herself with the free hand or any part of the body. The lady's body weight is supported by the force of the spiralling edge and the hold of the man. The man must be in a centred position with a fully extended arm. Variations of arm holds and pivot positions (backward or forward) are possible. The change of lady's arm hold or the opposite hold of the man after/before the regular hold is counted as an additional feature..

Any kind of position is counted as a feature if skaters' hold lasts for at least one revolution; each additional revolution of the lady (full 360°) after the first revolution will count as one additional feature to increase the Level.

Remarks:

If the man does not reach the pivot position at all (incl. toe pick in the ice), there will be no level called and the value of the death spiral is zero or, if the man does not stay in the pivot position (toe pick in the ice), while the lady is executing any kind of changes of positions or holds, the position of the lady does not count as a feature.

Death Spiral backward outside:

Both partners are skating on a backward outside edge. The man performs a pivot and holds the hand of the lady with the same arm as his skating foot fully extended. The lady is leaning backwards to the ice and her arm is fully extended as she circles around the man in this position. Any variation of the man's position, skating direction or edge is allowed as long as he keeps the pivot position as described and the lady circles around him on an outside edge.

Death Spiral forward inside:

The man is skating on a backward outside edge, and the lady is skating on a forward inside edge. The man performs a pivot and holds the hand of the lady with the same arm fully extended as his skating foot. The lady is leaning sideways to the ice and her arm is also fully extended as she circles around the man in this position. Any variation of the man's position, skating direction or edge is allowed as long as he keeps the pivot position as described and the lady circles around him on an inside edge.

Death Spiral backward inside:

The same as for death spiral backward outside, but the lady circles around the man on a firm backward inside edge leaning to the ice.

Death Spiral forward outside:

The same as for the death spiral forward inside, except that the lady circles around the man on a firm forward outside edge.

Step sequences:

should be executed together or close together and may include small jump-like movements with not more than half a revolution. Each step should be progressive and no retrogression is permitted, but short stops in accordance with the music are permitted. Credit will be given to a pair which changes places and holds or uses difficult skating moves together during a step sequence. A variety and/or complexity of turns and steps must be balanced in their distribution throughout the sequence. The workload between both partners must be even to be taken into account for a possible higher Level.

h) Spiral step sequence:

consists primarily of spirals, either commencing at the end of the ice surface, progressing in bold curves and ending at the opposite end of the ice surface (serpentine) or skated in a complete circle or oval utilizing the full width of the ice surface (circular) or a combination of the two. At least two spiral positions by each partner must be executed. The minimum hold to be counted as a spiral position is three (3) seconds. The number of spirals, the length of hold of position (minimum of 3 seconds) and the edges used must be even between both partners to be considered as "balanced". If one partner executes no spiral at all, the Spiral sequence will receive no Level and consequently no value. A spiral sequence in which all executed spiral positions are held with less than 3 seconds receives no Level and therefore no value. A Spiral Sequence in which less than two positions by each partner (with at least 3 seconds hold) are executed will receive Level 1.

Pushes in order to gain speed are permitted at any point in the sequence, but only by one partner at a time. Connecting steps (including spread eagles and two footed movements with one leg extended and the other bent, or "Ina Bauer"), turns, small jumps are permitted at any point in the sequence, but only by one partner at a time. At least one partner must always be in a spiral position, that is, with the free leg higher than the hip level and variations of positions are permitted, including holding the knee or skate blade and the position of the free leg is otherwise free. The skating separately of the partners (shadow or mirror skating) is permitted.

Rule 320, paragraph 2

Jump Combination

A jump combination may consist of the same or another single, double, triple or quadruple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) jumps, the other two up to two (2) jumps. If the jumps are connected with a not listed jump (e.g. half-loop), the element is called as a jump sequence. If the first jump of a two-jump-combination fails to succeed and turns out into a "not listed jump", the unit will still be considered as a jump-combination. In a jump combination the landing foot of the first jump is the take off foot of the second. The same would apply to the third jump. A three turn on one foot between the jumps without touching the ice with the free foot keeps the element in the frame of this definition allowing still to call it a combination (with an error), but if together with this turn the skater's free foot touches the ice, the element becomes a jump sequence.

Jump Sequence

A jump sequence may consist of any number of jumps of any number of revolutions linked by hops, mazurkas and non-listed jumps immediately following each other; while maintaining the jump rhythm (knee). There can be not more than one (1) revolution on the ice between any hop, mazurka, non-listed jump or jump. ~~the sequence must have a constant rhythm and~~ There can be no crossovers or stroking during the sequence. A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered a jump-sequence but will count as a single jump.

Repetitions:

Of all the triple and quadruple jumps only two (2) can be repeated and these repetitions must be in either a jump-combination or in a jump sequence. Triple and quadruple jumps with the same name will be considered as two different jumps. A repeated triple or quadruple solo jump, not included into a jump combination or jump sequence, will be considered as a part of a not successfully executed jump combination and counted as a jump combination with only one jump executed. If three (3) jump combinations or jump sequences (in total) have already been executed, the repeated solo jump will be treated as an additional element and therefore not considered. No triple or quadruple jump can be attempted more than twice.

If a third repeated jump is executed in a combination or sequence, the entire combination or sequence will be treated as an additional element and therefore not considered.

Spins

The spins must have a required minimum number of revolutions: six (6) for the flying spin and the spin with only one position and ten (10) for the spin combination, the lack of which must be reflected by Judges in their marking, however a spin with less than three rotations is considered as a skating movement and not a spin. These minimum number of required revolutions must be counted from the entry of the spin until its exit. In the spin combination the change of foot is optional and the number of different positions is free. A spin with no change of position, in which another position is executed with more than 2 revolutions, does not fulfil the requirements of a spin with "no change of positions" and will be identified as a "Spin Combination". However, the concluding upright position at the end of the spin (final wind-up) is not considered to be another position if does not exceed 3 revolutions and the revolutions executed in it are not to be counted in the required number of revolutions. A second change of foot in a spin with change of foot does not count as a feature for a higher level.

During a change of positions a difficult variation of position can be executed.

The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. A spin combination executed with less than 2 revolution in all executed positions is considered as a spin combination not according to the requirements, receives no Level and therefore no value. A spin combination executed with only 1 position with more than 2 revolution (according to requirements) and in all other positions less than 2 revolutions (not according to requirements) receives Level 1 and the Judges will also reduce the GOE

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

Steps:

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. However 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 must be balanced in their distribution throughout the sequence.

