

**SKATE CANADA - LEVELS OF DIFFICULTY, SINGLE SKATING 2009/2010
EFFECTIVE JULY 1, 2009 – JUNE 30, 2010**

Number of features for Levels: Two for Level 2, three for Level 3, four for Level 4

<p align="center">Step Sequences</p>	<p>1) Simple variety (Level 2), variety (Level 3), complexity (Level 4) of turns and steps throughout (compulsory)</p> <p>2) Rotations (turns, steps) in either direction (left and right) with full body rotation covering at least one third of the pattern in total for each rotational direction</p> <p>3) Moderate (full for Level 4) use of upper body movement</p> <p>4) <u>Quick</u> changes of rotational direction executed with <u>turns and steps</u></p> <p><i>Pre-Juvenile & Juvenile: All step sequences can be called no higher than Level 1 regardless of features.</i></p>
<p align="center">Spiral Sequences</p>	<p>Spirals on each foot, forward & backward, inside & outside mandatory for Levels 3-4</p> <p>1) A difficult variation of position</p> <p>2) A difficult variation of position on a different foot <u>significantly different from the first variation</u></p> <p>3) Change of edge in a spiral</p> <p>4) Unsupported change of free leg position or direction of skating maintaining the spiral (three seconds hold before and after the change)</p> <p>5) Free leg in a total split position, one or both arms hold possible</p> <p>6) Holding spiral position (without any interruption) for six or more seconds without changes in position/variation</p> <p><i>Pre-Juvenile & Juvenile: All spiral sequences can be called no higher than Level 1 regardless of features.</i></p>
<p align="center">All Spins</p>	<p>1) A difficult variation in a basic or (for spin combinations only) in an intermediate position</p> <p>2) Another difficult variation in a basic position which must be:</p> <ul style="list-style-type: none"> • Spins in one position without change of foot and flying spins – different than the first one • All other spins – on different foot and/or in different position than the first one <p>3) Difficult change of foot</p> <p>4) Backward entrance / difficult variation of flying entrance / landing on the same foot as take-off or changing foot on landing in a flying sit spin</p> <p>5) <u>Clear change of edge in the same basic position (for each spin counts only once)</u></p> <p>6) All three basic positions (for spins with change of foot – on each foot)</p> <p>7) Both directions immediately following each other</p> <p>8) At least eight revolutions without changes in position/variation, foot or edge (camel, sit, layback, difficult upright), counts twice if repeated on another foot</p> <p>Additional features for the layback spin:</p> <p>9) One change of position backwards-sideways or reverse, at least three revolutions in each position (<u>counts also if the layback spin is a part of a spin combination</u>)</p> <p>10) Biellmann position after layback spin (Short Program – after five revolutions for Pre-Novice, six revolutions for Novice & eight revolutions for Junior & Senior in layback spin)</p> <p><i>Pre-Juvenile & Juvenile: All spins can be called no higher than Level 1 regardless of features.</i></p> <p><i>Pre-Novice & Novice: For spin combinations with change of foot, two basic positions are mandatory for Levels 2 – 3 in Short Program. All three basic positions are mandatory for Level 4 in Short Program & Free Skating.</i></p> <p><i>Junior & Senior: For spin combinations with change of foot all three basic positions are mandatory for Levels 2 – 4 in Short Program and for Level 4 in Free Skating.</i></p> <p><u>In any spin with change of foot the maximum number of features attained on one foot is three.</u></p>

STEP SEQUENCES

Types of turns (executed on one foot): Three turns, twizzles, brackets, loops, counters, rockers.

Types of steps (executed on one foot whenever possible): Toe steps, chassés, mohawks, choctaws, curves with change of edge, cross-rolls, running steps.

Simple variety: Must include at least six turns and four steps, none of the types can be counted more than twice.

Variety: Must include at least eight turns and four steps, none of the types can be counted more than twice.

