

INTERNATIONAL SKATING UNION

Communication No. 1384

Single & Pair Skating

Levels of Difficulty of Single and Pair elements, season 2006-2007

The Single and Pair Skating Technical Committee and the ISU Judging System ad-hoc Commission accepted amendments to the features of Levels of Difficulty of Single and Pair elements. These amendments are valid for the season 2006-2007 and are summarized in two Charts and Clarifications to these Charts attached.

Milan,
April 20, 2006
Lausanne,

Ottavio Cinquanta, President
Fredi Schmid, General Secretary

LEVELS OF DIFFICULTY
Single Skating, Season 2006-2007
Number of features for Levels: 2 for Level 2, 3 for Level 3, 4 for Level 4

Step Sequences	<ul style="list-style-type: none"> 1) Variety (complexity for Level 4) of turns and steps throughout (compulsory) 2) 4 changes of skating or rotational direction 3) Modest (full for Level 4) use of upper body movement 4) Quick changes from steps to turns
Spiral Sequences	<ul style="list-style-type: none"> 1) 3 spiral positions with change of foot (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 before and after the change) 4) Unsupported change of free leg position or direction maintaining the spiral position (3 seconds hold before and after the change) 5) Unsupported position with the leg sideways or forward 6) Free leg in a total split position sideways or forward, one arm hold possible
Spin in one position without change of foot (upright including layback, camel or sit)	<ul style="list-style-type: none"> 1) 1 difficult variation 2) Second difficult variation different from the first one 3) Backward entrance 4) Change of edge <p>Layback spin:</p> <ul style="list-style-type: none"> 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 layback spin (SP – after 8 revolutions in layback spin)
Spin in one position with change of foot	<ul style="list-style-type: none"> 1) 1 difficult variations 2) Second difficult variation (counts only if these two variations are on different feet) 3) Difficult change of foot 3) Backward entrance or variation of flying entrance (not regular flying camel) 4) On both edges in one position (on both feet counts twice) 5) Both directions immediately following each other
Spin Combo without change of foot	<ul style="list-style-type: none"> 1) 1 difficult variation (counts as many times as the number of executed difficult variations in different basic positions) 2) Backward entrance or variation of flying entrance (not regular flying camel) 3) All 3 positions and at least 3 changes of position 4) Change of edge
Spin Combo with change of foot	<ul style="list-style-type: none"> 1) 1 difficult variations 2) Second difficult variation (counts only if these two variations are on different feet and in different basic positions) 3) Difficult change of foot 4) On both edges in one position (on both feet counts twice) 5) All 3 positions and at least 4 changes of positions (compulsory for Level 4) 6) Backward entrance or variation of flying entrance (not regular flying camel) 7) Both directions immediately following each other
Flying Spin, no change of foot, no change of position	<ul style="list-style-type: none"> 1) 1 difficult variation 2) Second difficult variation different from the first one 3) Change of edge 4) Landing on the same foot as take off 5) Difficult variation of air or landing position

LEVEL OF DIFFICULTY SINGLES – STEPS, SPIRALS AND SPINS, CLARIFICATIONS, SEASON 2006-2007

Step Sequences. Definition of Turns and Steps (turns with change of foot are considered as steps)

<u>Basic:</u>	Turns	Three turns
	Steps	Progressives, chasses, Mohawks
<u>Variety:</u>	Turns	Must include three different methods of turning eg three turns, twizzles, brackets
	Steps	Must include three different steps eg progressives, toe steps, chasses, Mohawks etc
<u>Complex:</u>	Turns	Must include more than three different turns eg brackets, counters, rockers, twizzle
	Steps	Must include three different steps eg:(running steps, progressives, toe steps, chasses, choctaws 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 Biellmann 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;
- Biellmann spin is considered a difficult variation of an upright spin – going from a camel spin to a Biellmann spin is considered as change of position. Going from an upright spin into a Biellmann spin is NOT a change of position likewise going from a layback spin to a Biellmann spin is NOT a change of position;

Remark: Biellmann positions count as a feature that can increase the Level only in one spin in the Short Program and in two spins in Free Skating. While doing that, the first spin(s) is (are) taken into account.

- 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.

Simple and difficult change of foot:

Simple (can not increase the Level):

Does not require significant strength and skill, e.g. a step over, a small hop, a hop/jump from or into an upright position.