Spiral Sequence (new)

(Ladies):

consists primarily of spirals, either commencing at the end of the ice surface, progressing in bold curves and ending at the opposite end of the ice surface (serpentine) or skated in a complete circle or oval utilizing the full width of the ice surface (circular) or a combination of the two. There must be at least two (2) spiral positions. Pushes in order to gain speed are permitted. Connecting steps (including spread eagles and two footed movements with one leg extended and the other bent, or "Ina Bauer"), turns, small jumps are permitted at any point in the sequence. Except during such pushes, steps, turns and small jumps, the competitor must be primarily in a spiral position, that is with the free leg higher than the hip level and each position must be maintained for at least 3 seconds hold. Any variations of the position are permitted, including holding the knee or skate blade and the position of the free leg is otherwise free.

A spiral sequence in which all executed spiral positions are held with less than 3 seconds receives no Level and therefore no value. A Spiral Sequence in which less than two positions (with at least 3 seconds hold) are executed will receive Level 1.

Rule 321, paragraph 1

A Senior Well Balanced Program must contain:

- maximum of 3 lifts, one of which must be from group 3 or 4, with full extension of the lifting arm/s;
- maximum of 1 twist lift;
- maximum of 2 different throw jumps;
- maximum of 1 solo jump;
- maximum of 1 jump combination or sequence;
- maximum of 1 solo spin combination;
- maximum of 1 pair spin combination;
- maximum of 1 death spiral;
- maximum of 1 step sequence;
- maximum of 1 sequence of spirals, ~~Ina Bauers and spread eagles, and other Moves in the Field~~;
- maximum of 1 additional optional element which can be a death spiral (different from the one above), another solo or pair spin combination or a solo or pair spin.

A Junior Well Balanced Program must contain:

- maximum of 3 lifts, one of which must be of group 3 or 4 with full extension of the lifting arm/s;
- maximum of 1 twist lift;
- maximum of 2 different throw jumps;
- maximum of 1 solo jump;
- maximum of 1 jump combination or sequence;
- maximum of 1 solo spin or solo spin combination;
- maximum of 1 pair spin or pair spin combination;
- maximum of 1 death spiral;
- maximum of 1 step sequence;
- maximum of 1 sequence of spirals ~~and Ina Bauers, spread eagles, and other Moves in the Field~~.

Rule 321, paragraph 2

Lifts:

Pair lifts are classified as follows:

- | | | |
|-------------|---|-----------------------------------------|
| Group One | - | Armpit Hold position |
| Group Two | - | Waist Hold position |
| Group Three | - | Hand to Hip position |
| Group Four | - | Hand to Hand position (Press Lift type) |
| Group Five | - | Hand to Hand position (Lasso Lift type) |

Groups are listed in order of their difficulty, from easy to most difficult, however Groups Three and Four are of the same difficulty. In Group Five the Axel Lasso (Side by Side Lasso) Lift is considered as the most difficult. If two (2) of Group 5 Lifts are executed, the take-offs have to be of different nature (Toe Lasso, Step in Lasso, Reverse Lasso, or Axel type Lasso). If the take-off is not different, the second executed Group 5 lift will not be marked, blocks a box with no value.

In any Group one hand hold may increase the difficulty of the lift. A simple one-hand-hold (not less than ½, but less than 1 revolution of the man) will count once for Levels 2 and 3 and a difficult one-hand-hold (1 revolution of the man) will count for all the Levels as many times as there are full revolutions.”

A minimum of two (2) revolutions of the lady, and minimum of one (1) and maximum of three and a half (3 ½) revolutions of the man. Partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand to upper part of the leg (above the knee) grips. Changes of hold or of the lady's position during the lift are permitted. If, however, the man changes hold for less than one revolution it is not considered as a “change of hold”. Change from right arm hold to left arm hold or vice-versa with at least one (1) revolution in each position is an additional feature for Levels.

Only if there is a significant impact in the balance of the lift, the ladies change of position will be counted as an influence of the Level.

A landing procedure, where the lady is not immediately landing on the ice, is not automatically considered as a difficult landing.

Jump combination

~~The jump combination may consist of the same or another single different double, triple or quadruple jump.~~ The jump combination may consist of only two (2) jumps. If the two jumps are connected with a not listed jump (e.g. half-loop), the element is called as a jump sequence. If the first jump of a two-jump-combination fails to succeed and turns out as a “not listed jump”, the unit will still be considered as a jump-combination.

In a jump combination the landing foot of the first jump is the take off foot of the second. A three turn on one foot between the jumps without touching the ice with the free foot keeps the element in the frame of this definition allowing still to call it a combination (with an error), but if together with this turn the skater's free leg touches the ice, the element becomes a jump sequence.

Jump Sequence

A jump sequence may consist of any number of jumps of any number of revolutions linked by hops, mazurkas, non-listed jumps immediately following each other; while maintaining the jump rhythm (knee). There can be not more than one (1) revolution on the ice between any hop, mazurka, non-listed jump or jump., ~~the sequence must have a constant rhythm and~~ There can be no crossovers or stroking during the sequence.

Solo jumps, jump combinations and jump sequences

In case of unequal number of revolutions of the partners in a jump performed as a solo jump or part of a combination or a sequence, this jump will be called as a jump with lesser amount of revolutions executed by the partners.

All jumps executed with more than 2 revolutions (Double Axel and all triple and quadruple jumps) must be of different nature (different name). However the jump combination or sequence can include two same such jumps."

Spins

The spins must have a required minimum number of revolutions: six (6) for the solo spin and the pair spin, ten (10) for solo spin combination and eight (8) for the pair spin combination, the lack of which must be reflected by Judges in their marking, however a spin with less than three rotations is considered as a skating movement and not a spin. These minimum number of required revolutions must be counted from the entry of the spin until its exit. The concluding upright position at the end of the spin (final wind-up) is not considered to be another position if does not exceed 3 revolutions and the revolutions executed in it are not to be counted in the required number of revolutions. The second change of foot in a solo spin combination counts as a feature for a higher level.

The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. If the skater (both skaters) falls when entering a spin, a simple spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.

In the pair spin combination there must be at least one change of foot of both partners not necessarily executed by both partners at the same time. In the solo spin combination change of foot is optional.

The pair spin combination must include at least one change of position of both partners.

Solo spins and combinations may be commenced with jumps.

