



Judging System

Technical Panel Handbook

Pair Skating

Version 2014/2015

Version as of 22.07.2014

Step Sequence

Rules

General: Short Program	The Step Sequence is included in the Short Program every season; there is no Step Sequence in a well balanced Free Skating program. Step sequence may include any unlisted jumps. Short stops in accordance with the music are permitted. Retrogressions are not prohibited. 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.
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Level features

- 1) Minimum variety (Level 1), simple variety(Level 2), variety(Levels 3–4) of turns and steps of both partners throughout (**compulsory**)
- 2) Rotations in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction
- 3) Use of body movements for at least 1/3 of the pattern
- 4) Changes of position (crossing at least three times while doing steps and turns) for at least 1/3 of the sequence, but not more than 1/2 of the sequence or not separating at least half of the pattern (changes of holds are allowed)
- 5) Two different combinations of 3 difficult turns (rockers, counters, brackets, loops) executed by both partners with a clear rhythm within the sequence

Clarifications

Pattern	There is no prescribed pattern of the Step Sequence, however it must fully utilize the ice surface. The Step Sequence must be visible and identifiable and should be performed by using almost the full ice surface either in its length from short barrier to short barrier (e.g. straight line, serpentine or similar shape) or twice in its width from long barrier to long barrier (e.g. circle, oval or similar shape). Failure to achieve the above description will result in no value. In features 2 – 5 “pattern” and “sequence” means the pattern actually executed by the skater.
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Beginning and end of the pattern	This is when the skaters actually start and conclude the Sequence.
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Definition of Turns and Steps	Different types of Turns: three turns, brackets, loops, counters, rockers. Different types of Steps: toe steps, chasses, mohawks, Choctaws, change of edge, cross rolls. 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.
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Minimum variety	Must include at least 5 turns and 2 steps, executed by both partners, none of the types can be counted more than twice.
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Simple variety	Must include at least 7 turns and 4 steps, executed by both partners, none of the types can be counted more than twice
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Variety	Must include at least 9 turns and 4 steps, executed by both partners, none of the types can be counted more than twice.
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Complexity	Not applicable for Pair Skating.
No minimum variety, no simple variety, only simple variety	If skaters (or one of the partners) does not perform a minimum variety in steps and turns throughout the sequence, the Level cannot be higher than Basic. If skaters (or one of the partners) does not perform a simple variety in steps and turns throughout the sequence, the Level cannot be higher than 1. If one or both 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. <u>If one or both of these requirements are not fulfilled, the Level cannot be higher than Basic.</u>
Rotations in either direction	This feature means that the skaters rotate with any listed and unlisted turns and steps 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 (clockwise and anti-clockwise) or over the length of the step sequence the skaters are rotating with any listed and unlisted steps and 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 (clockwise and anti-clockwise). "Full body rotation" means one complete rotation. The skaters should not just turn half a rev. back and forth.
Use of body movement	Use of body movements means the visible use by both skaters for a combined total of at least 1/3 of the pattern of the step sequence any movements of the arms, and/or head and/or torso <u>and/or hips and/or legs</u> that have an effect on the balance of the main body core. Having an effect on the balance of main body core can also be understood as having an effect on the balance of the body as a whole and influencing the balance on the blade.
Two combinations of difficult turns	Difficult turns are rockers, counters, brackets, loops. In the combinations: - three turns are not allowed (not difficult turns); - changes of edges are not allowed (listed as steps); - a jump/hop is not allowed (not a turn); - changes of feet are not allowed; - at least one turn in the combination must be of a different type than the others. <u>The exit edge of a turn is the entry edge of the next turn.</u> <u>The combination must be executed by both partners with a clear rhythm within the sequence.</u>
What makes the combinations same or different	<u>Two combinations of difficult turns are considered to be the same if they consist of the same turns done in the same order, on the same edges and the same foot.</u>
Jump with more than half a revolution executed in the step sequence	Unlisted jumps, independent of their number of revolutions can be included in the step sequence without a deduction or any other consequence. Listed jumps with more than half revolution will be ignored in SP as an element, but will force the Judges to reduce GOE by 1 grade for "Listed jumps with more than ½ rev. included". In any case this does not influence the determination of Level of difficulty of the Step sequence.
Changes of positions (crossing)	Before and after the cross partners must clearly separate while each performing steps and/or turns. There must be at least 3 crosses. The distance from the first cross to the third cross must be more than 1/3, but not more than 1/2 of the sequence."