Complexity: Must include at least five different types of turns and three 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 - any combination of curves. Only the first three attempted positions are to be considered for Level features. Change of foot and unsupported spiral position must also be among the first three positions in order to be counted. If all these positions are executed with assistance of the hand/arm, Level can not be more than 1 (but GOE is not restricted). Minimum of three seconds in each position. In the Short Program no Level will be awarded if there is no change of foot (which requires a spiral of three seconds hold before and after the change).

Difficult variations affect the core body position and balance. Only these variations can increase the Level.

Second difficult variation is counted as a Level feature only when it is on a different foot and significantly different in its main structure from the first variation. Examples of such different variations: Biellmann position, position with the free leg lifted forward, diving with upper body position, ring position of the free leg, position with twisting of the upper body etc.

Change of position in spirals: A change of edge and of free leg position or direction of skating can not be done at the same time in order to be counted as Level features. During the change of edge there should be no movement, however in the required three seconds in a spiral position before and after the change variations of this position are allowed.

Change of edge in spirals requires minimum three seconds hold before and after the change with the distance used for the change not longer than one meter.

SPINS

Positions: There are three 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), sit (lower part of the buttocks not higher than the upper part of the knee of the skating leg, the upper part of the skating leg at least parallel to the ice), upright (any position with skating leg extended or almost extended, 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 variations, but a change of position 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.

Change of edge in any spin can be counted only if done in a basic position (at least two revolutions on each edge).

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:

- The backward entry and the Biellmann position count as features that can increase the Level in only one spin each in both the Short Program and the Free Skating; each feature will only be counted in the first spin with that feature;
- 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 degrees (upside down position);
- In any spin a clear jump within a spin started and landed on the same foot (at least two 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 two revolutions 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 two full revolutions on one edge followed by at least two full revolutions 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 three 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 three revolutions before and after the change.

Flying spins: in case of a “step over” in Short Program Level can not be more than 1, in Free Skating this does not count as a Level feature; 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 sit position is attained.

SKATE CANADA - LEVELS OF DIFFICULTY, PAIR SKATING 2009/2010

EFFECTIVE JULY 1, 2009 – JUNE 30, 2010

Number of features for Levels: Two for Level 2, three for Level 3, four for Level 4