Death Spiral (new):

In the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of one (1)revolution with the knees of the man clearly bent and in full pivot position. The lady must skate on a clean edge with her body and head close to the ice surface, however she must not touch the ice with her head or assist herself with the free hand or any part of the body. The lady's body weight is supported by the force of the spiralling edge and the hold of the man. The man must be in a centred position with a fully extended arm. Variations of arm holds and pivot positions (backward or forward) are possible. The change of the lady's arm hold or the opposite hold of the man is counted as an additional feature.

Any kind of position is counted as a feature if skaters' hold lasts for at least one revolution; each additional revolution of the lady (ful 360°) after the first revolution will count as one additional feature to increase the Level.

Remarks:

If the man does not reach the pivot position at all (incl. toe pick in the ice), there will be no level called and the value of the death spiral is zero or, if the man does not stay in the pivot position (toe pick in the ice), while the lady is executing any kind of changes of positions or holds, the position of the lady does not count as a feature.

Step sequences: (new)

Should be executed together or close together and may include small jump-like movements with not more than half a revolution. Short stops in accordance with the music are permitted. Credit will be given to a pair which changes places and holds or uses difficult skating moves together during a step sequence. A variety and/or complexity of turns and steps must be distributed throughout the sequence. The workload between both partners must be even to be taken into account for a possible higher Level.

Spiral Sequences: (new)

The number of spirals, the length of hold of position and the edges used must be even between both partners to be considered as “balanced”. If one partner executes no spiral at all, the Spiral sequence will receive no Level and consequently no value. A spiral sequence in which all executed spiral positions are held with less than 3 seconds receives no Level and therefore no value.

A Spiral Sequence in which less than two positions by each partner (with at least 3 seconds hold) are executed will receive Level 1.

Rule 322, paragraph 1 b)

b) Levels of Elements

Technical Specialists will determine the name and the Level (when necessary) of every element

Lifts, twist lifts and death spirals (pairs), spins, steps and spirals (singles and pairs) are divided in four (4) Levels depending on their difficulty: Level 1 - the easiest, Level 2 – difficult, Level 3 - more difficult and Level 4 - the most difficult ones.

The description of characteristics that give an element a certain Level of difficulty is published and updated in ISU Communications.

d) Illegal elements/movements

These are:

- somersault type jumps;
- lifts with wrong holds;
- lifts with more than 3 ½ revolutions of the man;
- spinning movements in which the man swings the lady around in the air while holding her hand or foot;
- twist-like or rotational movements during which the lady is turned over with her skating foot leaving the ice;
- rotational movements with the grip of one of the partners on the leg, arm and neck of the other partner;
- jumps of one of the partners towards the other partner;
- lying and prolonged and/or stationary kneeling on both knees on the ice at any moment.

There must be a 2.0 point deduction for every illegal element/movement included in the program.

Remarks:

If there is an illegal hold during a lift, the complete lift will receive no level and therefore also no value.

The deduction for an illegal element will apply.

f) Scale of Value:

Single Skating: new chart for B. Spins and C. Steps and Spirals

Pair Skating: new chart for B. Side-by-Side Spins, C. Steps and Spirals , D. Lifts, E. Twist Lifts, G. Death Spirals, H. Pair Spins

SINGLE SKATING

		+++	++	+	BASE	-	--	---	
B	SPINS								
	Spin in one position with no change of foot (upright/layback, camel, sit)								
	Level 1	1,5	1	0,5	1,2	-0,3	-0,6	-1	
	Level 2	1,5	1	0,5	1,5	-0,3	-0,6	-1	
	Level 3	1,5	1	0,5	1,8	-0,3	-0,6	-1	
	Level 4	<u>1,5</u>	<u>1</u>	<u>0,5</u>	2,4	<u>-0,3</u>	<u>-0,6</u>	<u>-1</u>	
	Flying Spin (any position – upright/layback, camel, sit)								
	Level 1	1,5	1	0,5	1,7	-0,3	-0,6	-1	
	Level 2	1,5	1	0,5	2	-0,3	-0,6	-1	
	Level 3	1,5	1	0,5	2,3	-0,3	-0,6	-1	
	Level 4	<u>1,5</u>	<u>1</u>	<u>0,5</u>	3	<u>-0,3</u>	<u>-0,6</u>	<u>-1</u>	

Spin with change of foot and no change of position (upright/layback, sit or camel)									
Level 1		1,5	1	0,5	<u>1,3</u>	-0,3	-0,6	-1	
Level 2		1,5	1	0,5	<u>1,7</u>	-0,3	-0,6	-1	
Level 3		1,5	1	0,5	<u>2,1</u>	-0,3	-0,6	-1	
Level 4		<u>1,5</u>	<u>1</u>	<u>0,5</u>	<u>3</u>	<u>-0,3</u>	<u>-0,6</u>	<u>-1</u>	
Spin Combination with change of position and no change of foot									
Level 1	CoSp1	1,5	1	0,5	<u>1,7</u>	-0,3	-0,6	-1	
Level 2	CoSp2	1,5	1	0,5	<u>2,1</u>	-0,3	-0,6	-1	
Level 3	CoSp3	1,5	1	0,5	<u>2,5</u>	-0,3	-0,6	-1	
Level 4	CoSp4	<u>1,5</u>	<u>1</u>	<u>0,5</u>	<u>3</u>	<u>-0,3</u>	<u>-0,6</u>	<u>-1</u>	
Spin combination with change of position and change of foot									
Level 1	CcoSp1	1,5	1	0,5	<u>2,0</u>	-0,3	-0,6	-1	
Level 2	CcoSp2	1,5	1	0,5	<u>2,5</u>	-0,3	-0,6	-1	
Level 3	CcoSp3	1,5	1	0,5	<u>3</u>	-0,3	-0,6	-1	
Level 4	CcoSp4	<u>1,5</u>	<u>1</u>	<u>0,5</u>	<u>3,5</u>	<u>-0,3</u>	<u>-0,6</u>	<u>-1</u>	
C STEPS and SPIRALS									
Any pattern (for steps - straight line, circular, serpentine)									
Level 1		1,5	1	0,5	<u>1,8</u>	-0,3	-0,6	-1	
Level 2		1,5	1	0,5	<u>2,3</u>	-0,3	-0,6	-1	
Level 3		1,5	1	0,5	<u>3,1</u>	-0,7	-1,4	-2,1	
Level 4		<u>3</u>	<u>2</u>	<u>1</u>	<u>3,4</u>	<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>	

