



Judging System

Technical Panel Handbook

Pair Skating

2009/2010

Version as of 20.07.2009

Step Sequence

Rules

<p>General: Short Program & Free Skating</p>	<p>For the season 2009 – 2010 the Step Sequence is included in the Short Program; there is no Step Sequence in a well balanced Free Skating program. Step sequence should be executed together or close together and may include small jump-like movements with not more than half a revolution. Short stops in accordance with the music are permitted. Step sequence must fully utilize the ice surface. Credit will be given to a pair which changes places and holds or uses difficult skating moves together during a step sequence. A variety of turns and steps must be balanced in their distribution throughout the sequence. The workload between both partners must be even to be taken into account for a possible higher Level.</p> <p>Shape of the Step Sequence:</p> <ul style="list-style-type: none"> - Straight Line Step Sequence: commences at any place of the short barrier and goes to any place of the opposite short barrier keeping the approximate shape of the straight line or - Circular Step Sequence: skated on a complete circle or oval utilizing the full width of the ice surface or - Serpentine Step Sequence: commences at the end of the ice surface and progresses in at least two bold curves and ends at the opposite end of the ice surface.
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Level features

- 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 1/3 of the pattern in total for each rotational direction
- 3) Moderate (full for Level 4) use of upper body movement
- 4) Changes of positions (crossing at least twice while doing steps and turns) for at least 1/3 of the sequence
- 5) Not separating all the time (staying in the same position, changes of holds are allowed)

Clarifications

<p>Pattern</p>	<p>Straight Line - Short barrier to short barrier. Serpentine – Two or three bold curves. Skaters skate from short barrier to short barrier. Circular – Skaters complete a circle using the width of the ice surface. <u>A Step Sequence will only receive a Level if at least 50% of the sequence pattern is performed.</u></p>
<p>End of the pattern</p>	<p>In Short Program the end of the of the Step sequence is either the moment when skaters reach the opposite short barrier (Straight Line or Serpentine step sequence) or close the circle (Circle step sequence) or the moment when skaters conclude the Sequence (if this happens earlier). In Free Skating however the pattern of the Step sequence is unlimited; <u>the call will be according to the first part of the sequence.</u></p>
<p>Definition of Turns and Steps</p>	<p>Types of Turns: three turns, twizzles, brackets, loops, counters, rockers. Types of Steps: toe steps, chasses, mohawks, choctaws. change of edge, cross rolls, <u>running steps</u>. Turns must be executed on one foot. Steps must be executed on one foot whenever possible. If a turn is “jumped”, it is not counted as performed.</p>

Simple variety	Must include at least 6 turns and 4 steps, none of the types can be counted more than twice.
Variety	Must include at least 8 turns and 4 steps, none of the types can be counted more than twice.
Complexity	Not applicable for Pair Skating.
No simple variety, only simple variety	If skaters do not perform a simple variety in steps and turns throughout the sequence, the Level cannot be higher than 1. If skaters perform only simple variety in steps and turns throughout the sequence, the Level cannot be higher than 2.
Balance & workload	Turns and steps must be balanced in their distribution throughout the sequence. The workload between both partners must be even. If there is no balance or the workload between partners is not even, the Level cannot be higher than 1.
Rotations in either direction	This feature means that skaters rotate 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 or over the length of the step sequence skaters are performing turns 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. "Full body rotation" means one complete rotation. Skaters should not just turn half a rev. back and forth.
Moderate use of upper body movement	The upper body consists of arms, head and torso. "Modest" means the visible use of two of these three parts of the upper body together <u>while doing steps/turns/free skating movements (3 or more times by each partner distributed through the sequence).</u>
Full use of upper body movement	"Full" means the visible use of all three parts of the upper body together <u>while doing steps/turns/free skating movements (3 or more times by each partner distributed through the sequence).</u>
Jump with more than half a revolution executed in the step sequence	The jump has to be called in Free Skating . In Short Program such a jump is ignored (but reflected by the Judges in their GOE reduction). In any case it does not influence the determination of Level of difficulty of the Step sequence.

Spiral Sequence

Rules

General: Short Program & Free Skating	<p>For the season 2009 – 2010 the Spiral Sequence is included in a well balanced Free Skating program; the Short Program has no Spiral Sequence. Pattern of the spiral sequence can be any combination of curves (on edges). Only the first 3 attempted positions are to be considered for Level features. At least two spiral positions by each partner must be executed. The minimum hold to be counted as a spiral position is three (3) seconds. For a possible higher Level at least one of the spiral positions should be maintained without any assistance of the hand or arm. The number of spirals, the length of hold of positions (minimum of 3 seconds), the workload and the edges used must be even between both partners to be considered as “balanced”.</p>
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Level features

Spirals of both partners forward and backward, inside and outside mandatory for Levels 3 – 4

- 1) 1 difficult variation of positions of both partners at the same time
- 2) Second difficult variation on different feet than the first one executed by both partners at the same time
- 3) Change of edge by both partners in a spiral
- 4) Unsupported change of free leg pos. or direction by both in spiral (3 sec. 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 pos. by one partner (second partner in spread-eagle/shoot-the-duck/similar pos.)
- 7) Holding spiral position for 6 or more seconds without changes in position/variation

Clarifications

Definition	<p>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).</p>
Free leg position	<p>Free leg: knee and foot higher than the hip level.</p>
Free leg drops	<p><u>When the free leg drops at the hip level (or lower) this is considered the end of the concerned spiral position. If the free leg, after the drop, comes back to the allowed position (higher than the hip level), this continuation should be ignored and not counted as a new position by the Technical Panel.</u></p>
Simple Variation (of position)	<p>A spiral position with limited leg and arm movement, e.g. bending of free leg, bending of skating leg, changing arm position, turning of head (all of these not affecting the main body core position and independent from skating edge or direction). A simple variation does not increase the Level.</p>
Difficult Variation (of position)	<p>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.</p>