Difficult (can increase the Level):

Requires significant strength and skill, e.g. a clear jump over or a toe-Arabian or any form of a “butterfly” from sit or camel position directly into sit or camel position.

Levels of Difficulty, Pair Skating, Season 2006-2007
Number of features for Levels: 2 for Level 2, 3 for Level 3, 4 for Level 4

Twist Lift	<ol style="list-style-type: none"> 1) Lady's split position (each leg at least 45° from the body axis) 2) Catching the lady at the side of the waist without her hands touching the man 3) Ladies' position in the air with arm(s) above the head 4) Difficult take-off (steps or skating moves immediately preceding the take-off etc.)
Lift	<ol style="list-style-type: none"> 1) Difficult (simple for juniors) variation of the take-off 2) 2 (1 for juniors) changes of hold or of lady's position 3) Difficult (simple for juniors) carry (not for SP) 4) Difficult one-hand-hold which counts as many times as there are full revolutions 5) Difficult (simple for juniors) landing variety 6) Change of rotation direction by the man
Step Sequence	<ol style="list-style-type: none"> 1) Variety of turns and steps of both partners throughout (compulsory) 2) 4 changes of skating or rotational direction 3) Moderate (full for Level 4) use of upper body movement 4) Changes of position (crossing each other) of the pair for at least one third of the sequence
Spiral Sequence	<ol style="list-style-type: none"> 1) 2 or more pos. of both partners (mandatory for SP), forward and backward, inside and outside (including backward inside) 2) 1 difficult variation of positions of both partners 3) Unsupported edge change by both partners in a spiral (3 sec. hold before and after the change) 4) Unsupported change of free leg position or direction by both partners maintaining spiral position (3 sec. before and after) 5) Unsupported spiral pos. by both partners (free leg sideways or forward, foot - hip level or higher)
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 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) Additional rev. of the lady after the first rev. (each full rev. after the first counts separately)
Solo Spin in one pos. with/without change of foot	<ol style="list-style-type: none"> 1) 1 difficult variation 2) Second difficult variation (counts only if these two variations are on different feet) 3) Difficult change of foot 4) Flying or backward entrance 5) On both edges (each foot counts separate) 6) Both directions immediately following each other
Solo Spin Combo without change of foot	<ol style="list-style-type: none"> 1) 1 difficult variation (counts as many times as executed) 2) Flying or backward entrance 3) All 3 positions and at least 3 changes of positions 4) Change of edge
Solo Spin Combo with change of foot	<ol style="list-style-type: none"> 1) 1 difficult variation 2) Second difficult variation (counts only if these two variations are on different feet) 3) Difficult change of foot 4) Flying or backward entrance 5) All 3 positions and at least 4 changes of positions 6) On both edges in one position (on both feet counts twice) 7) Both directions immediately following each other
Pair Spin	<ol style="list-style-type: none"> 1) 1 difficult variation of position of one partner (counts as many times as executed, each variation of each partner counts separately) 2) Backward or flying entrance 3) 2 changes of positions of both partners
Pair Spin Combo with change of foot and change of pos.	<ol style="list-style-type: none"> 1) 2 changes of positions of both partners 2) Additional change(s) of positions of both partners after the 2 changes required above 3) 3 difficult variations of positions of partners (each variation of each partner counts separately) 4) Additional difficult variation(s) of positions of partners after the 3 variations required above 5) Backward or flying entrance 6) Both directions immediately following each other

LEVELS OF DIFFICULTY PAIRS, CLARIFICATIONS, SEASON 2006-2007

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.
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, 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 – 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 (turns with change of foot are considered as steps)

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

Simple and difficult change of foot:

Simple (can not increase the Level):

Does not require significant strength and skill, e.g. a step over, a small hop, a hop/jump from or into an upright position.

Difficult (can increase the Level):

Requires significant strength and skill, e.g. a clear jump over or a toe-Arabian or any form of a “butterfly” from sit or camel position directly into sit or camel position.

Death spiral

Any kind of position may be counted as a feature if it lasts for at least one revolution. This counting starts only when the Lady is in the actual (close and parallel to the ice) death spiral position.

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 when both partners are already on one foot on the edge of the death spiral.

Exit begins: Exit starts when the Man starts bending his “holding” arm in the elbow.

Exit ends: Exit ends when the Lady comes to the vertical position.