



# **Judging System**

# **Technical Panel Handbook**

**Single Skating**

**2013/2014**

Version as of 18.07.2013

# Step Sequences

## Rules

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| <b>General</b>       | All step sequences should be executed according to the character of the music. Short stops in accordance with the music are permitted. Retrogressions are not prohibited.<br>Turns and steps must be balanced in their distribution throughout the sequence.   |
| <b>Short Program</b> | Short Program for <b>Senior &amp; Junior Men</b> and for <b>Senior &amp; Junior Ladies</b> must include one Step Sequence fully utilizing the ice surface.<br>May include any unlisted jumps.  |
| <b>Free Skating</b>  | A well balanced Free Skating program must contain one Step Sequence fully utilizing the ice surface.<br>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. Step sequences too short and barely visible cannot be considered as meeting the requirements of a step sequence. |

## Level features

- 1) Minimum variety (Level 1), simple variety (Level 2), variety (Level 3), complexity (Level 4) of turns and steps throughout (**compulsory**)
- 2) Rotations in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction
- 3) Use of upper body movements for at least 1/3 of the pattern
- 4) Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) executed with a clear rhythm within the sequence

## Clarifications

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| <b>Pattern</b>                          | There is no longer a required pattern, but a step sequence must fully utilize the ice surface. It must be visible and identifiable and should be performed by using almost the full ice surface either in its length <u>from short barrier to short barrier</u> (e.g. straight line, serpentine or similar shape) or <u>twice in its width from long barrier to long barrier</u> (e.g. circle, oval or similar shape). Failure to achieve the above description will result in no value.<br>In features 2 and 3 "pattern" means the pattern actually executed by the skater. |
| <b>Beginning and End of the pattern</b> | This is when a skater actually starts or concludes the sequence.   |
| <b>Definition of Turns and Steps</b>    | Different types of Turns: three turns, twizzles, brackets, loops, counters, rockers.<br>Different types of Steps: toe steps, chasses, mohawks, choctaws. change of edge, cross rolls.<br>Turns must be executed on one foot.<br>Steps must be executed on one foot whenever possible.<br>If a turn is "jumped", it is not counted as performed.  |
| <b><u>Minimum Variety</u></b>           | <u>Must include at least 5 turns &amp; 2 steps, none of the types can be counted more than twice.</u>  |
| <b><i>Simple Variety</i></b>            | Must include at least 7 turns and 4 steps, none of the types can be counted more than twice.   |

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| <b>Variety</b>  | Must include at least <b>9</b> turns and <b>4</b> steps, none of the types can be counted more than twice.  |
| <b>Complexity</b>   | Must include at least <b>5</b> different types of turns and <b>3</b> different types of steps all executed at least once in both directions. <u>None of the types of turns and steps can be counted more than twice.</u> "Both directions" refers to rotational direction <u>not only for turns, but also for steps, e.g. mohawks, choctaws, chassés, change of edge.</u> Skating forward and skating backward is not a change of rotational direction.   |
| <b><u>No minimum variety, only minimum variety, only simple variety, only variety</u></b> | If a skater does not perform a minimum variety of steps and turns, the Level cannot be higher than Basic. If a skater performs only minimum variety of steps and turns, the Level cannot be higher than 1. If a skater performs only simple variety of steps and turns, the Level cannot be higher than 2. If a skater performs only variety (but not complexity) of steps and turns, the Level cannot be higher than 3.  |
| <b>Distribution</b>   | Turns and/or Steps must be distributed throughout the sequence.<br>There should be no long sections without Turns or Steps.<br>If this requirement is not fulfilled, the Level cannot be higher than 1.   |
| <b>Rotations in either direction</b>  | This feature means that a skater rotates <u>with any listed and unlisted turns and steps</u> 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 ( <u>clockwise and anti-clockwise</u> ) or over the length of the step sequence the skater is <u>rotating with any listed and unlisted steps and turns</u> 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 ( <u>clockwise and anti-clockwise</u> ).<br>"Full body rotation" means one complete rotation. The skater should not just turn half a rev. back and forth. |
| <b>Use of upper body movement</b>   | <b>Use of upper body movements</b> means the visible use for a combined total of at least 1/3 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.<br>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.   |
| <b>Two combinations of difficult turns</b>  | Difficult turns are rockers, counters, brackets, twizzles, loops. In the combinations:<br>- three turns are not allowed (not difficult turns);<br>- changes of edges are not allowed (listed as steps);<br>- a jump/hop is not allowed (not a turn);<br>- changes of feet are not allowed;<br>- at least one turn in the combination must be of a different type than the others.<br>The exit edge of a turn is the entry edge of the next turn.<br>The combination must be executed <u>with a clear rhythm</u> within the sequence.  |
| <b>What makes the combinations same or different</b>                                      | 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 and the same foot.   |
| <b>Jumps with more than half a revolution executed in the step sequence</b>               | Unlisted jumps, independent of their number of revolutions can be included in the step sequence without a deduction or any other consequence.<br>Listed jumps with more than half revolution will be ignored in SP as an element, but will force the Judges to reduce GOE by 1 grade for "Listed jumps with more than ½ rev. included". Listed jumps can be included in the step sequence of the FS, will be identified and will occupy jumping boxes.<br>In any case these jumps do not influence the determination of Level of difficulty of the Step sequence.   |