Change of foot	In Short Program , if there is no change of foot by both partners or if there is a change of foot, but there is no spiral position by both partners before or after the change at least 3 sec. duration, the Sequence will have maximum Level 1. In Free Skating the change of foot does not influence the Level.
Duration of position	All positions or features in a Spiral Sequence must be performed for a minimum of 3 seconds to achieve the appropriate feature. If this minimum hold is not fulfilled, the position will not count for Level features, but will count in the number of positions' attempts.
Only one or none long enough position(s)	If there is only one spiral position (3 seconds long) of both partners or there is one spiral position of one partner (3 seconds long) and no long enough spiral positions by another partner or there are no long enough spiral positions at all, the Level and therefore any value will not be awarded. If one partner has two positions of 3 seconds hold or more and the other partner attains only one position of at least 3 sec. hold, not more than Level 1 is given.
"Extended" spiral position	Holding spiral position by both partners simultaneously for 6 or more seconds counts as a feature only when there are no changes in position/variation.
Supported spiral position definition	Hand or any part of the arm supporting the free leg position of either partner. Supported position could be simple or difficult according to definition.
Unsupported position	Unsupported position means no help with a hand/arm hold of either partner, a bend of a knee, a movement of the body etc. Unsupported spiral position is considered a Level feature only when it is a difficult variation of position (the skater twist or seriously moves the body core).
No unsupported position	If there is no unsupported position(s) 3 seconds long by both partners (not necessarily simultaneously) , the Level cannot be higher than Level 1.
Change of direction	The skating direction in a spiral sequence means forward and backward. Change of direction means going from forward to backward or vice-versa.
Unsupported change of free leg position or direction of skating by both partners	The first position needs to be maintained for at least 3 sec. The unsupported change of position or direction needs to be made with no time limit <u>with the free leg staying higher than the hip level</u> and the position after the change must again be maintained for a min. of 3 sec. Unsupported means to perform a change of position or direction only with the weight of the body or with the muscles. <u>If the above requirements are not fulfilled, the corresponding Level feature will not be given.</u>
Split position	A split position can be performed either sideways, forward or backwards; one or both arms hold is possible. The split position must be at least 170°. This feature will be counted, when both partners are in a split position or when one partner only is in a split position and the second partner at that time is in a spiral/spread-eagle/shoot-the-duck or similar position. <u>A split position counts only once for a feature. However if a total split is performed more than once, a split position can be considered as a "difficult variation" feature if at least one partner is in a different position than in the first split.</u>
One partner only in a Spiral position	One of the first 3 spiral positions valid for Level features can be substituted with a position in which only one partner is in a difficult variation of Spiral position (Biellmann, "doughnut" etc.), but partners are in difficult positions "toward each other" , e.g. the other partner is in a spread-eagle/shoot-the-duck or similar position.

<i>“Biellmann” position</i>	The skaters free leg is pulled from behind to a position higher than and towards the top of the head, close to the skating axis of the skater.
<i>Change of position and Biellmann position</i>	A change of a Spiral (free leg back) into a Biellmann or vice versa is not a change of position, according to definition the position stays the same (same direction of skating, same edge, same position of the free leg – backwards).
<i>Change of edge</i>	To achieve a Feature “Change of edge in a Spiral” the skater does not need to stay full 3 seconds before and after the change without any movement, there should be no movement during the actual change of edge and no change of the basic position for 3 seconds before and after the change of edge. If the duration before and/or after the change is shorter, the change of edge will not count as a feature.
<i>Length of change of edge</i>	Change of edge in Spirals requires that the distance used for the change is no longer than 1 meter. If more, the feature is not to be given.
<i>Spiral positions on a flat</i>	<u>Such a position is counted as one of the first 3 attempted positions, but no Level features will be given for this position. If skaters start a spiral position this way and then go on an edge, the counting for the length of the spiral starts only when skaters are on the edge.</u>
<i>Losing the edge during a spiral position</i>	<u>When during a spiral position the skater is losing the edge, going on flat or to the other edge without a purpose of a change of edge, this is considered the end of the concerned spiral position. If the skater after that comes back to the allowed edge, this continuation should be ignored and not counted as a new position by the Technical Panel.</u>
<i>Supported change of edge definition</i>	Using any movement of any part of the body to assist the change of edge. <u>Level feature for such a change is not given.</u>
<i>Unsupported change of edge definition</i>	Shifting the weight of the body just enough to change the edge. <u>Level feature is given only for such a change.</u>
<i>Assistance of partner on change of edge</i>	If the couple performs the change of edge separately (not at the same time) there may not be any assistance or support from the other partner to aid in the change of edge. <u>In case of assistance or support Level feature is not given.</u>
<i>Change of edge and free leg position or direction of skating</i>	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.

Solo Spins

Rules

General	<p>The Short Program for Seniors & Juniors must include one Solo Spin Combination with only one change of foot and at least one change of position. A well balanced Free Skating program must contain one Solo Spin Combination for Seniors and one Solo Spin or one Solo Spin Combination for Juniors. The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. If the skater 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. In spins in one position and flying spins the concluding upright position at the end of the spin (final wind-up) is not considered to be another position if it does not exceed 3 revolutions and the revolutions executed in this position are not to be counted in the required number of revolutions. Variations of positions of the head, arms or free leg, as well as fluctuations of speed are permitted. In spin combinations <u>at least 2 revolutions in 2 basic positions are required</u>; during a change of position a difficult variation of position can be executed (<u>which means that a difficult change of position is counted as a difficult spin variation</u>). The spins must have a required minimum number of revolutions, the lack of which must be reflected by Judges in their marking, however a spin with less than three (3) rotations is considered as a skating movement and not a spin. The Solo spins and combinations may be commenced with jumps.</p>
Short Program – Solo Spin combination with change of foot	<p>Minimum of five (5) revolutions on each foot. The change of foot may be executed in the form of a step over or a jump and the change of foot and the change of position may be made either at the same time or separately. When the spin is commenced with a jump, no previous rotation on the ice before the take-off is permitted and a step over must be considered by the Judges in the Grade of Execution.</p>
Free Skating – Solo Spin combination	<p>The spins combination has a required minimum number of revolutions: ten (10). These minimum number of required revolutions must be counted from the entry of the spin until its exit. In the spin combination the change of foot is optional and the number of different positions at least 2.</p>
Free Skating (Juniors) – Solo Spin	<p>The minimum number of revolutions in a solo spin is six (6). These minimum number of required revolutions must be counted from the entry of the spin until its exit.</p>

Level features

- 1) 1 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:
 - 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 3 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) 2 changes of foot (not for SP)
- 7) Both directions immediately following each other
- 8) At least 6 rev. without changes in pos./variation, foot and edge (camel, sit, layback, difficult upright)

In any spin with change of foot the maximum number of features attained on one foot is 3.