<i>Not separating at least half of the pattern</i>	“Not separating at least half of the pattern” presumes that the skaters do not separate without any breaks for at least half of the sequence pattern. Changes of holds are allowed which may include a brief moment when partners are not touching as they change holds.
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<u><i>Changes of positions or not separating</i></u>	If the requirements are fulfilled, skaters can get one of these two features, but not both.
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Choreographic Sequences

Rules

Free Skating	<p>A Choreographic Sequence consists of any kind of movements like steps, turns (<u>except twizzles</u>), spirals, arabesques, spread eagles, Ina Bauers, hydroblading, <u>any jumps with maximum of 2 revolutions, spins, small lifts etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible.</u></p> <p><u>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program).</u></p> <p>The Choreographic Sequence is included in Free Skating. The Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.</p>
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Clarifications

<u>How to call the Choreographic Sequence</u>	The call should be "Choreo Sequence confirmed" (if the Sequence will be counted) or "Choreo Sequence no value" in the opposite case.
<u>Listed elements</u>	<u>Listed jumps included in the Choreographic Sequence will not be called and will not occupy an element's box.</u>
<u>Jumps with more than 2 revolutions</u>	<u>A jump with more than 2 revolutions is called and counted. The Choreo Sequence ends the moment this jump is executed.</u>
<u>Spin with 3 or more revs</u>	<u>A spin with 3 or more revolutions is called and counted. The Choreo Sequence ends the moment this spin is executed.</u>
<u>Pattern</u>	<u>Any pattern is allowed, however the Sequence must be clearly visible.</u>
<u>"Small lifts" in Choreo Sequences</u>	<u>Small lifts in Choreo Sequences are not counted in the number of "small lifts" allowed per program by "Choreography restrictions".</u>

Solo Spin Combination

Rules

<p>General</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>If the skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.</p> <p>Variations of positions of the head, arms or free leg, as well as fluctuations of speed are permitted.</p> <p><u>Must include a minimum of two different basic positions with two (2) revolutions in each of these positions anywhere within the spin; the number of revolutions in positions that are non-basic is counted in the total number of revolutions. Changing to a non-basic position is not considered as a change of position. A change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately.</u></p> <p>The spin must have a required minimum number of revolutions, the lack of which must be reflected by the Judges in their marking, however a spin with less than three (3) rotations is considered as a skating movement and not a spin.</p> <p>Solo Spin combinations may be commenced with a jump.</p>
<p>Short Program – Solo Spin combination with only one change of foot</p>	<p>Solo Spin combination is included in the Short Program of the 2014-2015 season, but <u>will not be included in the Short Program of the 2015-2016 season.</u></p> <p>The solo spin combination in the Short Program must have at least two (2) revolutions in two basic positions. 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.</p>
<p>Free Skating – Solo Spin combination</p>	<p>A well balanced Free Skating program must contain one Solo Spin Combination for Seniors & Juniors. The spins combination has a required minimum number of revolutions: ten (10). This 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 is at least two (2).</p>

Level features

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

If 6 revs are executed on both feet, any one of these executions can be taken in favor of the skaters. Any category of difficult spin variation counts only once per program (first time it is attempted). In any spin with change of foot the maximum number of features attained on one foot is two (2).

Spin Requirement

Solo spin combination with change of foot

There must be at least one basic position on each foot. Sign "V1" indicates that this requirement is not fulfilled. The base value of solo spin combination with the sign "V1" is listed in the column V1 of the SOV table.