PAIR SKATING

					+++	++	+	BASE	-	--	---
B SIDE BY SIDE SPIN											
Spin with one position and no change of foot (upright/layback, camel, sit)											
Level 1		1,5	1,0	0,5	<u>1,2</u>				-0,3	-0,6	-1,0
Level 2		1,5	1,0	0,5	<u>1,5</u>				-0,3	-0,6	-1,0
Level 3		1,5	1,0	0,5	<u>1,8</u>				-0,3	-0,6	-1,0
Level 4		<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>2,4</u>				<u>-0,3</u>	<u>-0,6</u>	<u>-1,0</u>
Flying Spin (any position – upright/layback, camel, sit)											
Level 1		1,5	1,0	0,5	<u>1,7</u>				-0,3	-0,6	-1,0
Level 2		1,5	1,0	0,5	<u>2,0</u>				-0,3	-0,6	-1,0
Level 3		1,5	1,0	0,5	<u>2,3</u>				-0,3	-0,6	-1,0
Level 4		<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>3,0</u>				<u>-0,3</u>	<u>-0,6</u>	<u>-1,0</u>
Spin with change of foot and no change of position (upright/layback, camel, sit)											
Level 1		1,5	1,0	0,5	<u>1,3</u>				-0,3	-0,6	-1,0
Level 2		1,5	1,0	0,5	<u>1,7</u>				-0,3	-0,6	-1,0
Level 3		1,5	1,0	0,5	<u>2,1</u>				-0,3	-0,6	-1,0
Level 4		<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>3,0</u>				<u>-0,3</u>	<u>-0,6</u>	<u>-1,0</u>
Spin Combination with change of position and no change of foot											
Level 1	CoSp1	1,5	1,0	0,5	<u>1,7</u>				-0,3	-0,6	-1,0
Level 2	CoSp2	1,5	1,0	0,5	<u>2,1</u>				-0,3	-0,6	-1,0
Level 3	CoSp3	1,5	1,0	0,5	<u>2,5</u>				-0,3	-0,6	-1,0
Level 4	CoSp4	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>3,0</u>				<u>-0,3</u>	<u>-0,6</u>	<u>-1,0</u>
Spin Combination with change of position and change of foot											
Level 1	CCoSp1	1,5	1,0	0,5	<u>2,0</u>				-0,3	-0,6	-1,0
Level 2	CcoSp2	1,5	1,0	0,5	<u>2,5</u>				-0,3	-0,6	-1,0
Level 3	CcoSp3	1,5	1,0	0,5	<u>3,0</u>				-0,3	-0,6	-1,0
Level 4	CcoSp4	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>3,5</u>				<u>-0,3</u>	<u>-0,6</u>	<u>-1,0</u>
C STEPS and SPIRAL											
Any pattern (for steps – straight line, circular, serpentine)											
Level 1		1,5	1,0	0,5	<u>1,8</u>				-0,3	-0,6	-1,0
Level 2		1,5	1,0	0,5	<u>2,3</u>				-0,3	-0,6	-1,0
Level 3		1,5	1,0	0,5	<u>3,1</u>				-0,7	-1,4	-2,1
Level 4		<u>3,0</u>	<u>2,0</u>	<u>1,0</u>	<u>3,4</u>				<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>

D LIFTS									
Group 1 Level 1	1Li1	1,0	0,6	0,3	<u>1,1</u>	-0,3	-0,6	-1,0	
Group 1 Level 2	1Li2	1,0	0,6	0,3	<u>1,3</u>	-0,3	-0,6	-1,0	
Group 1 Level 3	1Li3	1,0	0,6	0,3	<u>1,5</u>	-0,3	-0,6	-1,0	
Group 1 Level 4	1Li4	1,0	0,6	0,3	<u>1,7</u>	-0,3	-0,6	-1,0	
Group 2 Level 1	2Li1	1,0	0,6	0,3	<u>1,3</u>	-0,3	-0,6	-1,0	
Group 2 Level 2	2Li2	1,0	0,6	0,3	<u>1,7</u>	-0,3	-0,6	-1,0	
Group 2 Level 3	2Li3	1,0	0,6	0,3	<u>2,4</u>	-0,3	-0,6	-1,0	
Group 2 Level 4	2Li4	1,0	0,6	0,3	<u>3,0</u>	-0,3	-0,6	-1,0	
Group 3 Level 1	3Li1	1,5	1,0	0,5	<u>2,5</u>	-0,3	-0,6	-1,0	
Group 3 Level 2	3Li2	1,5	1,0	0,5	<u>3,0</u>	-0,3	-0,6	-1,0	
Group 3 Level 3	3Li3	1,5	1,0	0,5	<u>3,5</u>	-0,3	-0,6	-1,0	
Group 3 Level 4	3Li4	1,5	1,0	0,5	<u>4,0</u>	-0,3	-0,6	-1,0	
Group 4 Level 1	4Li1	1,5	1,0	0,5	<u>2,5</u>	-0,3	-0,6	-1,0	
Group 4 Level 2	4Li2	1,5	1,0	0,5	<u>3,0</u>	-0,3	-0,6	-1,0	
Group 4 Level 3	4Li3	1,5	1,0	0,5	<u>3,5</u>	-0,3	-0,6	-1,0	
Group 4 Level 4	4Li4	1,5	1,0	0,5	<u>4,0</u>	-0,3	-0,6	-1,0	
Group 5 Level 1	5Li1	1,5	1,0	0,5	<u>4,5</u>	-0,3	-0,6	-1,0	
Group 5 Level 2	5Li2	1,5	1,0	0,5	<u>5</u>	-0,3	-0,6	-1,0	
Group 5 Level 3	5Li3	1,5	1,0	0,5	<u>5,5</u>	-0,3	-0,6	-1,0	
Group 5 Level 4	5Li4	1,5	1,0	0,5	<u>6</u>	-0,3	-0,6	-1,0	
Group 5, Axel Lasso, Level 1	5Ali1	2,0	1,4	0,7	<u>5,0</u>	-0,3	-0,6	-1,0	
Group 5, Axel Lasso, Level 2	5Ali2	2,0	1,4	0,7	<u>5,5</u>	-0,3	-0,6	-1,0	
Group 5, Axel Lasso, Level 3	5Ali3	3,0	2,0	1,0	<u>6</u>	-0,3	-0,6	-1,0	
Group 5, Axel Lasso, Level 4	5Ali4	3,0	2,0	1,0	<u>6,5</u>	-0,3	-0,6	-1,0	
E TWIST LIFTS									
Single Level 1	1Tw1	1,5	1,0	0,5	<u>1,3</u>	-0,3	-0,6	-1,0	
Single Level 2	1Tw2	1,5	1,0	0,5	<u>1,5</u>	-0,3	-0,6	-1,0	
Single Level 3	1Tw3	1,5	1,0	0,5	<u>1,7</u>	-0,3	-0,6	-1,0	
Single Level 4	1Tw4	1,5	1,0	0,5	<u>1,9</u>	-0,3	-0,6	-1,0	
Double Level 1	2Tw1	1,5	1,0	0,5	<u>3,0</u>	-0,3	-0,6	-1,0	
Double Level 2	2Tw2	1,5	1,0	0,5	<u>3,5</u>	-0,3	-0,6	-1,0	
Double Level 3	2Tw3	1,5	1,0	0,5	<u>4,0</u>	-0,3	-0,6	-1,0	
Double Level 4	2Tw4	1,5	1,0	0,5	<u>4,5</u>	-0,3	-0,6	-1,0	
Triple Level 1	3Tw1	2,0	1,4	0,7	<u>4,0</u>	-0,7	-1,4	-2,0	
Triple Level 2	3Tw2	2,0	1,4	0,7	<u>4,5</u>	-0,7	-1,4	-2,0	
Triple Level 3	3Tw3	2,0	1,4	0,7	<u>5,0</u>	-0,7	-1,4	-2,0	
Triple Level 4	3Tw4	2,0	1,4	0,7	<u>5,5</u>	-0,7	-1,4	-2,0	
Quad Level 1	4Tw1	2,0	1,4	0,7	<u>6,0</u>	-0,7	-1,4	-2,0	
Quad Level 2	4Tw2	2,0	1,4	0,7	<u>6,5</u>	-0,7	-1,4	-2,0	
Quad Level 3	4Tw3	2,0	1,4	0,7	<u>7,0</u>	-0,7	-1,4	-2,0	
Quad Level 4	4Tw4	2,0	1,4	0,7	<u>7,5</u>	-0,7	-1,4	-2,0	
G DEATH SPIRALS FORWARD and BACKWARD INSIDE									
Level 1		2	1,4	0,7	<u>2,8</u>	-0,7	-1,4	-2	
Level 2		2	1,4	0,7	<u>3</u>	-0,7	-1,4	-2	
Level 3		2	1,4	0,7	<u>3,2</u>	-0,7	-1,4	-2	
Level 4		2	1,4	0,7	<u>3,5</u>	-0,7	-1,4	-2	
DEATH SPIRALS FORWARD and BACKWARD OUTSIDE									
Level 1		2	1,4	0,7	<u>3,0</u>	-0,7	-1,4	-2	
Level 2		2	1,4	0,7	<u>3,5</u>	-0,7	-1,4	-2	
Level 3		2	1,4	0,7	<u>4</u>	-0,7	-1,4	-2	
Level 4		2	1,4	0,7	<u>4,5</u>	-0,7	-1,4	-2	