Clarifications

Positions

Basic Positions	<p>There are 3 basic positions: camel, sit and upright positions. Intermediate positions are all other positions.</p> <p>Camel: free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright spins.</p> <p>Sit: bottom of the buttocks not higher than the top of the skating knee, the upper part of the skating leg <u>at least</u> parallel to the ice.</p> <p>Upright: any position with extended or almost extended skating leg (a slight bend of the knee is allowed) which is not a camel position.</p>
Intermediate positions	<p>All the other positions not fulfilling the requirements of any basic positions.</p> <p>Spin Combination: 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.</p> <p>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.</p>
Spin with no change of position	<p>A “spin with no change of position”, in which another 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 (final wind-up) is not considered to be another position if it does not exceed three (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions.</p>
Less than 2 revolutions in every basic position	<p>If a spin does not have at least 2 continuous revolutions in a basic position, no Level has to be given.</p>
Less than 2 revolutions in basic positions (spin combination)	<p>A spin combination executed with only 1 position with at least 2 revolutions (according to requirements) and in all other positions less than 2 revolutions (not according to requirements) receives Level 1 and the Judges will also reduce the GOE.</p>
Spin with one basic position and one intermediate position	<p>The Technical Panel will have the right to decide if a Spin is a Spin Combination or a Spin in one position or a Flying Spin with the following guideline: if the spin contains two positions that are quite far from each other, it’s a combination.</p>
Wind-up revolutions in camel and sit spin	<p>Only for sit and camel spins the wind-up revolutions are not counted till maximum of 3 revolutions.</p> <p>If the wind-up revolutions exceed the maximum number of three (3), the spin will be called as a “Spin Combination”. The wind-up becomes an upright position.</p>
Entrance of the spin	
Flying entrance	<p>Any flying entrance can be considered for a Level feature.</p> <p>In case an obvious “step over” (instead of a jump) is performed, this entrance cannot be considered as a Level feature.</p>
Backward entrance	<p>A backward entrance includes (but not limited to) a forward-inside three turn, in a spin. In order to be counted as a Level feature backward entrance requires <u>2 first</u> revolutions on a backward outside edge.</p>

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.
Difficult variation are:	Related to both partners.
Broken leg	"Broken leg" it is a difficult variation of a sit position, changing the weight distribution by bending the leg to the side or behind the main body core.
Doughnut spin	"Doughnut" spin it is considered as a difficult variation of the camel position; body arched where head and free foot are almost touching.
Upside down camel position	Upside down position it is considered as a difficult variation of the camel position with the upper body turned upwards at least 170°.
Upside down upright position	A position where from the hips to the skating foot it is straight and the upper body is bent down towards to ice is considered as a difficult variation of the upright position.
Biellmann position	Biellmann position is a difficult variation of an upright position when the skaters 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.
"Similar" to Biellmann position	"Similar" means a position with the free leg higher than the head, but not above it which you can reach from an upright position. This position (like Biellmann) is considered as a difficult variation of an upright position. If, however, a skater reaches such a position from a camel by grabbing the free leg, this is considered as a difficult variation of a camel (and not an upright variation).
Windmill	<u>Windmill (illusion) is considered a difficult variation of an upright position (must be done at least twice in a row to be counted as a Level feature).</u>
Increase of speed	For camel, sit and layback positions, once the position has been established, a clear increasing of speed will be considered as a difficult variation. Increasing 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.
Crossfoot Spin	A Crossfoot Spin must be executed on both feet with the weight equally divided on both feet. A Crossfoot Spin is to be considered a difficult variation for an Upright Spin and will receive, if correctly executed, one feature.
Jump within a Spin	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. This jump must be done from a basic position into the same basic position and can be performed even before the required minimum number of revolutions in order to be considered as a difficult variation (both SP & FS).
Two difficult variations	Difficult variations count not more than twice. In a spin combination one of the two variations can be in an intermediate position, the other one must be in a basic position. The two variations must be on different feet and/or in different positions. In a spin in one position both variations will be counted as Level features only if they both are in the basic position and on different feet (in case there is a change of foot) or different from each other (in case there is no change of foot).

Edges & directions

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). A change of edge within an intermediate spinning position does not count for a feature. In any spin a change of edge may count only once as a Level feature.
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Spinning 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.
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Change of foot

Change of foot	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 intermediate positions). If there are not three (3) revolutions before or after the change, this results in the following: Short Program - the spin is not fulfilling the requirements, no Level & value will be given; Free Skating - the second part of the spin will not be called and will not be valid for Level features; the spin combination will be without change of foot; if Juniors execute a solo spin, this spin will be without change of foot.
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Staying on the same foot	A change of foot in spins means "spinning on each foot". A transition in either (air or ice) that uses each foot but the skater remains spinning on the same foot is not considered a spin with change of foot.
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Simple change of foot	Does not require significant strength and skill, e.g. a step over, a small hop, a simple hop/jump from or into an upright position. A simple change of foot does not increase the Level.
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Difficult change of foot	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 <u>or upright</u> position. A difficult change of foot can increase the Level.
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Toe Arabian as change of foot	This change of foot is allowed, will be considered as a difficult change of foot and will count as a feature only in Free Skating. If performed in Short Program, 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.
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Spin with a second change of foot	A second change of foot in a spin with change of foot is not allowed in Short Program (wrong element) and does count as a feature for a higher Level in Free Skating.
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Change of foot & direction	If the second change of foot is performed together with change of direction, only one Level feature will be awarded.
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Spinning centres too far apart	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), the second part of the spin will not be called and will not be valid for the Level features. That results in the following: Short Program - the spin is not fulfilling the requirements, no Level & value will be given; Free Skating - the second part of the spin 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.
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All 3 basic position executed	All 3 basic position executed on one foot count as a Level feature. If all 3 basic position are executed on each foot, this will count as two features.
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Pair Spin Combination and Pair Spin