Twist Lift	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 hand(s), arm(s) <u>or any part of upper body</u> touching the man 3) Lady's position in the air with arm(s) above the head (minimum one full revolution) 4) Difficult take-off (steps/skating moves executed by both partners immediately preceding take-off) Juvenile: All twists can be called no higher than Level 1 regardless of features.
Lift	1) Difficult (simple for Juniors) variation of the take-off 2) One change of hold and/or lady's position (one revolution before and after the change, counts twice if repeated) 3) Difficult variation of the lady (one full revolution) 4) Difficult (simple for Juniors) carry (not for SP) 5) Difficult one hand hold of the man (see clarifications on page four for repetitions) 6) Difficult (simple for Juniors) landing variety 7) Change of rotational direction by the man (one revolution before and after the change) Pre-Juvenile & Juvenile: All lifts can be called no higher than Level 1 regardless of features.
Step Sequence	1) Simple variety (Level 2), variety (Levels 3–4) of turns and steps of both partners throughout (compulsory) 2) Rotations (turns, steps) in either direction (left and right) with full body rotation covering at least one third of the pattern in total for each rotational direction) 3) Moderate (full for Level 4) use of upper body movement 4) Changes of position (crossing at least twice while doing steps and turns) for at least one third of the sequence 5) Not separating all the time (staying in the same position, changes of holds are allowed) Pre-Juvenile & Juvenile: All step sequences can be called no higher than Level 1 regardless of features.
Spiral Sequence	Spirals of both partners forward and backward, inside and outside mandatory for Levels 3 – 4 1) A difficult variation of both partners' positions <u>at the same time</u> 2) A difficult variation on a different (for each partner) foot executed by both <u>at the same time</u> 3) Change of edge by both partners in a spiral 4) Unsupported change of free leg position or direction by both in spiral (three seconds before and after the change) 5) Free leg in a total split position by one or both partners, one or both arms hold possible 6) Difficult variation of position by one partner (second partner in spread eagle/shoot-the-duck/similar position) 7) Holding spiral position for six or more seconds without changes in position/variation Pre-Juvenile & Juvenile: All spiral sequences can be called no higher than Level 1 regardless of features.
Death Spiral	1) Difficult entry (<u>immediately preceding the death spiral</u>) and/or exit 2) Change of lady's <u>and/or man's</u> arm hold (one revolution with each hold) 3) Difficult variation of lady's position during the death spiral (at least one full revolution in this variation) 4) <u>Additional revolutions of the man in low pivot position after the first revolution (counts as many times as repeated)</u> 5) <u>Additional revolution(s) of the lady in the death spiral after the first revolution (counts only once)</u> Pre-Juvenile & Juvenile: All death spirals can be called no higher than Level 1 regardless of features.
Solo Spins	1) One difficult variation in a basic or (for spin combinations only) in an intermediate position 2) Another difficult variation in a basic position which must be: <ul style="list-style-type: none"> • spins in one position without change of foot – different than the first one • all other spins – on different foot and/or in different position than the first one 3) Flying or backward entrance 4) All three basic positions on one foot (counts twice if executed on both feet) 5) Clear change of edge in the same basic position (in any spin counts only once) 6) Two changes of foot (not for Short Program) 7) Both directions immediately following each other 8) At least six revolutions without changes in position/variation, foot and edge (camel, sit, layback, difficult upright) Pre-Juvenile & Juvenile: All spins can be called no higher than Level 1 regardless of features. In any spin with change of foot the maximum number of features attained on one foot is three.
Pair Spins	1) Two changes of basic positions of both partners 2) Additional change(s) of basic positions of both partners after the two changes required above 3) Three difficult variations of positions of partners one of which can be in intermediate position (each variation of each partner counts separately) 4) Additional difficult variation(s) of positions of partners after the three variations required above 5) Entrance from backward outside or inside edge 6) Both directions immediately following each other 7) At least six revolutions without any changes in position/variation and foot (<u>camel, sit, difficult upright</u>) Pre-Juvenile & Juvenile: All pair spins can be called no higher than Level 1 regardless of features.

LEVELS OF DIFFICULTY PAIRS, CLARIFICATIONS 2009/2010

LIFTS

Definition of carries and one hand holds:

- Basic:**
- Holds** Hand-to-hand, hand-to-hip, hand-to-waist and hand-to-earmpit.
 - Positions** Upright (lady's upper body vertical), star (lady's position sideways with upper body parallel to the ice) and platter (lady's position flat, facing up or down with upper body parallel to the ice).
 - Carry** Two hand carry up to three 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.
 - Carry** Duration at least three seconds.
- Difficult:**
- Take-off** Includes but not limited to: Somersault take-off, dance lift going immediately into a pair lift take-off without the lady touching the ice between two lifts, one hand take-off, spread eagle by one or both partners as the entry curve.
 - 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, spread eagle position of the man during dismounting.
 - Carry** Includes at least one of the following features: during the carry the man for at least three seconds skates on one foot or holds the partner on one arm or performs crossovers or performs spread eagle or a similar move.
 - Position** A movement of a leg (s), arm (s), or upper body 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.
 - One hand hold** At least one full revolution in this hold.
In Short Program – rotation of the man using one hand hold can be counted not more than twice. In Free Skating – rotation of the man using one hand hold can be counted three times in one lift only (the first that will have three revolutions with one hand hold). All other lifts in Free Skating can't have more than two Level features for one hand hold.
- Change of hold or lady's position requires** one full revolution before and after this change. If a change of hold and a change of lady's position are executed at the same time, only one Level feature will be awarded.