# Choreographic Sequences

## Rules

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| <b>Free Skating</b> | The choreographic sequence consist of any kind of movements such as steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. A Choreographic Sequence <b>for Ladies</b> must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the skater. The pattern is not restricted, but the Sequence must fully utilize the ice surface. If this requirement is not fulfilled, the Sequence will have no value. The Choreographic Sequence is included in Free Skating and has to be performed after the Step Sequence. The Choreographic Sequence has a base value and will be evaluated by the judges in GOE only. |
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## Clarifications

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| <b>How to call the Choreographic Sequence</b>            | The call should be "Choreo Sequence confirmed" (if the Sequence will be counted) or "Choreo Sequence no value" in the opposite case.   |
| <b>Pattern</b>   | There is no required pattern, but a Choreographic Sequence must fully utilize the ice surface. It must be visible and identifiable and should be performed by using almost the full ice surface either in it length <u>from short barrier to short barrier</u> (e.g. straight line, serpentine or similar shape) or <u>twice in its width from long barrier to long barrier</u> (e.g. circle, oval or similar shape).<br>Failure to achieve the above description will result in no value. |
| <b>What does it mean, "not a kick"?</b>                  | This means that the free leg in the spiral position must be fixed for at least a moment. A kick is when the free leg goes up and down without any stop or fixed position in a spiral.  |
| <b>Definition</b>  | 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 must be on edge.   |
| <b>No spiral position</b>                                | Choreographic Sequence will have no value.   |
| <b><u>Only one spiral position executed</u></b>          | <u>If only one spiral position (of any length) is executed and nothing else is included in the Sequence, the Sequence will not be confirmed by the Technical Panel as it consists of one movement only. However a long enough (2 fixed spiral positions) spiral with change of edge already fulfils the requirements of the Choreo Sequence definition as it consists of two movements (two spiral positions).</u>   |
| <b>Listed jumps</b>                                      | Listed jumps can be included in the Choreographic Sequence, will be identified and occupy jumping boxes.   |
| <b>Order of Step Sequence and Choreographic Sequence</b> | In Senior Single Free Skating the Technical Panel will first identify the Step Sequence and only after this sequence is performed will look for and identify the Choreographic Sequence. Any movements performed prior to the Step Sequence are considered as Transitions.   |

# Spins

## Rules

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| <b>General</b>       | <p>A Spin that has no basic position with 2 revolutions will receive no Level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin.</p> <p>The minimum number of revolutions required in a position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted. Variations of positions of the head, arms or free leg, as well as fluctuations of speed are permitted.</p> <p><i>Positions:</i> There are 3 basic positions: camel (free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright spins), sit (the upper part of the skating leg at least parallel to the ice), upright (any position with skating leg extended or slightly bent which is not a camel position). Any position which is not basic is a non-basic position.</p> <p><i>Layback Spin</i> is an upright spin in which head and shoulders are leaning backwards with the back arched. The position of the free leg is optional. <i>Sideways Leaning Spin</i> is an upright spin in which head and shoulders are leaning sideways and the upper body is arched. The position of the free leg is optional.</p> <p><i>In any spin</i> change of edge can be counted only if done in a basic position. The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions.</p> <p>If the skater falls when entering a spin, a 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.</p> <p>If the spinning centres (before and after the change of foot) are too far apart and the criteria of "two spins" is fulfilled (there is a curve of exit after the first part and the curve of entry into the second part), only the part before the change of foot will be called and considered for Levels features.</p> <p><i>Spin combinations:</i> the number of revolutions in positions that are not basic is counted in the total number of revolutions; such positions can be considered as difficult variations in cases the definition of a difficult variation is fulfilled, 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.</p> <p><i>Spin in one position and Flying spin (which means a spin with a flying entrance and no change of foot and position):</i> positions that are not basic are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.</p> <p>In spins in one position and flying spins the concluding upright position at the end of the spin is not considered to be another position independent of the number of revolutions, as long as the skater is executing only the final wind-up without any enhancements.</p> <p>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 Technical Panel in the Levels and by the Judges in the Grade of execution.</p> |
| <b>Short Program</b> | <p>The Short Program of the season <u>2013 – 2014</u> includes the following 3 spins:</p> <p>1) Flying spin:</p> <p><b>Seniors:</b> Flying spin with landing position different than in the Spin in one Position;</p> <p><b>Juniors:</b> Flying <u>sit</u> spin;</p>   |

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|  | <p>2) Spin in one position<br/> <b>Senior Men:</b> Camel/Sit spin (position different from the landing position of the Flying spin) with only one change of foot;<br/> <b>Junior Men:</b> Camel spin with only one change of foot;<br/> <b>Senior &amp; Junior Ladies:</b> Layback/sideways leaning spin;<br/> 3) Spin combination with only one change of foot.</p> <p>The spins must have a required minimum number of revolutions: eight (8) for the flying spin and the layback spin, six (6) revolutions on each foot in the spin with a change of foot and the spin combination, the lack of which must be reflected by the Judges in their marking.<br/> In the spin combination the change of foot is required.<br/> Except flying spins, spins cannot be commenced with a jump.</p> |
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**Specific elements in Short Program:**