Rules

General	<p>The Short Program for Seniors & Juniors must include one Pair Spin Combination with only one change of foot and at least one change of position. A well balanced Free Skating program must contain one Pair Spin Combination for Seniors and one Pair Spin or one Pair Spin Combination for Juniors.</p> <p>The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.</p> <p>A spin combination executed with less than two (2) revolutions in all executed basic positions receives no Level and therefore no value.</p> <p>A spin with less than three rotations is considered as a skating movement and not a spin.</p> <p>The rotation must be continuous and no stop is permitted, except a short stop when changing direction.</p> <p>If the skater (both skaters) fall 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>
Short Program	<p>Minimum eight (8) revolutions in total. The spin combination must include at least two basic positions or their variations by both partners. The change of foot and the change of positions may be made either at the same time or separately, but the change of foot must be made by both partners at the same time. The spin combination must not be commenced with a jump.</p>
Free Skating	<p>The pair spin combination must have a minimum of eight (8) revolutions in total and the pair spin must have a minimum of six (6) revolutions in total, the lack of which must be reflected by Judges in their marking; however a spin with less than three rotations is considered as a skating movement and not a spin.</p> <p>These minimum numbers of required revolutions must be counted from the entry of the spin until its exit.</p> <p>In the pair spin combination there must be at least one change of foot of both partners not necessarily executed by both partners at the same time.</p> <p>The pair spin combination must include at least one change of position of both partners.</p>

Level features

- 1) 2 changes of basic positions of both partners
- 2) Additional change(s) of basic positions of both partners after the 2 changes required above
- 3) 3 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 3 variations required above
- 5) Entrance from backward outside or inside edge
- 6) Both directions immediately following each other
- 7) At least 6 revolutions without any changes in position/variation and foot (camel, sit, difficult upright)

Clarifications

Positions	<p>There are 3 basic positions:</p> <p>Camel (free leg backwards with the knee higher than the hip level);</p> <p>Sit (lower part of the buttocks not higher than the upper part of the skating knee leg, the upper part of the skating leg <u>at least</u> parallel to the ice; if in a pair sit spin the Lady's free leg is behind and the Man's free leg is in front, her basic sit position is considered to be achieved, when her skating leg knee is bent 90 degrees or more, regardless of the buttocks position);</p> <p>Upright (any position with extended or almost extended skating leg which is not a camel position) and</p> <p>Intermediate positions (all positions that according to the above definitions are not camel, sit or upright).</p> <p>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, but going to one of these positions is not considered as a change of position.</p>
Less revolutions in a position/variation	<p>The minimum number of revolutions required in a position/variation is two (2). If one or both skaters perform less than two (2) revolutions in a position/variation, this position or variation will not be counted.</p>
Change of position	<p>A change of position is counted only when it is from one basic position to another basic position with a minimum of two (2) rev. in each of these positions.</p>
Change of foot	<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 intermediate positions). If there are not three (3) revolutions before or after the change, the change will not be counted.</p>
No change of foot and/or position (Short Program)	<p>If there is no change of foot or no change of position by one or both partners, the element will <u>have no Level and consequently no value.</u></p>
No change of foot and/or position (Free Skating)	<p>If there is no change of foot or no change of position by one or both partners, the spin will be called a "Pair Spin" which results in: Seniors – wrong element – no value; Juniors – value of the Pair Spin.</p>
Number of changes of positions	<p>The first 2 changes of basic positions of both partners (may be through intermediate positions) will be counted as one Level feature. <u>Additional changes of basic positions of both partners after the 2 changes required above (one or more) count as one additional Level feature independent how many such additional changes are executed.</u></p>
Number of difficult variations executed	<p>The first 3 difficult variations of positions of partners one of which can be in intermediate position (each variation of each partner counts separately) will be counted as one Level feature. <u>Additional difficult variations of positions of partners after the 3 variations required above (one or more) count as one additional Level feature independent how many such additional difficult variations are executed.</u></p>
Definition of spin variations	<p>Related to both partners.</p>
Simple Variation	<p>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.</p>
Difficult variation	<p>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.</p>

Both partners are in sit position with free legs extended forward	This position is not considered as a difficult variation.
Entrance from backward outside or inside edge	Both skaters should skate backward outside/inside right before they begin rotating and enter the spin without assistance of free leg. There are no three turns or any other turns before skaters start the actual spin. The entrance from backward outside/inside edge requires the first two revolutions of each partner to be done on backward outside/inside edge. Only such a backward entrance is counted as a Level feature.
Entrance from backward outside or inside edge by one partner only	If only one skater does such an entrance, the corresponding Level feature will not be granted.
Spinning 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.
At least 6 revolutions	This feature can be granted only when there are at least 6 revolutions without any changes in <u>camel, sit or difficult upright</u> position or its variation and foot (<u>by both partners at the same time</u>).
Short stop	The rotation must be continuous and no stop is permitted except a short stop when changing direction together with the change of foot. <u>If there is a stop with the toe or blade, that will be the end of the spin.</u>

Jump Elements

Rules

Short Program	Short Program for the season 2009 – 2010 must include one solo jump: - any double or triple for Seniors ; - double Flip or double Axel for Juniors .
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Free Skating	A well balanced Free Skating program for Seniors & Juniors must contain maximum of 1 Solo Jump and maximum of 1 Jump Combination or Sequence. In case of both these jump elements executed as Solo Jumps, the second of them will be considered as a part of a not successfully executed jump sequence and counted as a jump sequence with only one jump executed. All jumps executed with more than 2 revolutions (Double Axel and all triple and quadruple jumps) must be of different nature (different name), however the jump combination or sequence can include two same such jumps.
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Jump Combination