Clarifications

Positions

Basic Positions	<p>There are 3 basic positions: camel, sit and upright positions. Non-basic 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: the upper part of the skating leg at least parallel to the ice.</p> <p>Upright: any position with extended or slightly bent skating leg which is not a camel position.</p>
Non-basic positions	<p>All the other positions not fulfilling the requirements of any basic positions.</p> <p>Spin Combination: The number of revolutions in non-basic positions is counted in the total number of revolutions; non-basic 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>
Less than 2 revolutions in every basic position	<p>If any 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	<p>A spin combination executed with only 1 position with at least 2 revolutions by both partners (according to requirements) and in all other positions less than 2 revolutions (not according to requirements) receives no Level in the Short Program. In Free Skating a clear visible attempt of a spin combination which results in a spin with only 1 basic position with not less than 2 revolutions by both partners will be called by the Technical Panel as a spin combination no value.</p>
All 3 basic positions executed on the second foot	<p>In the spin combination, in order to be counted as a Level feature, all three basic positions must be executed by both partners <u>on the second foot</u>. This feature can be awarded only if its execution is not interrupted by a change of foot and cannot be awarded after the second change of foot.</p>
Only two basic positions	<p><u>A spin combination with and without change of foot which includes only two basic positions with not less than 2 revolutions will have a lower base value in comparison with a spin combination with all three basic positions with not less than 2 revolutions.</u> <u>The corresponding base values are listed in the SOV.</u></p>
Abbreviation and Calling procedure	<p><u>For a spin combination with and without change of foot with 2 or 3 basic positions the abbreviation will be CCoSp2p4 and CoSp2p4 or CCoSp3p4 and CoSp3p4 in case of 2 or 3 basic positions and the call will be "Solo spin combination with/without change of foot, 2(3) positions, Level 4".</u></p>
Difficult change of position on the same foot	<p><u>Change from a basic position to a different basic position without establishing a non-basic position, requiring significant strength, skill and control and having an impact on the ability to execute the position change. Continuous movement must be performed throughout the change. May not include a jump to execute the change. The basic positions before and after the change must be held for 2 revolutions.</u></p>
Entrance of the spin	
Difficult entrance	<p><u>"Entrance into a spin" is defined as the preparation immediately preceding a spin and may include the beginning phase of a spin. The entrance must have a significant impact on the balance, control and execution of the spin. The intended spin position must be reached without hesitation or delay and must be held for 2 revolutions. This position can be basic or non-basic.</u> <u>A regular backward entry is no longer considered as a difficult entry. A flying entry is considered as a difficult entry as long as it has a clear fly.</u></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 has an effect on the balance of the main body core. Only these variations can increase the level. Difficult variations relate to both partners.
<u>Categories of difficult variations</u>	There are 11 categories of difficult variations: For CAMEL POSITION there are 3 categories based on direction of the shoulder line: - (CF) Camel Forward: shoulder line parallel to the ice - (CS) Camel Sideways: shoulder line twisted to a vertical position - (CU) Camel Upward: shoulder line twisted more than to a vertical position For SIT POSITION there are 3 categories based on position of free leg: - (SF) Sit Forward: free leg forward - (SS) Sit Sideways: free leg sideways - (SB) Sit Behind : free leg behind For UPRIGHT POSITION there are 3 categories based on position of torso: - (UF) Upright Forward: torso leaning forward - (US) Upright Straight or Sideways: torso straight up or sideways - (UB) Upright Biellmann: in Biellmann position For LAYBACK POSITION there is 1 category - (UL) Upright Layback For NON-BASIC POSITIONS there is 1 category (NBP)
Crossfoot spin	"Crossfoot Spin" must be executed on both feet with the weight equally divided on both feet. A Crossfoot Spin is considered as a difficult variation of the Upright position (US) and will receive, if correctly executed, a feature. It is not required to stay on one foot for three revolutions before the cross.
Biellmann position	"Biellmann position" is a difficult variation of the Upright position (UB) 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 skaters.
Windmill	"Windmill (Illusion)": is considered a difficult variation of a non-basic position (NBP), it must be done at least 3 times in a row to be counted as a Level feature.
<u>Repetitions</u>	Any category of difficult spin variation in a basic position and a difficult variation in a non-basic position counts only once (first time it is attempted).
<u>Features in repeated variations</u>	Once a difficult spin variation has been attempted and a difficult variation of the same category is executed, the variation cannot be counted, but any additional feature in this difficult variation can still be counted.
What is an attempt?	A difficult variation is considered as attempted when this variation is clearly visible, independent of the fact this variation was counted or not.
<u>Similar variations in basic and in non-basic positions</u>	If a difficult variation in a non-basic position is quite similar to one of the executed difficult variation in a basic position, the last performed of these two variations will not be counted as a Level feature.
<u>Free leg drops</u>	If the free leg drops down for a long time while preparing for a difficult camel variation, the corresponding Level feature is still awarded, but the Judges will apply the GOE reduction.