H	PAIR SPINS								
	Pair Spin – Level 1	PSp1	1,5	1	0,5	<u>2,0</u>	-0,3	-0,6	-1
	Pair Spin – Level 2	PSp2	1,5	1	0,5	<u>2,5</u>	-0,3	-0,6	-1
	Pair Spin – Level 3	PSp3	1,5	1	0,5	<u>3</u>	-0,3	-0,6	-1
	Pair Spin – Level 4	PSp4	<u>1,5</u>	<u>1</u>	<u>0,5</u>	<u>3,5</u>	<u>-0,3</u>	<u>-0,6</u>	<u>-1</u>
	Pair Combination Spin – Level 1	PcoSp1	1,5	1	0,5	<u>3,0</u>	-0,3	-0,6	-1
	Pair Combination Spin – Level 2	PCoSp2	1,5	1	0,5	<u>3,5</u>	-0,3	-0,6	-1
	Pair Combination Spin – Level 3	PCoSp3	1,5	1	0,5	<u>4</u>	-0,3	-0,6	-1
	Pair Combination Spin – Level 4	PCoSp4	<u>1,5</u>	<u>1</u>	<u>0,5</u>	<u>4,5</u>	<u>-0,3</u>	<u>-0,6</u>	<u>-1</u>

Rule 353

Determination and publication of results

1. Basic principles of calculation

- m) In the Free Program of Single Skating the base values for all jumps started in the second half of the program will be multiplied by a special factor 1.1 in order to give credit for even distribution of difficulties in the program. In Pair Skating the base value for all throw elements and jump elements, started in the second half of the program will be multiplied by a special factor 1.1.
- q) Deductions are applied for each violation as follows:
time violation - 1.0 for every 5 seconds lacking or in excess;
music violation - 1.0 for vocal music;
illegal element violation - 2.0 for every illegal element;
costume and prop violation - 1.0;
falls -1.0 for every fall (of one or both competitors in Pair Skating); for interpretation of this Rule, a fall is defined as ~~the loss of control by a skater resulting in both blades leaving the ice and the skater landing immobile (event momentarily)~~
loss of control by a skater resulting in both blades leaving the ice and/or any part of the body core or both hands or one hand and one knee touches the ice for stabilization.
deductions will be applied for interruption to the program: -1.0 for 11 - 20 seconds interruption, -2.0 for 21 - 30 seconds interruption etc.

Rule 409, paragraph 1. Referee

1. Referee

For all ISU Championships, the Olympic Winter Games and the Qualifying Competition for the Olympic Winter Games as well as for the ISU Grand Prix of Figure Skating Final Referees are appointed by the ISU President from the list of ISU Referees.

For the ISU Grand Prix of Figure Skating events (senior and junior) and the ISU Junior Grand Prix of Figure Skating Final Referees are appointed by the ISU President from the list of ISU or International Referees. For all other International Competitions the Referees will be appointed by the organizing Member from the list of ISU or International Referees.