Free Skating	The jump combination may consist of only two (2) jumps. In a jump combination the landing foot of the first jump is the take-off foot of the second. If the two jumps are connected with a non-listed jump (e.g. half-loop), the element is called a jump sequence. If the first jump of a jump combination fails to succeed and turns out as a non-listed jump, the unit still will be considered as a jump combination.
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Jump Sequence

Free Skating	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*, crossovers or stroking during the sequence. * Turns: three turns, twizzles, brackets, loops, counters, rockers. Steps: toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, <u>running steps</u> . However, any kinds of hops and unlisted jumps inside the Sequence are allowed. From the moment the jump sequence does not fulfill the above requirements, the remainder of the sequence will be ignored and the element will be called "name of the first jump(s) + Sequence". A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered a jump sequence, but will count as a solo jump.
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Clarifications

Calling under rotated jumps	The Technical panel must call the attempted jump even if it is clear that it is under rotated and will be downgraded (to be in accordance with the rule for the "repetition of jumps").
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The ¾ mark landing	The quarter mark of landing is the border line to identify a cheated jump. There needs to be more than ¼ revolution missing. The Technical Specialist will identify any jump that is cheated by more than one quarter turn on the landing as the downgraded jump. For example, a triple Lutz that rotates 2.5 turns by the foot placement and 2.75 turns of the upper body will be called as a triple attempt and then downgraded. 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. <u>In all doubtful cases the Technical Panel should act to the benefit of the skater.</u> <u>The sign "<" will not be shown to the Judges. They will evaluate the GOE as they see it (without slow motion).</u>
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<i>Cheated take off</i>	A clear forward (<u>backward for Axel type jump</u>) take-off will be considered as a cheated jump. The toe-loop is the most commonly cheated on take-off jump. The Technical Panel may only watch the replay in regular speed to determine the cheat and downgrade on the take off (more often in combinations or sequences).
<i>Taking off from wrong edge (Flip/Lutz)</i>	In obvious cases of starting from wrong edge the Technical Panel will indicate the error to the Judges. <u>Usually the wrong edge take-off is identified without any review in slow motion which can be used only if the camera angle does not allow to see the take-off edge at normal speed.</u> The Technical Panel will use the sign “e” (edge) for severe cases of wrong take-off edge (long wrong edge, no correct edge at all etc.). In these cases GOE of the Judges must be reduced by – 2 to – 3 and must be negative. The Technical Panel will use the sign “!” (attention) in cases when a wrong take-off edge is not so clear. <u>In these cases the the GOE must be reduced by – 1 to – 2 and final negative GOE is not compulsory.</u>
<i>Popped listed jumps</i>	A popped listed jump with less than 3/4 revolution is not considered a completed single jump and a value of “0” will be given. 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”.
<i>Not listed jumps</i>	Jumps that are not listed in the SOV (e.g. Valley’s, Split Jump, Half Loop 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 Transition. A Toe-Valley, however, will be called and count as a Toe-loop.
<i>Inside Axel jumps</i>	An Axel type jump taking off from the forward inside edge is a non-listed element and therefore does not receive any value and does not occupy an element box.
<i>Landing on another foot</i>	All jumps may be landed on either foot. The call goes for the jump, independent of the landing foot. Judges will evaluate the quality in their GOE.
<u>Landing on the other edge</u>	<u>The call will not change if a jump is landed on the other edge. However Judges will reflect this in their GOE.</u>
<i>Attempted Jump</i>	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. In some cases, which need to be decided by the Technical Panel, 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.
<i>Unequal number of revolutions</i>	In case of unequal number of revolutions of the partners in a jump performed as a solo jump or part of a combination or a sequence, this jump will be called as a jump with lesser amount of revolutions executed by the partners. The Judges will reflect the mistake in their GOE.
<i>Spin exited immediately into a jump</i>	If a skaters performs a spin, immediately followed by a jump, the two elements must be called separately. Credit will be given to the difficult jump take-off (GOE).

Short Program

Element other than required	If a Junior Pair performs a different solo jump than required, the element will receive no value but will block the jumping box.
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Free Skating

Repeated jump	A repeated jump with more than 2 revolutions of the same name and number of revolutions will occupy a jumping box, but will be given no value; if executed in the jump combination or sequence, this combination or sequence will be deleted and no value will be given (but the corresponding box will be blocked). However within the jump combination or jump sequence the two jumps may be the same.
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Second jump combination/sequence	A second executed jump combination/sequence will be deleted (but will block the corresponding box).
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Fall or step out after first jump	If one or both skaters fall/step out of the first jump and immediately after that execute another jump, this continuation will be ignored by the Technical Panel. The element will be called as follows: If both skaters fall/step out or one skater falls/steps out and the other executes a Jump Sequence, the call should be "First Jump + Sequence". If one skater falls/steps out and the other executes a Jump Combination, the call should be "First Jump + Combo".
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Touch down with free foot without weight transfer	The element remains a Jump Combination even when there are 2 three turns (or no three turns) between the jumps with a slight touch down (without weight transfer by both partners).
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Touch down with free foot with weight transfer	Touch down with free foot (with weight transfer) after the first jump and 2 three turns or no turns between the jumps. The element will be called by the Technical Panel as follows: "First jump + Second jump + Sequence" (if the definition of a Jump Sequence is fulfilled) or "First jump + Combo/Sequence" depending on the other partner's execution (in other cases).
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Jump Combination: first/second jump is a "non-listed" jump	If the first/second jump by one or both partners of a two-jump combination fails to succeed and turns out into a "non listed jump", but the other jump is a listed jump, the unit will be considered as a jump combo with only the listed jump receiving value.
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Jumps sequence: only one listed jump included	A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered as a jump-sequence, but will count as a solo jump.
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One partner with combination, the other one with sequence	If one partner performs a jump combination, but the other partner a jump sequence, the jump sequence will be called.
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Jumps sequence: turns between the jumps	A jump unit with listed turns on the ice between the completion of the one listed jump and the commencement of the other listed jump will not be considered as a jump sequence; only the first jump will be called (+ sequence).
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Axel type jump in a row	If an Axel type jump immediately follows any other jump (without any hops, mazurkas and unlisted jumps), this will also be considered as a jump sequence.
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Throw Jumps

Rules

General	Throw jumps are partner assisted jumps in which the Lady is thrown into the air by the Man on the take-off and lands without assistance from her partner on a backward outside edge.
Short Program	Short Program for the season 2009 – 2010 must include one throw jump: - any double or triple for Seniors ; - double or triple Salchow for Juniors .
Free Skating	A well balanced Free Skating program must contain maximum of 2 different Throw Jumps.