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| <b>Ladies: layback/sideways leaning spin</b> | 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 (backwards and/or sideways). |
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| <b>Men: spin in one position with change of foot</b> | <p><b>Senior &amp; Junior:</b> The spin must consist of only one change of foot, which may be executed by a step or a jump.<br/> <b>Senior:</b> The skater must choose the camel or the sit position, but this position must be different from the landing position of the Flying spin.<br/> <b>Junior:</b> Only the prescribed sit or camel position is permitted.<br/> <b>Senior &amp; Junior:</b><br/> The spin must have at least 3 revolutions before and after the change of foot. There must be at least 2 revolutions in the chosen (for Seniors) and in the prescribed (for Juniors) basic position on each foot. If this requirement is not fulfilled, the spin will have <u>maximum Basic Level</u>.</p> |
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| <b>Spin combination with change of foot</b> | <p>The spin combination with change of foot must include only one change of foot and at least two basic positions with 2 revolutions in each of these positions. If these requirements are not fulfilled, the spin will have no value. If there are less than three basic positions with 2 revolutions in each, this will be reflected in the Level of the spin. The change of foot may be executed by a step or a jump.<br/> The change of foot and the change of position may be made either at the same time or separately.</p> |
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| <b>Flying spin</b> | <p><b>Senior:</b> Any type of flying spin is permitted with landing position different than in the Spin in one position. The landing position may be different from the flying position.<br/> <b>Junior:</b> Only the prescribed "Flying" position or its variation is permitted. The landing position must be the same as the flying position. In the flying sit spin changing foot on landing is permitted.<br/> <b>Senior &amp; Junior:</b> No rotation on the ice before the take-off is permitted. The flying position must be attained in the air. The required revolutions can be executed in any variation of the landing position.</p> |
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| <b>Flying spin and the spin in one position</b> | If in Senior Men the landing position of the Flying spin is the same that in the Spin in one position, the last performed of these two spins will not be counted, but will occupy a spin box. |
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| <b>Free Skating</b> | <p>A well balanced Free Skating program for <b>Men and Ladies (Senior and Junior)</b> must contain maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with flying entrance and one a spin with only one position.<br/> All Spins must be of a different character. Any Spin with the same character (abbreviation) as the one executed before will be deleted by computer (but will occupy a spinning box).<br/> If no one of the performed spins has a flying entrance, or if no one is a spin in</p> |
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|  | <p>one position, or no one is a spin combination, the third executed spin will be automatically deleted by the computer.</p> <p>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. These minimum number of required revolutions must be counted from the entry of the spin until its exit (except final wind-up in Spins in one position and Flying spins). In the spin combination and spin in one position the change of foot is optional. The number of different positions in the spin combination is free.</p> |
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### Level features

- 1) Difficult variations (count as many times as performed with limitations specified below)
- 2) Change of foot executed by jump
- 3) Jump within a spin without changing feet
- 4) Difficult variation of flying entrance/Landing on the same foot as take-off or changing foot on landing in a Flying Sit Spin
- 5) Backward entrance
- 6) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position
- 7) All 3 basic positions on both feet
- 8) Both directions immediately following each other in sit or camel spin
- 9) Clear increase of speed in camel, sit, layback or Biellmann position
- 10) At least 8 rev. without changes in position/variation, foot or edge (camel, layback, difficult variation of any basic position or for combinations only non-basic position)

**Additional features for the Layback spin:**

- 11) One clear change of position backwards-sideways or reverse, at least 3 rev. in each position (counts also if the Layback spin is a part of any other spin)
- 12) Biellmann position after Layback spin (SP – after 8 revolutions in layback spin)

**Features 2 – 9, 11, 12 count only once per program (first time they are attempted). Feature 10 counts only once per program (in the first spin it is successfully performed; if in this spin 8 revs are executed on both feet, any one of these executions can be taken in favor of the skater).**

**Any category of difficult spin variation in a basic position counts only once per program (first time it is attempted). A difficult variation in a non-basic position counts once per program in spin combination only (first time it is attempted).**

**In any spin with change of foot the maximum number of features attained on one foot is two (2).**

**For Spin Combinations with change of foot all 3 basic positions are mandatory for Levels 2 – 4 in both Short Program and Free Skating.**

**For Spins with change of foot at least one basic position on each foot is mandatory for Levels 1 – 4 in both Short Program and Free Skating.**

### Clarifications

**Positions**

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| <b>Spin with no change of position</b> | <p>A “spin with no change of position”, in which another basic position is executed with more than two (2) revolutions, does not fulfil the requirements of a spin with “no change of position” and will be identified as a “spin combination”. However, the concluding upright position at the end of the spin is not considered to be another position independent of the number of revolutions, as long as the skater is executing only the final wind-up without any enhancements.</p> |
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| <b>Spin combination with less than 2 revolutions in basic positions</b> | In <b>Short Program</b> a spin combination executed with only 1 basic position with not less than 2 revolutions and in all other positions less than 2 revolutions will receive no Level.<br>In <b>Free Skating</b> a clear visible attempt of a spin combination which results in a spin with only 1 basic position with not less than 2 revolutions will be called by the Technical Panel as a spin combination no value. |
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| <b>Spin combination with all three basic positions executed on both feet</b> | In the spin combination, in order to be counted as a Level feature, all three basic positions must be executed on both feet. |
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| <b>Clear change of position backwards-sideways or visa-versa (layback spin)</b> | The feature will be awarded only if this change is done while maintaining the layback or sideways leaning position. |
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### Entrance of the spin