Duties and powers of the Referee:

- checks all eligibility Rules and the ISU clearance certificates unless the ISU Event Coordinator is present;
- conducts all the draws;
- manages the panel of Judges (including ensuring that they do not, while on the judges stand, bring notes from previously awarded scores or any form of electronic communication, nor communicate with one another or indicate errors by action or sound, nor look at marks being inputted by judges sitting along side them) and acts as the responsible spokesperson of the panel of Judges should the need arise;
- conducts a brief Meeting with the Judges prior to every segment of an event;
- gives a signal to the person in charge of music to start the music of the competitor;
- instructs the Timekeeper (volunteer) to take the time of the program as skated and to time possible interruptions according to Rule 353, paragraph 1 q);
- allows a competitor to restart under Rule 351;
- decides whether the condition of the ice permits the holding of the event;

- decides upon all protests on the event concerned;
- alters the shape and size of the skating arena if unfavorable circumstances arise;
- accepts in agreement with the Organizing Member or affiliated Club, another rink for the holding of the event;
- decides upon all the deductions according to the those Regulations listed in Rule 353, paragraph 1. q), which come under the responsibility of the Referee, namely: costume and prop violations, time violations, interruptions of the program, music violations etc.
- judges the complete event for his own information;
- decides upon all the deductions according to Regulations;
- suspends skating until the order is restored in case the public interrupts the competition or interferes with its orderly conduct;
- excludes competitors from the event, if necessary;
- removes Judge(s) from the panel, if necessary and based on important and valid reasons;
- forbids any coach at any time during the course of the Skating Championships or Competitions to be on any part of the ice surface of the rink on which the Championships or Competitions is taking place;
- decides any matter concerning breaches of the ISU Constitution or Regulations;
- participates in the Victory ceremony;
- moderates the Round Table Discussion together with the Technical Controller (with the purpose of feed back among the Judges in regards to the application and validity of current regulations and discussions on the general quality of skating); the Referee provides mainly the input regarding the Grade of Execution of the elements and the Program Component Score;
- with the help of the Technical Controller prepares the Report on the event.

Rule 409, paragraph 3. Technical Controller

Duties of the Technical Controller:

- supervises and corrects (if necessary) the call of the Technical Specialists and the input of the names and correct Levels of Difficulty performed elements, however if both Technical Specialists disagree with correction, their initial decision stays;
- authorizes or corrects the deletion of elements;
- authorizes or corrects the identification of illegal elements;
- authorizes or corrects the identification of a fall;
- confirms or corrects innovative element bonus;
- confirms the deletion of additional elements;
- moderates the Round Table Discussion together with the Event Referee (with the purpose of feed back among the Judges in regards to the application and validity of current regulations and discussions on the general quality of skating); the Technical Controller provides mainly the input regarding Technical Content;
- helps the Referee to prepare the Report;
- participates in Victory Ceremony.

Rule 409, paragraph 4. Technical Specialists

Duties of the Technical Specialist:

- identifies and calls the performed elements;
- identifies and calls correct Levels of Difficulty of the performed elements;
- identifies illegal elements;
- identifies a fall;
- identifies the innovative element bonus.
- identifies and deletes additional elements

II. Clarifications

The Single and Pair Skating Technical Committee and the ISU Judging System ad-hoc Commission herewith takes this opportunity to make the following clarifications:

CLARIFICATIONS / AMENDMENTS

Single Skating and Pair Skating

Cheated jump with forward take-off The clear forward take-off other than Axel type jump will be considered as a cheated jump.

Exit of a spin is the take-off for a jump If a skater performs a spin with an immediate following jump, the two elements are called as such. Credit will be given to the jump as a difficult take-off (GOE).

Two or more Axel jumps Axel type jumps in a row without any connecting hop, mazurka or any other non-listed jump is not a jump sequence, but two separate jumps.

Spinning centre A change of foot in a spin with a flying or backward entry needs to be as close to the previous spinning centre as possible and executed in one move without significant delay. If the new spinning centre is “way-off” and/or an interruption or delay in the change-of-foot movement is visible, two separate spins are to be called.

Definition of “variation” in a step sequence Definition of variation of speed is not a “stop” within or at the end of a sequence. Variation of speed is the slowing down and acceleration of foot and upper body movements.

Clarification of Upper body movement in steps Modest upper body movement is the visible use of the whole body to the rhythm of the music when executing the steps and turns.

Biellman position in a spiral sequence The Biellman position is maintained when the boot of the leg is above head-level.

Single Skating

Second change of foot in a spin with “only one change of foot” In Short Program only: A second change of foot in a spin with only one change of foot will be marked with a GOE of a -2.

Acceleration in a lay-back spin Acceleration of speed in a lay-back spin must be clearly visible.

Biellmann position A “Biellmann position” is only to be considered, if the skater’s leg is pulled above the head.

Pair Skating

Leaving spinning centre (Pair Spin) If one skater breaks the continuous rotation by moving off the centre, touches the ice and re-centres the spin, this will not receive a Level and the value is zero.

III. LEVELS

The Single and Pair Skating Technical Committee and the ISU Judging System ad-hoc Commission accepted amendments to the ISU Communication No. 1284 on Levels of Difficulty. These amendments are summarized in the Charts below.

SINGLE SKATING

Number of features for a Level: 2 3 4

<p align="center">Step Sequences</p>	<p>1) Variety of (Complex for Level 4) turns and steps throughout (compulsory) 2) 3 (4 for Level 4) changes of skating or rotational direction 3) Change (quick changes for Level 4) of speed (not because of a stop) 4) Modest (full use of - for Level 4) upper body movement 5) Quick changes from steps to turns</p>	2	3	4
<p align="center">Spiral Sequences</p>	<p>1) 3 spiral pos. on both feet (mandatory for SP), forward & backward, inside & outside (including backward inside) 2) 1 difficult variation of position 3) Unsupported change of edge in a spiral -3 seconds hold after the change 4) Unsupported change of position or direction maintaining the spiral position 5) Unsupported position with the leg sideways or forward 6) Free leg in a total split position -sideways or forward, one arm hold possible</p>	2	3	5
<p align="center">Spin in one position without change of foot (upright including layback, camel or sit)</p>	<p>1) 1 (2 for Level 4) difficult variation (compulsory) 2) Backward entrance 3) Change of edge Layback spin: 1) 1 change of position backwards-sideways or reverse, at least 3 rev. in each position 2)) Clear increasing of speed after establishing the basic position 3)) Difficult variation of arm hold and/or body or free leg position 4) Biellmann position after 8 revolutions in layback spin (SP only)</p>	1	2	2
<p align="center">Spin in one position with change of foot</p>	<p>1) 2 difficult variations, including change of foot (each foot counts separate for the same or different variation) 2) Backward entrance or variation of flying entrance (not regular flying camel) 3) Change of edge (on both feet counts twice) 4) Both directions immediately following each other 5) Balance in regards to the amount of revolutions in each variation and on both feet</p>	2	3	4
<p align="center">Spin Combo without change of foot</p>	<p>1) 1 (2 for Level 4) difficult variation 2) Backward entrance or variation of flying entrance (not regular flying camel) 3) All 3 positions and at least 2 changes of position (all 3 positions and at least 3 changes compulsory for Level 4) 4) Change of edge 5) Balance in regards to the amount of revolutions in each position</p>	2	3	4
<p align="center">Spin Combo with change of foot</p>	<p>1) 2 difficult variations including change of foot (2 variations on one foot must be different, the same difficult variation on both feet counts twice) 2) Change of edge (on both feet counts twice) 3) All 3 positions and at least 3 changes of positions (all 3 positions and at least 4 changes compulsory for Level 4) 4) Backward entrance or variation of flying entrance (not regular flying camel) 5) Both directions immediately following each other 6) Balance in regards to the amount of revolutions in each variation and on both feet</p>	2	3	4
<p align="center">Flying Spin, no change of foot, no change of position</p>	<p>1) 1 difficult variation (2 variations compulsory for Level 4) 2) Change of edge 3) Landing on the same foot as take off 4) Difficult variation of air or landing position</p>	1	2	3