<u>Too long to reach basic position</u>	The same reduction will be applied if it takes a long time for the skater(s) to reach the necessary basic position in spins in one position.
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Jump on the same foot and Increase of speed

<i>Jump on the same foot within a Spin</i>	In any spin a clear jump started and landed on the same foot will be counted as a feature only if the skater has executed at least 2 revolutions in a basic or non- basic position before the jump. The skater must reach the basic position within the first 2 revolutions after the landing and keep this position for at least 2 revolutions. This jump has no requirements to the air position, but there must be a clear jump. The jump is considered as a Level feature only when it “requires significant strength”. This jump can be performed even before the required minimum number of revolutions in a spin in order to be considered as a feature in Short Program and Free Skating .
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<i>Increase of speed</i>	For camel, sit, layback or Biellmann positions, once the position has been established, a clear increase of speed by both partners will be considered as a Level feature. Increase of speed counts only in a basic position or while going within a basic position into its variation. It is not valid as a feature if the increase of speed happens while going from one basic position to another basic position.
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Edges & directions

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

<i>6 revolutions</i>	At least 6 revolutions by both partners without changes in position/variation, foot or edge count as a feature only once; if 6 revs are executed on both feet, any one of these executions can be taken by the Technical Panel in favour of the skaters. The 6 revolutions to be counted as a feature must be performed in: camel, layback, difficult variation of any basic or non-basic position.
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Change of foot

<i>Change of foot</i>	To be considered, a change of foot in a spin requires at least three (3) revolutions before and after the change (these revolutions can be in any positions, including non-basic positions). If there are not three (3) 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 short part of the spin (before or after the change of foot) will not be called and will not be valid for Level features; the spin combination will be without change of foot.
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Staying on the same foot	A change of foot in a spin means spinning on each foot. Any spin in which skaters remains spinning on the same foot is not considered as a change of foot spin.
Simple change of foot	A simple change of foot, e.g. a step or a small hop does not require significant strength and skill and does not increase the Level.
Change of foot executed by jump	Such change of foot can be counted as a feature only if the skaters have executed at least 2 revolutions in a basic or non-basic position before the jump. The skaters must reach the basic position within the first 2 revolutions after the landing and keep this position for at least 2 revolutions. <u>This jump has no requirements to the air position, but there must be a clear jump.</u> The jump is considered as a Level feature only when it “requires significant strength”.
Toe Arabian as change of foot	This change of foot is allowed, will be considered as a change of foot executed by jump and will count as a feature only in 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.
Spin with a second change of foot	The second change of foot (if attempted) in a spin with change of foot is not allowed in Short Program (wrong element) and does not count as a feature for a higher Level in Free Skating .
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 are 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 (no value as the result) or a spin combination with no change of foot. If there is only a curve of exit after the first part or the curve of entry into the second part, this will result in GOE reduction for “Change of foot poorly executed” (this reduction does not relate to change of foot together with change of direction).
Number of features on one foot for spin combinations with change of foot	The maximum number of features that a skater can get on one foot is 2. The features for difficult entry will be counted in the quota of the foot before the change. The features “Change of foot executed by jump”, “Spinning in both directions” and “All 3 basic positions on the second foot” will be counted in the quota of the foot after the change. The feature for a crossfoot spin will be counted in the quota of the foot on which the cross position was started.
Spin Combination with change of foot: less than 2 revolutions in a basic position on one foot	Short Program and Free Skating: If there is no basic position with 2 revolutions on one foot, the spin will be marked with the sign “V1”.

Pair Spin Combination

Rules

General	<p>The pair spin combination must consist of at least one change of foot and one change of position (sit, camel, upright or any variation thereof) of both partners (so must include at least <u>two (2) different</u> basic positions or their variations by both partners).</p> <p>The pair spin combination should have not less than eight (8) revolutions in total.</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 (3) 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 one or 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><u>The Pair Spin combination is not included in the Short Program of the 2014-2015 season, but will be included in the Short program of the 2015-2016 season.</u></p> <p>There can be only one change of foot. 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 at the same time by both partners. The spin combination must not be commenced with a jump. □</p>
Free Skating	<p>A well balanced Free Skating program for Seniors & Juniors must contain one Pair Spin Combination.</p> <p>There must be at least one change of foot of both partners not necessarily executed by both partners at the same time.</p>