Clarifications

<i>Calling under rotated throw jump</i>	The Technical Panel must call the attempted throw jump even if it is clear that it is under rotated and will be downgraded.
<i>The ¼ mark landing</i>	The quarter mark of landing is the border line to identify a cheated throw jump. To downgrade a throw jump, there needs to be more than ¼ revolution missing. The Technical Specialist will identify any throw jump that is cheated by more than one quarter turn on the landing as the throw jump of the lower value. For example, a triple Flip Throw that rotates 2.5 turns by the foot placement and 2.75 turns of the upper body will be called as a triple attempt, then downgraded to a double Flip Throw. 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. <u>In all doubtful cases the Technical Panel should act to the benefit of the skater.</u> The sign "<" will not be shown to the Judges. They will evaluate the GOE as they see it (without slow motion).
<i>Cheated take-off</i>	A clear forward (backward for Axel throw jump) take-off will be considered as a cheated throw jump. The toe loop might be a cheated on the take-off throw jump. The Technical Panel may only watch the replay in regular speed to determine the cheat and downgrade on the take-off.
<u>Turning of the Man on the ice</u>	<u>In cases of turning of the Man on the ice before throwing the Lady in the air the GOE will be reduced for "Poor take-off".</u>
<i>Repetition (Free Skating)</i>	A repeated throw jump of the same number of revolutions and name (Junior or Senior), will occupy a throw box, but will be given no value, no GOE.
<u>Landing on the other leg/edge</u>	<u>The call will not change if a throw jump is landed on the other leg or edge. However Judges will reduce their GOE for "Weak landing".</u>
<i>Flip/Lutz Throw Jumps</i>	These two throw jumps are considered as the same for the purpose of a well balanced Free Skating program; these throws have the same base value and the same GOE additions and reductions.

Lifts

Rules

General	<p>Pair lifts are classified as follows:</p> <ul style="list-style-type: none">Group One - Armpit Hold positionGroup Two - Waist Hold positionGroup Three - Hand to Hip positionGroup Four - Hand to Hand position (Press Lift type)Group Five - Hand to Hand position (Lasso Lift type) <p>Groups are listed in order of their difficulty, from easy to most difficult, however Groups Three and Four are of the same difficulty. In Group Five the Axel Lasso (Side by Side Lasso) and Reverse Lasso Lifts are considered as the most difficult.</p> <p>In any Group one hand hold may increase the difficulty of the lift.</p> <p>A minimum of two (2) revolutions of the Lady, and minimum of one (1) and maximum of three and a half (3 ½) revolutions of the Man.</p> <p>Partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand to upper part of the leg (above the knee) grips. Changes of hold or of the Lady's position during the lift are permitted.</p>
Short Program	<p>Hand-to-hand loop lift take-off: partners skate one behind the other, backward outside, in hand-to-hand position. Lady is lifted from the backward outside edge.</p> <p>Toe Lasso lift take-off: partners skate in Lasso position with the Lady skating backward and the Man forward. The Lady is lifted in the air from a backward toe take-off.</p> <p>Toe loop hip lift take-off: partners skate backward with a hip grip. The Lady picks as in a toe loop jump. The Man turns together with the lady.</p> <p>The Short Program of the season 2009 – 2010 must include:</p> <ul style="list-style-type: none">- any hand to hand lift take-off (Group Four) for Seniors;- hand to hand Loop lift take-off for Juniors. <p>Only the prescribed overhead lift take-off is permitted.</p>
Free Skating	<p>A well balanced Free Skating program contains:</p> <ul style="list-style-type: none">- maximum number of lifts allowed in the Senior Free Skating is 3, one of which must be from Group 3 or 4 (in case of 2 twist lifts the maximum number of lifts is also 2). <p>The maximum number of lifts allowed in the Junior Free Skating is 2, one of which must be from Group 3 or 4.</p> <p>Carry Lifts:</p> <ul style="list-style-type: none">a) One of the allowed Lifts with at least one continuous revolution of the Man may include a carry. Only one such lift can be executed. The next performed such a lift will have no value (but will block a lift box if there is still any left).b) Lifts that are just "Carries" consist of the simple carrying of a partner without rotation, only half a revolution of the Man is allowed on the take-off and/or exit. All holds in "Carry" lifts are unrestricted. The carrying of one partner by the other on the back, shoulders or knees is allowed in these lifts. Carry lifts shall not be counted in the number of overhead lifts. These lifts will be considered in the component "Transition". They do not have a value and are not limited in number.