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| <b>Flying entrance</b> | Deathdrop, butterfly, Toe Arabian or any variation of another flying entrance (except the regular flying camel) count as a feature only once per program in the first spin they are attempted.<br>In <b>Free Skating</b> normal flying camel entry does not block a possibility of counting a difficult flying entry as a feature. |
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| <b>Flying Spin: flying entry - position not attained in the air</b> | Flying entry is part of the character of the spin and is considered as an additional feature except in the case of a regular flying camel.<br>If an obvious "step over" (instead of a jump) is performed or the skater <u>attempts, but</u> does not attain the position in the air, this entrance cannot be considered as a feature and in the <b>Short Program</b> the Level cannot be higher than 1. In <b>Free Skating</b> however just the corresponding feature will not be counted, but the other features can still be applied to reach a higher Level. <u>If in the Short Program a Junior skater does not even attempt to reach the prescribed air position, the Flying Spin will have no Level.</u> |
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| <b>Flying entry: number of revolutions in non-basic position</b> | The feature for the flying entry can be granted only if the basic position is reached within the first two (2) revolutions after the landing and this basic position is held for at least 2 revolutions. |
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| <b>Flying Spin Short Program</b> | If the basic landing position of the Flying Spin in the <b>Short Program</b> is not reached within the first 2 revolutions after the landing and this basic position is not held for at least 2 revolutions, the Level cannot be higher than 1. |
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| <b>Flying Sit Spin: landing on the same foot or changing foot on landing</b> | In a flying sit spin landing on the same foot as take-off or changing foot on landing is counted as a feature only when the sit position is attained in the air. |
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| <b>Backward entrance</b> | A backward entrance can be done, but is not limited to a forward inside three turn into the spin. In order to be counted as a feature backward entrance requires the first 2 revolutions on a backward outside edge in any position. |
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### Variations

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| <b>Simple variation</b> | A simple variation of position is a movement of a body part, leg, arm, hand or head, which does not have an effect on the balance of the main body core. A simple variation does not increase the Level. |
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| <b>Difficult variation</b> | A difficult variation is a movement of a body part/leg/arm/hand/head, which requires more physical strength or flexibility and has an effect on the balance of the main body core. Only these variations can increase the Level. |
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| <b>Categories of difficult variations</b> | There are 11 categories of difficult variations:<br>For <b>CAMEL POSITION</b> there are 3 categories based on direction of the shoulder line:<br>- (CF) Camel Forward: with the shoulder line parallel to the ice |
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|   | <ul style="list-style-type: none"> <li>- (CS) Camel Sideways: with <u>the shoulder line twisted to a vertical position</u></li> <li>- (CU) Camel Upward: with the shoulder line twisted more to a <u>horizontal or almost horizontal position</u></li> </ul> <p>For <b>SIT POSITION</b> there are 3 categories based on position of free leg:</p> <ul style="list-style-type: none"> <li>- (SF) Sit Forward: with leg forward</li> <li>- (SS) Sit Sideways: with leg sideways</li> <li>- (SB) Sit Behind : with the leg behind</li> </ul> <p>For <b>UPRIGHT POSITION</b> there are 3 categories based on position of torso:</p> <ul style="list-style-type: none"> <li>- (UF) Upright Forward: with torso leaning forward</li> <li>- (US) Upright Straight or Sideways: with torso straight up or sideways</li> <li>- (UB) Upright Biellmann: in Biellmann position</li> </ul> <p>For <b>LAYBACK POSITION</b> there is 1 category</p> <ul style="list-style-type: none"> <li>- (UL) Upright Layback</li> </ul> <p>For <b>NON-BASIC POSITIONS</b> there is 1 category (NBP)</p> |
| <b>Crossfoot spin</b>   | A <b>Crossfoot Spin</b> must be executed on both feet with equal weight distribution. It is considered as a difficult variation of upright position (US) and will receive, if correctly executed, a feature. It is not required to stay on one foot for three revolutions before the cross.  |
| <b>Biellmann position</b>                                     | Biellmann position is a difficult variation of an upright position (UB) when the skater's free leg is pulled from behind to a position higher than and towards the top of the head, close to the spinning axis of the skater. Like other categories of difficult spin variations, Biellmann position counts once per program (Short or Free) – first time it's attempted.  |
| <b>Windmill</b>   | Windmill (Illusion) is considered as a difficult variation of non-basic position (NBP). This must be done at least 3 times in a row to be counted as a Level feature.  |
| <b>Jump on the same foot within a Spin</b>                    | In any spin a clear jump started and landed on the same foot will be counted as a feature only if the skater has executed at least 2 revolutions in a basic position before and after the jump. The skater must reach the basic position within the first 2 revolutions after the landing.<br>This jump can be performed even before the required minimum number of revolutions in a spin in order to be considered as a feature in both <b>Short Program</b> and <b>Free Skating</b> .  |
| <b>Increase of speed</b>                                      | For camel, sit, layback or Biellmann positions, once the position has been established, a clear increase of speed will be considered as a Level feature. Increase of speed counts only in a basic position or while going within a basic position into its variation. It is not valid as a feature if the increase of speed happens while going from one basic position to another basic position.   |
| <b>Repetitions</b>  | Any category of difficult spin variation in a basic position counts only once per program (first time it is attempted). A difficult variation in a non-basic position counts once per program in spin combination only (first time it is attempted).   |
| <b>Features in repeated variations</b>                        | For <b>Short Program</b> and <b>Free Skating</b> once a difficult spin variation has been attempted and a difficult variation of the same category is executed, the variation cannot be counted, but any additional feature in this difficult variation can still be counted.  |
| <b>What is an attempt?</b>                                    | A difficult variation is considered as attempted when this variation is clearly visible, independent of the fact this variation was counted or not.  |
| <b>Similar variations in basic and in non-basic positions</b> | If a difficult variation in a non-basic position of a spin combination is quite similar to one of the already executed difficult variation in a basic position, the last performed of these two variations will not be counted as a Level feature.   |