LEVEL OF DIFFICULTY SINGLES – STEPS, SPIRALS AND SPINS

Step Sequences

Definition of Turns and Steps

- Basic:** **Turns** Three turns, Mohawks
 Steps Progressives, chasses
- Variety:** **Turns** Must include three different methods of turning eg three turns, twizzles, brackets
 Steps Must include three different steps eg progressives, toe steps, chasses etc
- Complex:** **Turns** Must include more than three different turns eg brackets, counters, rockers, twizzel, choctaws
 Steps Must include three different steps eg:(running steps, progressives, toe steps, chasses etc) used in multiple directions.

Turns and steps must be balanced in their distribution throughout the sequence.

Spiral Sequences

Definition of Spiral Variations

Simple Variation (of position):

A spiral position with limited leg and or arm movement, e.g. bending of free leg, bending of skating leg, changes in arm positions, turning of head (all of these not affecting main body core position and independent from skating edge or direction). A simple variation DOES NOT increase the Level.

Difficult Variation (of position):

These are variations that affect the main body core position and balance, e.g. twisting the upper body, bending or pulling the upper body towards the skating leg, obtaining the Biemann position. Only these variations can increase the Level.

Spins

Definition of Spin Variations

Simple Variation:

A simple variation of position is a movement of a body part, leg, arm, hand or head, which enhances but does not change the basic position of the main body core. A simple variation DOES NOT increase the Level.

Difficult Variation:

A difficult variation is a movement of a body part, leg, arm, hand or head, which requires more physical strength or flexibility and that, has an affect on the balance of the main body core. Only these variations can increase the Level.

As examples only:

- sit spin (broken leg) – changing the weight distribution by bending the leg to the side or behind the main body core.
- camel spin with the upper body turned upwards app 180% (upside down position)
- camel spin – body arched where head and free foot are almost touching (doughnut spin)
- upright spin – where from the hips to the skating foot it is straight and the upper body is bent down towards to ice.
- Biemann spin is considered a difficult variation of an upright spin – going from a camel spin to a Biemann spin is considered as change of position. Going from an upright spin into a Biemann spin is NOT a change of position likewise going from a layback spin to a Biemann spin is NOT a change of position.
- For camel, sit and layback positions once the position has been established a clear increasing of the speed will be considered a difficult variation. (Rational: It is necessary to draw body parts (adjust position) toward the main body core in order to increase speed. This is more physically difficult and changes the balance point on the spinning blade).

Spins in both directions:

Execution of spins in both directions (clockwise and counter clockwise) that **immediately follow each other** will be rewarded by counting this as an additional feature in all Levels. A minimum of 3 revolutions in each direction is required. A Spin executed in both directions (clockwise and counter clockwise) as above is considered as one Spin.

PAIR SKATING

Number of features for Levels:

		2	3	4
Twist Lift	<ol style="list-style-type: none"> 1) Lady's split position (at least 90°) prior to rotation or after it (full split compulsory for Level 4) 2) Catching the lady without her hands touching the man 3) Catching the lady at the side of the waist (without her hands helping the man) 4) Ladies' position in the air with arm(s) above the head 5) Difficult take-off (steps immediately preceding the take-off etc.) 	1	2	3
Lift	<ol style="list-style-type: none"> 1) Simple (difficult for Level 4) variation of the take-off 2) 1 (2 for Level 4) change(s) of hold or of lady's position 3) Simple (difficult for Level 4) carry (not for SP) 4) Simple (difficult which counts as many times as there are full revolutions for Level 4) one-hand-hold 5) Simple (difficult for Level 4) landing variety 6) Change of rotation direction by the man 7) Unexpected (without any preparation) take-off 	2	3	4
Step Sequence	<ol style="list-style-type: none"> 1) Variety of (Complex for Level 4) turns and steps of both partners throughout (compulsory) 2) 2 (3 for Level 4) changes of skating or rotational direction 3) Change (quick changes for Level 4) of speed 4) Modest (full use of for Level 4) upper body movement 5) Quick changes from steps to turns 6) Changes of holds and positions of the pair 	2	3	4
Spiral Sequence	<ol style="list-style-type: none"> 1) 2 or more pos. each (SP mandatory), both feet, forward & backward, inside & outside incl. backward inside 2) 1 difficult variation of positions of both partners 3) Unsupported edge change by both partners in a spiral (3 sec. hold after the change) 4) Unsupported change of position or direction by both partners maintaining the spiral position 5) Unsupported spiral position by both partners (free leg sideways or forward) 6) Balance (complete balance for Level 4) of partners' spiral positions 	2	3	5
Death Spiral	<ol style="list-style-type: none"> 1) Difficult entry and/or exit 2) Change of lady's arm hold (1 rev. with each hold) 3) Opposite arm hold of the man (1 rev. with this hold; SP – only after/before 1 rev. with a regular hold) 4) Change of lady's pos. in death spiral (change of death spiral character; 1 rev. in each pos.; not for SP) 5) Full additional rev. of the lady after the first rev. (counts several times if repeated) 6) Both directions immediately following each other 7) Change of man's pivot position (1 rev. in each position; not for SP) 	1	2	3
Solo Spin in one position without change of foot	<ol style="list-style-type: none"> 1) 1 (2 or more for Level 4) difficult variations (compulsory) 2) Backward entrance 3) Change of edge 	1	2	2
Layback spin	<ol style="list-style-type: none"> 1) 1 change of position backwards-sideways or reverse, 3 rev. in each position 2) Clear increasing of speed after establishing basic position 3) Difficult variation of arm hold and/or body or free leg position 4) Biemann position after layback spin 	1	2	3
Solo Spin in one position with change of foot	<ol style="list-style-type: none"> 1) 1 (2 for Level 4) difficult variation including change of foot (each foot counts separate) 2) Flying or backward entrance 3) 2 changes of foot (not for SP) 4) Change of edge (on both feet counts twice) 5) Both directions immediately following each other 6) Balance in amount of revolutions on each foot and in each variation 	1	2	3
Solo Spin Combo without change of foot	<ol style="list-style-type: none"> 1) 1 (2 for Level 4) difficult variation 2) Flying or backward entrance 3) All 3 pos. and at least 2 changes of position (all 3 pos. and at least 3 changes compulsory for Level 4) 4) Change of edge 5) Balance in amount of revolutions in each position 	1	2	3
Solo Spin Combo with change of foot	<ol style="list-style-type: none"> 1) 2 difficult variations including change of foot (each foot counts separate) 2) Flying or backward entrance 3) All 3 pos. and at least 3 changes of position (all 3 pos. and at least 4 changes compulsory for Level 4) 4) Change of edge (on both feet counts twice) 5) 2 changes of foot (not for SP) 6) Both directions immediately following each other 7) Balance in amount of revolutions on each foot and in each position 	2	3	4
Flying Spin one foot, one pos.	<ol style="list-style-type: none"> 1) 1 difficult variation of positions (2 variations compulsory for Level 4) 2) Change of edge 3) Landing on the same foot as take off 4) Difficult variation of air or landing position 	1	2	3
Pair Spin	<ol style="list-style-type: none"> 1) 1 difficult variation of position of one partner (for Level 2 only) 2) 1 difficult variation of position of one partner for Level 3 (both partners for Level 4) (in different positions) 3) 1 (2 for Level 4) difficult variation(s) of positions of both partners (in the same position) 4) Backward entrance 5) Balance of difficulty between parts of the spins 	1	1	2
Pair Spin Combo with change of foot and change of position	<ol style="list-style-type: none"> 1) 2 (3 for Level 4) changes of positions of both partners 2) 1 (2 for Level 4) difficult variation(s) of position(s) of both partners (in the same position) 3) 1 (2 for Level 4) difficult variation(s) of position(s) of one partner (in different positions) 4) Backward entrance 5) Balance of both partners 6) Both directions immediately following each other 	1	2	3