Level features

- 1) Difficult (simple for Juniors) variation of the take-off
- 2) One change of hold and/or lady's position (1 rev. 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 Short Program)
- 5) Difficult one hand hold of the Man (see Clarifications for repetitions)
- 6) Difficult (simple for Juniors) landing variety
- 7) Change of rotational direction by the Man (one revolution before and after the change)

Clarifications

Definitions

Basic holds, positions, carry	<p>Holds: Hand-to-Armpit, Hand-to-Waist, Hand-to-Hip or upper part of the leg (higher than the knee), Hand-to-Hand.</p> <p>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).</p> <p>Carry: Two hand carry up to 3 sec. with no revolutions of the Man.</p>
Take-off	<p>Simple – Includes but not limited to change of hand hold on ascent of lift;</p> <p>Difficult: – 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 between the two lifts, one hand take off, spread-eagle type position by one or both partners as the entry curve.</p>
Landing	<p>Simple – Different landing foot, change of hold on descent;</p> <p>Difficult: – 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.</p>
Carry	<p>Simple – Duration at least 3 sec.</p> <p>Difficult: – includes at least one of the following features: during the carry the Man for at least 3 seconds</p> <ul style="list-style-type: none"> - skates on one foot; - holds the partner on one arm; - performs crossovers; - performs Spread Eagles or a similar move.
Identifying the lift Group	<p>Groups are classified according to the take-off hold at the moment the Lady passes the Man's shoulder.</p> <p><u>A waist take-off hold with the lady vertical will result in a group 2 lift. Any other position of the lady with the waist take-off hold will result in a group 3 lift.</u></p>
Identifying the number of revolutions	<p>3 ½ allowed revolutions of the Man are counted from the moment the Lady leaves the ice until the moment the Man's arm(s) begin to bend after full extension and consequently the Lady begins to descend.</p> <p>If during the Lady's take off the Man is in a spread-eagle or in some other position sideways, the rotation of the Man will be determined by the position of his front foot at the moment the Lady leaves the ice.</p>
Man executes more than 3 ½ revolutions	<p>The element becomes an illegal element with no value, but blocks a box. The deduction for an illegal element will apply.</p>
Man starts bending the arm (s)	<p>When the Man begins to bend the arm after full extension, the lift is concluded (excluding while changing hold/position).</p> <p>Any part of the lift, executed after the new extension will be ignored for the Level features and also for the number of revolutions of the Man.</p>

Identifying the Level features	Except features for take-off and landing, the lift Level features will be counted from the moment the Man's arm(s) are fully extended till the moment he starts bending the arm(s).
Illegal grip	If the Man executes an illegal grip the complete lift becomes illegal with no value but will block a box. The deduction for an illegal element will apply.
Change of hold	Change of hold requires one full revolution before and after this change. If the Man changes hold for less than one (1) revolution, it is not considered as a "change of hold". Change from right arm hold to left arm hold or vice-versa with at least one (1) revolution in each of these holds is also considered as a change of hold. In order to avoid counting one feature twice going from a two hands hold to a one hand hold or vice versa is not counted in the number of hold changes.
Change of hold and of Lady's position	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.
Difficult variation of Lady's position	Only if there is a significant impact in the balance of the lift, the Lady's variation will influence the Level.
One hand hold	In SP – rotation of the Man using one hand hold can be counted not more than twice. In FS – rotation of the Man using one hand hold can be counted 3 times in one lift only (the first that will have 3 rev. with one hand hold). All other lifts in FS can't have more than 2 Level features for one hand hold.
Landing variety	A landing procedure, where the Lady is not immediately landing on the ice, is not automatically considered as a difficult landing.
Loop Lift	In a Junior Short Program the Man may perform a take-off in which one of the Man's hands is between the Lady's legs, provided the definition of the Rule is fulfilled (partners skate one behind the other, backward outside, in hand-to-hand position; Lady is lifted from the backward outside edge).
Wrong take-off (Short Program)	If the take-off is of a different nature than the required take-off, the lift will receive no Level and no value.
No Group 3-4 lift performed (Free Skating)	If there is no Group 3 or 4 lift in a Free Skating program for Seniors or Juniors, the last performed lift will be deleted.
One hand hold in the dismount	One hand hold counts as a Level feature only when the Man uses one hand, the Lady uses either one hand or no hands and <u>she is not touching the partner with any part of the upper body.</u>
<u>Break in rotation longer than 3 sec.</u>	<u>Any break in the continuous rotation longer than 3 sec. will be considered as a carry attempt.</u>

Twist Lifts

Rules

General	The Lady must be caught in the air at the waist by the Man prior to landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. The Man also exits from the lift on one foot. In the twist lift, a split position by the Lady, prior to rotating, is not mandatory, but will be one of the features that might increase the Level of this element.
Short Program	The Short Program must include one twist lift. A twist lift take-off is limited to either a Lutz or a Flip take-off by the Lady. The number of revolutions of the Lady rotating freely in the air is two (2) or three (3) for Seniors and two (2) for Juniors.
Free Skating	In Free Skating the take-off can be different from the Lutz/Flip take-off by the Lady. The number of revolutions in the twist lift is not limited. For Juniors a well balanced Free Skating program must contain 1 twist lift. For Seniors in a well balanced Free Skating program it is possible to execute either three (3) lifts and one (1) twist lift or two (2) lifts and two (2) twist lifts. If a second twist lift is performed, this must be with a different take-off than the first one. Lutz and Flip take-offs are considered to be the same for the purpose of this Rule.

Level features

- 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) or any part of upper body 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)

Clarifications

Take-off	The Technical Specialist must identify the take-off of the twist lift.
Cheating on landing	The quarter mark of landing is the border line to identify a cheated twist lift. For downgrading there needs to be more than ¼ revolution missing. The Technical Specialist will identify any twist lift cheated by more than one quarter turn on the landing as the lift of the lower value. For example, a triple twist lift that rotates 2.5 turns and the Man is supporting the majority of the Lady's weight before the 2.75 turns of the upper body. This will be called as a triple attempt and downgraded to a double twist lift. The camera angle is important to consider when deciding upon a cheated twist lift particularly when the twist lift is at the opposite end of the rink.
Catching the lady without her hand(s), arm(s) or any part of the upper body touching the Man	The feature is granted when: a) both Man's hands must be on the sides of the Lady's waist (catching the Lady by one of both hands on the stomach is a different catching position; no feature is given if there is no proper catch) and b) the Lady is not touching the Man at any point of the landing phase by any part of her arm(s), hand(s) <u>or upper body</u> . <u>When the Lady collapses on the Man (the Lady's body is supported by the Man's body prior to her blades touching the ice) or even just touches the Man when landing, the Level feature will not be granted even if she keeps her hand(s)/arm(s) off the Man.</u>