## Edges and directions

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| <b>Clear change of edge</b> | <p>A clear change of edge can only be counted as a feature in Sit from backward inside to forward outside edge, Camel, Layback and Biellmann position. Any other attempt of a change of edge will be ignored, not blocking the possibility to credit it elsewhere. <u>Not considered as an attempt of a change of edge is the short phase following a landing of a fly or a step-in (mostly from flat to edge, or executing a three turn, etc.).</u></p> <p>A clear change of edge can only be counted as a feature, if there are at least 2 continuous revolutions on one edge followed by at least 2 continuous revolutions on the other edge in the same position (sit, camel, Layback or Biellmann). A change of edge within an upright or non-basic position does not count as a feature.</p> <p>The change of edge counts as a feature that can increase the Level only once in a spin of the Short Program and once in a spin of Free Skating Program.</p> |
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| <b>Spinning in both directions</b> | <p>Spinning in both directions (clockwise &amp; counter clockwise or visa-versa) in sit or camel position or in a combination of the two immediately following each other can be counted as a feature. A minimum of 3 revolutions in each direction is required. A spin executed in both directions (clockwise &amp; counter clockwise) is considered as one spin.</p> |
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## Number of Revolutions

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| <b>8 revolutions</b> | <p>At least 8 revolutions without changes in position/variation, foot or edge count as a feature only once per program, <u>in the first spin it is successfully performed; if in this spin 8 revs are executed on both feet, any one of these executions can be taken by the Technical Panel in favour of the skater.</u></p> <p>The 8 revolutions to be counted as feature must be performed in:</p> <ol style="list-style-type: none"><li>1) camel, layback, difficult variation of any basic position – for all spins;</li><li>2) difficult variation of non-basic position – for combinations only.</li></ol> |
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## Change of foot

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| <b>Change of foot (spin in one position and spin combination)</b> | <p>To be considered, a change of foot in a spin requires at least three (3) revolutions before and after the change (these revolutions can be in any positions, including non-basic positions). If there are not three (3) revolution before or after the change, this results in the following:</p> <p><b>Short Program</b> - the spin is not fulfilling the requirements and no Level and value will be given;</p> <p><b>Free Skating</b> - the short part of the spin (before or after the change of foot) will not be called and will not be valid for Level features; the element becomes a spin in one position with no change of foot or a spin combination with no change of foot.</p> |
|---|--|

|                                 |   |
|---------------------------------|---|
| <b>Staying on the same foot</b> | <p>A change of foot in a spin means spinning on each foot. Any spin in which the skater remains spinning on the same foot is not considered as a change of foot spin.</p> |
|---------------------------------|---|

|                              |   |
|------------------------------|---|
| <b>Simple change of foot</b> | <p>A simple change of foot, e.g. a step or a small hop does not require significant strength and skill and does not increase the Level.</p> |
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| <b>Change of foot executed by jump</b> | <p>There must be a clear jump executed from a basic into the same or another basic position.</p> <p>Such change of foot can be counted as a feature only if the skater has executed at least 2 revolutions in a basic position before and after the jump. The skater must reach the basic position within the first 2 revolutions after the landing.</p> |
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| <b><i>Toe Arabian as change of foot</i></b>  | This change of foot is allowed, will be considered as a change of foot executed by jump and will count as a feature only in <b>Free Skating</b> . If performed in <b>Short Program</b> , such change of foot will be considered as an error, will not count as a feature and the GOE will be reduced according to the ISU guidelines for touching the ice with the free foot.  |
| <b><i>Spin with a second change of foot</i></b>  | A second change of foot (if attempted) in a spin with change of foot is not allowed in <b>Short Program</b> (wrong element) and does not count as a feature for a higher Level in <b>Free Skating</b> .  |
| <b><i>Spinning centres too far apart (spin in one position and spin combination)</i></b>                               | If in a spin with change of foot there is a curve of exit after the first part and a curve of entry into the second part, the consequences are as follows:<br>in <b>Short Program</b> - the spin is not fulfilling the requirements and no value will be given;<br>in <b>Free Skating</b> - the second part of the spin will be ignored and the element becomes a spin in one position with no change of foot or a spin combination with no change of foot.<br>If there is only a curve of exit after the first part or the curve of entry into the second part, this will result in GOE reduction for "Change of foot poorly executed" ( <u>this reduction does not relate to change of foot together with change of direction</u> ). |
| <b><i>Number of features on one foot for spins with a change of foot</i></b>   | The maximum number of features that a skater can get on one foot is 2. The features for backward or flying entry will be counted in the quota of the foot before the change.<br>The features "Change of foot executed by jump", "Spinning in both directions" and "All 3 basic positions on both feet" will be counted in the quota of the foot after the change.<br>The feature for a crossfoot spin will be counted on the foot on which the cross position was started.   |
| <b><u><i>Spin in one position with change of foot: less than 2 revolutions in a basic position on one foot</i></u></b> | <b><u>Short Program and Free Skating:</u></b> If there is a basic position with 2 revs on one foot, but no basic position with 2 revs on the other foot, the Level of the Spin cannot be higher than Basic.  |
| <b><u><i>Spin Combination with change of foot: less than 2 revolutions in a basic position on one foot</i></u></b>     | <b><u>Short Program and Free Skating:</u></b> if there is one basic position with 2 revs on one foot, but no basic position with 2 revs on the other foot, the Spin will have no Level; if there are two basic positions with 2 revs on one foot, but no basic position with 2 revs on the other foot, the Level of the Spin will be Basic.  |