LEVELS OF DIFFICULTY PAIRS

Lifts

Definition of carries and one hand holds

Basic:	Take Off, Holds, Landings	No variation
	Carry	Two hand Carry up to 3 seconds with no revolution of the man
Simple:	Take Off	Includes but is not limited to change of hand hold on ascent of lift
	Landing	Different landing foot, change of hold on descent
	Holds	One change
	Carry	Duration at least 3 seconds
	One hand hold	Duration at least 3 seconds (in a carry) and/or 1/2 revolution of the Man
Difficult:	Take Off	Includes but is not limited to: Somersault take off, dance lift going immediately into a Pair Lift take off without the lady touching the ice in-between the two lifts, one hand take off
	Landing	Variation of the difficult landing which includes but is not limited to: Somersaults, different landing foot, variation in holds, partner positions and /or direction of landing, one hand landing
	Carry	Includes at least one of the following features: during the carry the Man for at least 5 seconds <ul style="list-style-type: none">- skates on 1 foot- performs crossovers- performs Spread Eagle or a similar move
	One hand hold	Duration at least 5 seconds (in a carry) and/or 1 revolution of the Man

In order to avoid counting one feature twice going to a one hand hold is not counted in the number of hold changes

Step sequences

Definition of turns and steps

Basic:	Turns	Three turns, Mohawks
	Steps	Progressives, chasses
Variety:	Turns	Must include three different methods of turning eg three turns, twizzles, brackets
	Steps	Must include three different steps eg progressives, toe steps, chasses etc
Complex:	Turns	Must include more than three different turns eg brackets, counters, rockers, twizzles, chocktaws
	Steps	Must include three different steps eg running steps, progressives, toe steps, chasses etc used in multiple directions

In order to be taken into account for a possible higher Level a variety and/or complexity of turns and steps must be balanced in their distribution throughout the sequence; the workload between both partners must be even.

Spiral sequences

Definition of Spiral Variations

Simple variation:	A spiral position with limited leg or arm movement, eg bending of free leg, bending of skating leg, changes in arm positions, turning of head (all of these not affecting main body core position and independent from skating edge or direction). A simple variation DOES NOT increase the Level.
Difficult variation:	This is a variation that affects the main body core and balance, eg twisting the upper body, bending or pulling the upper body towards the skating leg, moving free leg from behind to the side of the body while maintaining free leg height, obtaining the Biemann position. Only these variations can increase the Level.

Spins

Definition of Spin Variations (all comments are related to both partners)

Simple Variation:	A movement of a leg, arm, leg, hand or head which enhances, but does not change the basic position of the main body core. A simple variation DOES NOT increase the level.
Difficult variation:	A movement of a leg, arm, hand or 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.

Spins in both directions: Execution of spins in both directions (clockwise and counter clockwise) that immediately follow each other will be rewarded by counting this as an additional feature in Levels 2 and 3 for every spin performed. A minimum of 3 revolutions in each direction is required. A Spin executed in both directions (clockwise and counter clockwise) as above is considered as one Spin.

Death spiral

Any kind of position may be counted as a feature if it lasts for at least one revolution.

Difficult Entry, exit:	Making the balance more complicated; partners must show flexibility and skating skills inside the entry/exit curve. An example of a difficult exit also: Lady exits immediately into a lift (dance or other) or into a jump.
Entry Begins:	Entry commences at the beginning of the entry curve by both partners.

Free Skating

Death Spirals in both directions: Execution of Death Spirals in both directions (clockwise and counter clockwise) that immediately follow each other will be rewarded by counting this as an additional feature for all Levels. A Death Spiral executed in both directions (clockwise and counter clockwise) as above is considered as one Death Spirals.

IV. ISU Recognized Single-Pair Seminar 2005

In additions to Seminars announced in ISU Communication No. 1307, the ISU recognized the following Single-Pair National Seminar:

Vienna, Austria, October 12-16, 2005

in conjunction with the Karl Schafer Memorial.

Milan,

May 23, 2005

Lausanne,

Ottavio Cinquanta, President

Fredi Schmid, General Secretary