

LEVELS OF DIFFICULTY, SINGLE SKATING, SEASON 2007-2008

Number of features for Levels: 2 for Level 2, 3 for Level 3, 4 for Level 4

Step Sequences	<ol style="list-style-type: none"> 1) Variety (complexity for Level 4) of turns and steps throughout (compulsory) 2) <u>Rotations (turns, steps) in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction</u> 3) Modest (full for Level 4) use of upper body movement 4) <u>Quick changes of rotational direction executed by rockers and/or counters, twizzles and/or quick rotational toe steps immediately following each other</u>
Spiral Sequences	<ol style="list-style-type: none"> 1) 3 spiral pos. with change of foot (mandatory for SP), forward & backward, inside & outside (including backward inside) 2) 1 difficult variation of position 3) <u>Second difficult variation on a different foot than the first one</u> 4) Change of edge in a spiral (3 seconds hold before and after the change) 5) Unsupported change of free leg position or direction of skating maintaining the spiral (3 seconds hold before and after the change) 6) Free leg in a total split position <u>sideways or forward</u>, one or both arms hold possible
Spin in one position without change of foot (upright including layback, camel or sit)	<ol style="list-style-type: none"> 1) 1 difficult variation 2) Second difficult variation different from the first one 3) Backward entrance 4) Spinning on both edges 5) <u>At least 8 revolutions without any changes in position/variation and edge (camel, sit, layback)</u> <p>Additional features for the Layback spin</p> <ol style="list-style-type: none"> 6) 1 change of position backwards-sideways or reverse, at least 3 rev. in each position 7) Biellmann position after layback spin (SP – after 8 revolutions in layback spin)
Spin in one position 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) Backward entrance or variation of flying entrance (not regular flying camel) 5) Spinning on both edges (on both feet counts twice) 6) Both directions immediately following each other 7) <u>At least 8 revolutions without any changes in position/variation, foot and edge (camel, sit, layback), counts twice if repeated on another foot</u>
Spin Combo without change of foot	<ol style="list-style-type: none"> 1) 1 difficult variation (counts as many times as the number of executed difficult variations in different positions <u>one of which can be an intermediate position</u>) 2) Backward entrance or variation of flying entrance (not regular flying camel) 3) All 3 <u>basic</u> positions 4) Spinning on both edges in one <u>basic</u> position
Spin Combo with change of foot	<p><u>All 3 basic positions mandatory for Level 4</u></p> <ol style="list-style-type: none"> 1) 1 difficult variation 2) Second difficult variation (counts only if these two variations are on different feet and in different positions – <u>at least one of them in a basic position</u>) 3) Difficult change of foot 4) Spinning on both edges in one <u>basic</u> position (counts twice if executed on both feet <u>and in different basic positions</u>) 5) All 3 <u>basic</u> positions <u>on each foot</u> 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 and no change of position	<ol style="list-style-type: none"> 1) 1 difficult variation 2) Second difficult variation different from the first one 3) Spinning on both edges 4) Landing on the same foot as take off <u>or changing foot on landing in a Flying Sit Spin (sit position attained in the air)</u> 5) Difficult variation of air or landing position 6) <u>At least 8 revolutions without any changes in position/variation and edge (camel, sit, layback)</u>

CLARIFICATIONS: LEVELS OF DIFFICULTY SINGLES – STEPS, SPIRALS, SPINS, season 2007-2008

STEP SEQUENCES

Turns: three turns, twizzles, brackets, loops, counters, rockers.

Steps: running steps, toe steps, chasses, mohawks, choctaws.

Various types of turns and steps must be balanced in their distribution throughout the sequence.

Variety: Must include at least 4 different types of turns and 2 different types of steps. Each of these types of turns and steps must be executed at least twice during the sequence.

Complexity: Must include at least 5 different types of turns and 3 different types of steps all executed at least once in both directions.

SPIRAL SEQUENCES

A Spiral is a position with one blade on the ice and the free leg (including knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (outside, inside), direction (forward, backward) and position of the free leg (backward, forward, sideways). Pattern of the Spiral Sequence can be any combination of curves (on edges - spiral positions on a straight line are ignored and not counted in the number of positions). Only the first 3 attempted positions are to be considered for Level features. If all these positions are executed with assistance of the hand/arm or in the Short Program there is no change of foot, Level can not be more than 1 (but GOE is not restricted). Minimum of 3 seconds in each position.

Difficult Spiral Variations are variations that affect the core body position and balance. Only these variations can increase the Level.

Change of position in Spirals: A change of free leg position or direction of skating and a change of edge must be done not at the same time in order to be counted as features for a Level (3 sec. hold before and after the change of position and 3 sec. hold before and after the change of edge are mandatory).

SPINS

Positions. There are 3 basic positions: camel (free leg backwards with the knee higher than the hip level, however Layback and Biellmann are still considered as upright spins), sit (buttocks not higher than the knee of the skating leg), upright (any position with extended skating leg which is not a camel position) and intermediate positions (all other positions).

Spin combinations: the number of revolutions in intermediate positions is counted in the total number of revolutions; intermediate positions can be considered as difficult variations in accordance with the definition of such positions, but going to one of these positions is not considered as a change of position which can only be from one basic position to another basic position.

Spin in one position and Flying Spin: intermediate positions are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.

In any spin change of edge can be counted only if done in a basic position.

Spin Variations. Simple: 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:** 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.

Remarks:

- Biellmann position counts 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 speed will be considered a difficult variation;
- camel spin includes position with the upper body turned upwards approximately 180° (upside down position);
- in any spin a clear jump within a spin started and landed on the same foot (at least 2 revolutions before and after the jump) will be considered as a difficult variation;
- in order to be counted as a Level feature backward entrance requires at least 2 rev. on a backward outside edge.

Spinning on both edges: Spinning on both edges in order to be counted as a feature for a Level requires at least 2 full rev. on one edge followed by at least 2 full rev. on another edge in the same basic position (sit, camel, upright).

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.

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.

Remark: to be considered, a change of foot in a spin requires at least 3 revolutions before and after the change.

Flying spins: in case of an obvious “step over” (instead of a jump) Level can not be more than 1; 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.