## CAMEL POSITIONS

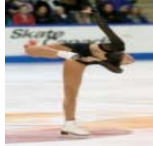
# CF

CAMEL FORWARD



# CS

CAMEL SIDWAYS



# CU

CAMEL UPWARD

## SIT POSITIONS

# SF

SIT FORWARD



# SS

SIT SIDWAYS



# SB

SIT BEHIND



## UPRIGHT POSITIONS

# UF

UPRIGHT FORWARD



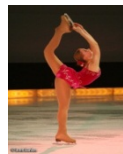
# US

UPRIGHT STRAIGHT  
AND SIDWAYS



# UB

UPRIGHT  
BIELLMANN



# UL

UPRIGHT LAYBACK



## NON-BASIC POSITIONS

# NBP

NON-BASIC  
POSITIONS



# Jump Elements

## Rules

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|---|---|
| <p><b>Solo jump</b><br/><b>Short Program</b></p>  | <p>Short Program of the season <u>2013 – 2014</u> must include 2 solo jumps:</p> <ul style="list-style-type: none"> <li>- double or triple Axel for Senior &amp; Junior Men and for Senior Ladies, double Axel for Junior Ladies;</li> <li>- a jump immediately preceded by connecting steps and/or other comparable Free Skating movements:</li> </ul> <p><b>Senior Men</b> - any triple or a quadruple jump;<br/> <b>Senior Ladies</b> - any triple jump;<br/> <b>Junior Men and Ladies</b> - double or triple Loop.</p> <p>For Senior Men when a quadruple jump is executed in a jump combination, a different quadruple jump can be included as a solo jump. For Senior &amp; Junior Men and for Senior Ladies when the triple Axel is executed as an Axel jump, it cannot be repeated again as a solo jump or in the jump combination. Solo jumps must be different from the jumps included in the combination. A single spread eagle, spiral/Free Skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable Free Skating movements the lack of which must be considered by the Judges in the GOE.</p>   |
| <p><b>Free Skating</b></p>                        | <p>Jumping elements are individual jumps, jump combinations and jump sequences. A well balanced Free Skating program must contain 8 jumping elements for <b>Senior &amp; Junior Men</b> and 7 jumping elements for <b>Senior &amp; Junior Ladies</b> one of which must be (or must include) an Axel type jump.</p> <p>Individual jumps can contain any number of revolutions.</p> <p>A Double Axel cannot be included more than two (2) times in total in a Single's Free Program (as a Solo Jump or a part of Combination / Sequence).</p> <p>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 jump, not included into a jump combination or jump sequence, will be considered as a part of a not successfully executed jump sequence and counted as a jump sequence 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 (but this element will occupy a jump element box if there still is any left). 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 (but this element will occupy a jump element box if there still is any left).</p> |
| <p><b>Jump combination</b><br/><b>General</b></p> | <p>In a jump combination the landing foot of a jump is the take off foot of the next jump. A three turn on one foot between the jumps without touching the ice with the free foot (or even with a touch, but no weight transfer) keeps the element in the frame of this definition allowing still to call it a combination (with an error).</p> <p>If the jumps are connected with a non-listed jump, the element is called as a jump sequence. However half-loop (Euler) (landing backwards) when used in combinations/sequences is considered as a listed jump with the Value of a single Loop. When executed separately, half-loop stays as unlisted jump.</p> <p>If the first jump of a two-jump-combination fails to be successful and turns out as a "non-listed" jump, the unit will still be considered as a jump combination.</p> <p><u>If in the opinion of the TP the intended Waltz jump (Axel) is used only as the preparation to the next jump, this Waltz jump will not be called.</u></p> <p><u>The TP has the authority not to call a single jump which is more similar to a hop than a jump that is a result of a bad landing of the previous jump. The Judges will reflect the mistake in the GOE.</u></p>   |

|                      |  |
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| <b>Short Program</b> | <p>Short Program must include a Jump Combination consisting of two jumps:<br/> <b>Senior Men:</b> double and triple or two triples or quadruple and a double or triple;<br/> <b>Senior Ladies and Junior Men:</b> double and triple or two triples;<br/> <b>Junior Ladies:</b> combination of two double jumps is also permitted.<br/> For Senior Men the jump combination may consist of the same jump or another double, triple or quadruple jump. For Senior Men when a quadruple jump is executed as a solo jump, a different quadruple jump can be included in the jump combination. For Senior Ladies, Junior Men and Junior Ladies the jump combination may consist of the same jump or another double or triple jump. However, for all categories the jumps included must be different than the solo jump.<br/> 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 be not counted, but will occupy a jumping box (if this element is a jump combination, the whole jump combination will not be counted).</p> |
| <b>Free Skating</b>  | <p>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.</p>   |

### Jump sequence

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| <b>Free Skating</b> | <p>A jump sequence 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 (not even as an entry into a jump), crossovers or stroking during the sequence (Turns are three turns, twizzles, brackets, loops, counters, rockers. Steps are toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls).<br/> 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 solo jump.</p> |
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## Clarifications

