



## Spiral Sequence

(Pre-Juvenile Singles/Pairs, STAR 5 & STAR 6, Introductory Pairs)

**Definition of a Spiral Sequence:** A collection of at least two spirals on different feet with at least one spiral in an unsupported position. The spirals may be connected by any number of steps, turns, hops or other comparable moves. The first two performed spirals shall be identified as the required spirals for the sequence. Additional spirals, if included, will be considered for GOE only. The spirals must not be separated by other elements such as jumps or spins.

**Definition of a Spiral:** A gliding position executed on one foot with free leg extended (including knee and foot) above hip level. Variations such as Biellmann, “Y” type, other similar types of positions with the free leg extended to the side or behind, and changes of free leg position while maintaining the spiral position (i.e. moving free leg from front to side, etc.) are permitted within the spiral position. Such variations or changes of positions are not considered to be different spirals for the purpose of identifying a spiral for the spiral sequence.

- A spiral sequence meeting the definition will be identified as “Basic Level”.
- The element will be identified as “No Level” in the following situations:
  - There is not a sustained spiral position (i.e. not kicked) on each foot
  - There is not a spiral on each foot
  - There is not at least one spiral with an unsupported position
- If either spiral is so short that the edge is not well-established, the edge is flat, or the position is not held long enough to be evaluated, the judges will apply the corresponding GOE reduction(s) as appropriate.
- In the case of a pair team, both partners must perform spirals meeting the spiral sequence definition.

<b>Guidelines for establishing +GOE for Spiral Sequences (SpSq)</b>				
<b>FOR +1: 1 bullet</b>	<b>FOR +2: 2 bullets</b>	<b>FOR +3: 3 bullets</b>	<b>FOR +4: 4 bullets</b>	<b>FOR +5: 5 or more bullets</b>
<b>FOR +4 and +5 THE FIRST THREE bullets highlighted in bold must be present</b>				
<b>1. Good body line and full extension in both spirals for 3 or more seconds each</b>				
<b>2. Effortless throughout with good energy, flow and execution</b>				
<b>3. Element matches the music</b>				
4. Good ice coverage				
5. Good clarity and precision – attain positions quickly and effortlessly				
6. Creativity and originality				
7. Good unison (Pairs only)				

<b>Guidelines for establishing GOE reductions for errors in Spiral Sequences (SpSq)</b>			
Fall	-5	Poor quality of position(s)	-1 to -3
Stumble	-1 to -3	Poor quality of edge(s)	-1 to -3
One spiral not held for 3 seconds	-1 to -2	Does not correspond to music	-1 to -3
Both spirals not held for 3 seconds	-3 to -4	Loss of control while executing the sequence	-1 to -3