<i>Difficult take-off</i>	The feature is awarded only when steps/skating moves executed by both partners immediately precede the take-off (<u>with rhythm maintained</u>). In case of a break no feature will be granted. <u>A small dance lift immediately preceding the twist lift will be considered as a difficult entry if there are some steps immediately preceding the dance lift.</u>
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Death Spirals

Rules

General	<p>In the final position while the Lady is performing the actual death spiral, both the Man and the Lady must execute a minimum of one (1) revolution with the knees of the Man clearly bent and in full pivot position. For a possible higher Level the Man should stay in a low pivot position (this is when the lower part of his buttocks is not higher than the upper part of the knee of the pivot foot). The Lady simultaneously must skate on a clean edge with her body and head close to the ice surface, however she must not touch the ice with her head or assist herself with the free hand or any part of the body. The Lady's body weight is supported by the force of the spiralling edge and the hold of the Man. The Man must be in a centred position with a fully extended arm. Variations of arm holds and pivot positions (backward or forward) are possible.</p> <p>Any kind of position is counted as a feature if Skaters' hold lasts for at least one revolution; each additional revolution of the Lady (full 360°) after the first revolution will count as one additional feature to increase the Level.</p>
Short Program	<p>Types of Death Spirals:</p> <p>Death Spiral backward outside: Both partners are skating on a backward outside edge. The Man performs a pivot and holds the hand of the Lady with the same arm as his skating foot fully extended. The Lady is leaning backwards to the ice and her arm is fully extended as she circles around the Man in this position. Any variation of the Man's position is allowed as long as he keeps the pivot as described and the Lady circles around him on an outside edge.</p> <p>Death Spiral forward inside: The Man is skating on a backward outside edge, and the Lady is skating on a forward inside edge. The Man performs a pivot and holds the hand of the Lady with the same arm fully extended as his skating foot. The Lady is leaning sideways to the ice and her arm is also fully extended as she circles around the Man in this position. Any variation of the Man's position is allowed as long as he keeps the pivot as described and the Lady circles around him on an inside edge.</p> <p>Death Spiral backward inside: The same as for death spiral backward outside, but the Lady circles around the Man on a firm backward inside edge leaning to the ice.</p> <p>Death Spiral forward outside: The same as for the death spiral forward inside, except that the Lady circles around the Man on a firm forward outside edge.</p> <p>For both Seniors & Juniors Short Program for the season 2009 – 2010 must include Backward Outside Death Spiral.</p>
Free Skating	<p>For both Seniors & Juniors a well balanced Free Skating program must contain 1 Death Spiral of any type.</p>

Level features

- 1) Difficult entry (immediately preceding the death spiral) and/or exit
- 2) Change of Lady's and/or Man's arm hold (1 rev. with each hold)
- 3) Difficult variation of Lady's position during the death spiral (at least 1 full revolution in this variation)
- 4) Additional rev. of the Man in low pivot position after the first rev. (counts as many times as repeated)
- 5) Additional rev. of the Lady in the death spiral after the first rev. (counts only once)

Clarifications

Positions	<p>Lady's position: for inside death spirals the lowest hip or buttock and head should not be higher than her skating knee; <u>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.</u> Any part of the death spiral with a higher Lady's position is not valid for Level features.</p> <p>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.</p>
General	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 low death spiral position.
Lady not in the prescribed position	If Lady's head and/or lowest hip is (are) higher than skating leg knee, the Level cannot be more than 1.
Lady on a different edge (Short Program)	In Short Program the death spiral is prescribed. If the Lady performs a different edge or direction, no Level and value will be given, but the box will be blocked.
Lady skates on boot	If the Lady loses the edge and goes to the boot or knee, this is considered as the conclusion of the death spiral and no features there after will be considered.
No pivot position or Man's knee not bent	<p>If the Man does not reach the pivot position at all or does not stay in this position for one revolution <u>or if the knee of his leg with toepick in the ice is not clearly bent for one revolution,</u> there will be no Level called and the death spiral will have no value.</p> <p>If the Man does not stay in the required position (<u>toe pick in the ice and knee of the leg with toepick in the ice clearly bent</u>) while the Lady is executing any kind of changes of positions or holds, the Lady's position will not count as a feature.</p>
Man doesn't reach low pivot position	If the Man at any time is not doing one full revolution in prescribed low pivot position (when his buttocks are not higher than the knee of the pivot foot), the Level can not be more than 1.
Changes of holds	Change of arm hold by the Lady or Man requires one full revolution in the death spiral position before and after the change. <u>If both partners change holds at the same time, also only one Level feature will also be awarded.</u>
Opposite hand-hold (entry of death spiral in Free Skating)	The opposite hand-hold of the Man is not considered as a difficult entry.
When does the death spiral start?	Entry commences at the beginning of the entry curve when <u>one partner is on one foot on the edge of the death spiral and the other partner is also on one foot or in a position such as spread eagle, shoot the duck etc.</u>
When does the exit start and end?	The exit from the death spiral starts when the Man starts bending his "holding" arm in the elbow and ends when the Lady comes to the vertical position.
When do the death spiral revolutions start and end?	They begin when the Man's toe for the pivot is stationary (anchored) on the ice. They end when either the Man's pivot ends or when the Lady begins to exit the death spiral. Whichever is first will indicate the conclusion.

Difficult Entry, Exit	Skater(s) must demonstrate positions that affect the 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.
Change of pivot position	<p>In Short Program only the traditional pivot position of the Man is allowed in which he skates on a backward outside edge, holding the hand of the Lady with fully extended arm and both knees clearly bent and in full pivot position. No variation of this pivot position is allowed.</p> <p>Any death spiral in the Short Program will be considered as ended, once the Man changes the pivot position. Consequently only that part, in which the Man is in the proper pivot position as to the text above, will be taken to determine the Level.</p> <p>In Free Skating a change of pivot is allowed, but is not considered as a Level feature.</p>
More features with one move	In the death spiral it is possible to receive additional features with one move. Additional full circles of Man and Lady count as a feature; if there is a change of arm hold, this would be another feature etc.