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| <b>Calling under-rotated or downgraded jumps</b> | <p>The Technical panel must call the attempted jump even if it is clear that it is under-rotated or will be downgraded. Both under-rotated and downgraded jumps will count as the intended jump in the application of Well Balanced Program regulations.<br/> The quarter and half mark of landing are the border lines to identify cheated jumps.<br/> The camera angle is important to consider when deciding upon a cheated jump particularly when the jump is at the opposite end of the rink than the camera.<br/> In all doubtful cases the Technical Panel should act to the benefit of the skater.</p> |
| <b>Under-rotated jumps</b>                       | <p>A jump will be considered as “<b>Under-rotated</b>” if it has missing rotation of more than ¼ revolution, but less than ½ revolution.<br/> An under-rotated jump will be indicated by the Technical Panel to the Judges and in the protocols with a “&lt;” symbol after the element code.<br/> A jump identified as under-rotated will receive a reduced base value - 70% of the base value of the intended jump rounded to one decimal place.</p>  |
| <b>Downgraded jumps</b>                          | <p>A jump will be considered as “<b>Downgraded</b>” if it has “missing rotation of ½ revolutions or more”.<br/> A downgraded jump will be indicated by the Technical Panel to the Judges and in the protocols with a “&lt;&lt;” symbol after the element code.<br/> A jump identified as downgraded will be evaluated using the scale of values (SOV chart) for the element of one rotation less (i.e. a downgraded triple will be evaluated with the scale of values for the corresponding double).</p>   |

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| <b><i>Cheated take-off</i></b>   | A clear forward (backward for Axel type jump) take off will be considered as a downgraded jump. The toe loop is the most commonly cheated on take-off jump. The Technical Panel may only watch the replay in <b>regular speed</b> to determine the cheat and downgrade on the take off (more often in combinations or sequences).   |
| <b><i>Taking off from wrong edge (Flip/Lutz)</i></b>   | In cases of not taking off from the clean correct edge the Technical Panel will indicate the error to the Judges using the sign "e" (edge). The Technical Panel may watch the replay in slow motion. Each Judge will then decide himself/herself on the severity of the error (major or minor error) and the corresponding GOE reduction.   |
| <b><i>Popped listed jumps</i></b>  | The attempt will count as one jump element. However, a small hop or jump with up to one-half revolution performed as a kind of "decoration" is not to be considered as a jump and will be marked within the component "Transitions"   |
| <b><i>Non-listed jumps</i></b>   | Jumps that are not listed in the SOV (e.g. <u>Walley</u> , split jump, Inside Axel with any number of revolutions taking off from the forward inside edge etc.) will not count as a jump element, but might be used as a special entrance to the jump to be considered in the mark for Transitions.<br>A Toe <u>Walley</u> , however, will be called and counted as a Toe loop.   |
| <b><i>Landing on another foot</i></b>  | <u>In combinations/sequences all jumps except the last one may be landed on either foot. The last jump of a combination/sequence as well as any solo jump must be landed on backward outside edge. The call of the jump does not depend on the landing foot and the Judges will evaluate the quality in their GOE.</u>  |
| <b><i>Landing on the other edge</i></b>  | The call will not change if a jump is landed on the other edge. However Judges will reflect this in their GOE.  |
| <b><i>Spin exited immediately into a jump</i></b>  | If a skater performs a spin, immediately followed by a jump, the two elements are called separately. Credit is given to the difficult jump take off (GOE).  |
| <b><i>Attempted Jump</i></b>   | What is an attempt? In principle, a clear preparation for a take off for a jump, stepping to the entry edge or placing the toe pick into the ice and leaving the ice with or without a turn is considered an attempt of a jump, receives no value and blocks a box.<br>In some cases, which need to be decided by the TP, the preparation for the take off without leaving the ice might be also called an attempt, e.g. a loop jump take off when the skater falls before leaving the ice, or a skater steps onto the forward take off edge of an Axel and pulls back the free leg and arms, starts the forward movement to jump into the air with the free leg and arms passing through forward but at the last moment does not leave the ice, etc. |
| <b><i>Fall/step out or touch down with free foot with weight transfer after a jump plus another jump</i></b> | If a skater falls or steps out on a jump and immediately after that executes another jump, the element does not remain a jump combination and will be called as follows:<br><b>Short Program:</b> "First Jump + Combo"; the continuation will be ignored by the Technical Panel.<br><b>Free Skating:</b> "First Jump + Sequence" (or "First Jump + Second Jump + Sequence" if the definition of a sequence is still fulfilled).<br>The same applies to a jump combination of 3 jumps.   |
| <b><i>Touch down with the free foot without weight transfer</i></b>  | In case of a touch down with the free foot without weight transfer and up to 2 three turns or no turns between the jumps in a combination, the element remains a jump combination (however Judges will reduce the GOE because of error). In case of more than <u>1 full revolution on the ice</u> the call will be the jumps performed <u>prior to this revolution</u> + combo in Short Program and + sequence in Free Skating.   |



## Short Program

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|---|--|
| <b>Element other than required</b>          | If a Junior skater performs a different jump than required, the element will receive no value, but will block the “jumping box”.   |
| <b>Jump combination with 3 jumps</b>        | The entire combination will be deleted, but will block the “combination box”.  |
| <b>Repetition of a jump</b>                 | A repeated jump of the same name with the same number of revolutions will be deleted, no value given, no GOE, but will occupy a jumping box; if executed in a jump combination, the jump combination in total will be deleted and no value given (but the corresponding box will be occupied).<br>Only the jump combination can contain two same jumps.<br>A repeated jump of the same name, but with different number of revolutions will receive credit. |
| <b>No second jump in a jump combination</b> | If there is no second jump in a jump combination, the Technical Panel identifies the intended combination during or after the program. If there is no clear way to identify the combination or the solo jump preceded by steps (steps or no steps in both cases), the Technical Panel will decide which one is the solo jump and which one is the combination in favour of the skater.   |