STEP SEQUENCES

- Types of turns (executed on one foot):** Three turns, twizzles, brackets, loops, counters, rockers.
- Types of steps (executed on one foot whenever possible):** Toe steps, chassés, mohawks, choctaws, curves with change of edge, cross-rolls, running steps.
- Simple variety:** Must include at least six turns and four steps, none of the types can be counted more than twice.
- Variety:** Must include at least eight turns and four steps, none of the types can be counted more than twice.

SPIRAL SEQUENCES

Spiral positions are classified according to the skating leg (right/left), edge (outside/inside) and direction (forward/backward) as well as position of the free leg (backward/forward/sideways). Pattern of the spiral sequence can be any combination of curves (on edges – spiral position on a straight line are ignored and not counted in the number of positions). Only the first three attempted positions are to be considered for Level features. Change of foot and unsupported spiral positions must also be among the first three positions in order to be counted. If all these positions are with assistance of the hand/arm or in the Short Program there is no change of foot by both partners (with a spiral position before and a spiral position after the change three seconds long), Level can not be more than 1 (but GOE is not restricted). Minimum of three seconds in each position.

- Simple variation:** A spiral position with limited leg or arm movement (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. Only these variations can increase the Level.
- Change of edge** requires minimum three second hold before and after the change with the distance used for the change not longer than one meter.

SPINS

Positions: There are three basic positions: camel (free leg backwards with the knee higher than the hip level, however layback and Biellmann and similar variations are still considered as upright positions), sit (lower part of the buttocks not higher than the upper part of the knee of the skating leg, the upper part of the skating leg at least parallel to the ice), upright (any position with skating leg extended or almost extended, which is not a camel position) and intermediate position (all other positions). If in a pair sit spin the lady's free leg is behind, and the man's free leg is in front, the lady's basic sit position is considered to be achieved, when her skating leg knee is bent 90 degrees or more, regardless of the buttocks positions.

Solo and pair spin combinations: the number of revolutions in intermediate position is counted in the total number of revolutions; intermediate positions can be considered as difficult variations in accordance with the definition, 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.

Spins in one position and flying spins: 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 the same basic position.

Definition of spin variations (all comments are related to both partners):**Simple:** A movement of a 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 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 three revolutions in each direction is required. In Free Skating if the change of direction is performed simultaneously with the second change of foot, only one Level feature will be awarded. A spin executed in both directions (clockwise and counter clockwise) as above is considered as one spin.

To be counted as a Level feature **backward entrance** in any solo spin requires at least two revolutions on a backward outside edge by each partner. To be counted as a Level feature **entrance from backward outside or inside edge** in pair spins requires that each partner rotates at least two revolutions on a backward outside/inside edge.

DEATH SPIRAL

Definition: Lady's position: for inside death spirals the lowest hip or buttock and head should not be higher than her skating knee; for outside death spirals – head should not be higher than her skating knee and bodyline between knee of skating leg and head should be flat or shallow arch. Any part of the death spiral with a higher lady's position is not valid for Level features. Man's position: for at least one full revolution the man should stay in a low pivot position (this is when his buttocks are not higher than the knee of the pivot foot). The Level of a death spiral without one full revolution in the described man's and lady's simultaneous position can not be more than 1. Change of arm hold by the lady or man requires one full revolution in the death spiral position before and after this change. However if both partners change arms at the same time, only one Level feature will be awarded.

Difficult entry, exit: Skater(s) must demonstrate positions that affect main body core and balance on the entry curve. Only these positions can be counted for Level features. An example of a difficult exit also: lady exits immediately into a lift (dance or other) or into a jump.

Entry commences at the beginning of entry curve when one or both partners are already on one foot on the edge of the death spiral.

Exit starts when the man starts bending his "holding" arm in the elbow and **ends** when the lady comes to the vertical position.