## Free Skating

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| <b>First repetition of a triple/quad jump</b>            | First repetition of a triple or quad jump of the same name and the same number of revolutions without one of them being in a jump combination/ sequence: the last executed jump will be identified as a “sequence” (with one jump only) and will block a “combo/sequence box”.   |
| <b>Second/third repetition of a triple/quad jump</b>     | Second/third repetition of a triple or quad jump of the same name and the same number of revolutions as a solo jump or in a jump combination/sequence will be treated as an additional element and therefore not considered (but will block the corresponding box).  |
| <b>Second jump combo with 3 jumps</b>                    | The entire combination will be deleted, but will block a box of the jump combination.  |
| <b>Jump sequence: reference to Rule</b>                  | From the moment the definition of a jump sequence is not fulfilled, the remainder of the jump sequence will be ignored and the element will be called the name of the first jump(s) plus the word “sequence”. The Judges’ GOE however will refer to the whole element performed.   |
| <b>Jump sequence: half revolution or more on the ice</b> | In cases of half a revolution (or more) on the ice from the completion of one jump before the commencement of the other jump, the element will not be considered as a jump sequence. The continuation will be ignored by the Technical Panel. The element will be called “first Jump + sequence”.                                      |
| <b>Axel type jump in a sequence</b>                      | If in a jump sequence an Axel type jump is the last performed jump, but the sequence has a mistake with the consequence that last performed jump will be ignored, the call will be “(first jump) + Axel no value + sequence”. With this call the Axel would count as a required element in Free Skating, but no points would be given. |
| <b>Axel type jumps in a row</b>                          | If an Axel type jump immediately follows any other jump (without any hops, mazurkas, unlisted jumps), this will also be considered as a jump sequence.   |

**Elements with no value or maximum Level 1/2/3 in SINGLES SP & FS 2013-2014**

| <b>Max. Level SP</b>                           | <b>Problem</b>   | <b>Max. Level FS</b>     |
|--|--|--------------------------|
| <b>All elements with Levels</b>                |  |                          |
| <b>No Value</b>                                | Wrong element  | <b>N/A</b>               |
| <b>Basic+ded.</b>                              | Illegal elements/movements (if Basic Level requirements are fulfilled); TP is responsible for illegal elements deduction | <b>Basic+ded.</b>        |
| <b>Step Sequences</b>                          |  |                          |
| <b>No Value</b>                                | Does not fully utilize the ice surface   | <b>No Value</b>          |
| <b>Basic</b>                                   | No minimum variety in steps & turns throughout the sequence  | <b>Basic</b>             |
| <b>1</b>                                       | Only <b>minimum</b> variety in steps & turns throughout the sequence   | <b>1</b>                 |
| <b>2</b>                                       | Only simple variety in steps & turns throughout the sequence   | <b>2</b>                 |
| <b>3</b>                                       | Only variety (no complexity) in steps & turns throughout the sequence  | <b>3</b>                 |
| <b>1</b>                                       | No balance of steps & turns in their distribution through the sequence   | <b>1</b>                 |
| <b>Choreo Step Sequence</b>                    |  |                          |
| <b>N/A</b>                                     | Does not fully utilize the ice surface (Men and Ladies)  | <b>No value</b>          |
| <b>N/A</b>                                     | Min. requirements of 1 spiral position (not a kick) not fulfilled (Ladies)   | <b>No value</b>          |
| <b>All Spins</b>                               |  |                          |
| <b>No Value</b>                                | Does not have at least 2 continuous revolutions in a basic position  | <b>No Value</b>          |
| <b>Spins with change of foot</b>               |  |                          |
| <b>No Value</b>                                | Less than 3 revolutions before/after the change  | <b>No change of foot</b> |
| <b>No Value</b>                                | Spinning centers too far apart   | <b>2nd part ignored</b>  |
| <b>No Value</b>                                | Second change of foot  | <b>Any</b>               |
| <b>2</b>                                       | All features executed on one foot  | <b>2</b>                 |
| <b>3</b>                                       | Only one feature executed on one of the feet   | <b>3</b>                 |
| <b>Basic</b>                                   | No basic pos. on one foot for at least 2 rev   | <b>Basic</b>             |
| <b>Spin combination without change of foot</b> |  |                          |
| <b>N/A</b>                                     | Only one position with 2 revolutions   | <b>No Value</b>          |
| <b>N/A</b>                                     | Less than 3 basic positions with 2 revolutions   | <b>Any</b>               |
| <b>Spin combination with change of foot</b>    |  |                          |
| <b>No Value</b>                                | Only one position with 2 revolutions   | <b>No Value</b>          |
| <b>1</b>                                       | Less than 3 basic positions with 2 revolutions   | <b>1</b>                 |
| <b>Layback</b>                                 |  |                          |
| <b>No Value</b>                                | Less than 2 rev. + Biellmann   | <b>Upright any Level</b> |
| <b>No feature</b>                              | 2 or more, but less than 8 rev. + Biellmann  | <b>Layback any Level</b> |
| <b>Flying Spin</b>                             |  |                          |
| <b>1</b>                                       | Step over  | <b>No flying feature</b> |
| <b>1</b>                                       | Position not attained in the air   | <b>No flying feature</b> |
| <b>1</b>                                       | Basic landing position not reached within the first 2 revs after landing   | <b>No flying feature</b> |
| <b>No Value</b>                                | Wrong air position in the Flying Sit Spin (Juniors)  | <b>N/A</b>               |
| <b>Flying Combo Spin</b>                       |  |                          |
| <b>Wrong el.</b>                               | Step over  | <b>No flying feature</b> |
| <b>Wrong el.</b>                               | Position not attained in the air   | <b>No flying feature</b> |
| <b>Wrong el.</b>                               | Basic landing position not reached within the first 2 revs after landing   | <b>No flying feature</b> |

Version as of: 18.07.2013