Level features

- 1) 3 changes of basic positions of both partners
- 2) 3 difficult variations of positions of partners, only one of which can be in non-basic position (each variation of each partner counts separately, each partner must have at least one difficult variation)
- 3) Any other difficult variation in a basic position of either partner (each partner must have two difficult variations)
- 4) Entrance from backward outside or inside edge
- 5) Both directions immediately following each other
- 6) At least 6 revolutions without any changes in position/variation and foot (camel, sit, difficult upright)

Clarifications

Positions	<p>There are 3 basic positions: Camel (free leg backwards with the knee higher than the hip level); Sit (the upper part of the skating leg at least 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); Upright (any position with extended or slightly bent skating leg which is not a camel position) and Non-basic positions (all positions that according to the above definitions are not camel, sit or upright). The number of revolutions in non-basic positions is counted in the total number of revolutions; non-basic 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. of both partners 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 non-basic 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	<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 Combination no Value" in Short Program and a "Pair Spin" in Free Skating (wrong element – no value as well (but occupies a box).</p>
Number of changes of positions	<p>The first 3 changes of basic positions of both partners (may be through non-basic positions) will be counted as one Level feature.</p>
Number of difficult variations executed	<p>Any difficult variation can be counted if it lasts for at least two (2) revolutions. Each variation of each partner is counted separately. For one Level feature the spin must contain 3 difficult variations (not more than one of which can be in a non-basic position). Each partner must have at least one difficult variation. For two Level features the spin must contain 4 difficult variations (not more than one of which can be in a non-basic position). Each partner must have two difficult variations. In both cases any order of these variations is allowed.</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	<p>This position is considered as a difficult variation only when the knees of the skating feet are in a very deep bent position with free legs fully extended.</p>

<p><i>Entrance from backward outside or inside edge</i></p>	<p>The skaters should skate both backward outside or both backward 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 edge or the first two revolutions of each partner to be done on backward inside edge. Only such a backward entrance is counted as a Level feature.</p>
<p><i>Entrance from backward outside or inside edge by one partner only</i></p>	<p>If only one skater does such an entrance, the corresponding Level feature will not be granted.</p>
<p><i>Spinning in both directions</i></p>	<p>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.</p>
<p><i>At least 6 revolutions</i></p>	<p>This feature can be granted only when there are at least 6 revolutions (executed simultaneously by both partners) without any changes in camel, sit or difficult upright position or its variation.</p>
<p><i>Short stop</i></p>	<p>The rotation must be continuous and no stop is permitted except a short stop when changing direction together with the change of foot. If there is a stop with the toe or blade, that will be the end of the spin.</p>
<p><u><i>Spin combination with only two basic positions</i></u></p>	<p><u>A spin combination which includes only two basic positions by both partners with not less than 2 revolutions will have a lower base value in comparison with a spin combination with all three basic positions by both partners with not less than 2 revolutions. These base values are indicated in the SOV.</u></p>
<p><u><i>Abbreviation and Calling procedure</i></u></p>	<p><u>For a PCoSp with 2 or 3 basic positions the abbreviation will be PCoSp2p4 or PCoSp3p4 for a spin combination with 2 or 3 basic positions and the call will be "Pair spin combination, 2(3) positions, Level 4".</u></p>

Jump Elements

Rules

Short Program	Short Program for the season <u>2014 – 2015</u> must include one solo jump: - any double or triple for Seniors ; - <u>Double Lutz</u> for Juniors .
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. 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.
Short Program	<u>Jumps which do not satisfy the requirements (including wrong number of revolutions) will have no value, but will block a jumping box, if one is empty.</u>

Jump Combination

Free Skating	In a jump combination the landing foot of a jump is the take-off foot of the next jump. <u>One full revolution on the ice between the jumps (free foot can touch the ice, but no weight transfer) keeps the element in the frame of the definition of a jump combination.</u> If the jumps are connected with a non-listed jump, the element is called as a jump sequence. However half-loop (Euler) (landing backwards) when used in combinations/sequences is considered as a listed jump with the Value of a single Loop. When executed separately, half-loop stays as unlisted jump. If the first jump of a two-jump-combination fails to be successful and turns out as a “non-listed” jump, the unit will still be considered as a jump combination. If in the opinion of the TP the intended Waltz jump (Axel) is used only as the preparation to the next jump, this Waltz jump will not be called. The TP has the authority not to call a single jump which is more similar to a hop than a jump that is a result of a bad landing of the previous jump. The Judges will reflect the mistake in the GOE.
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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 (<u>not even as an entry into a jump</u>), crossovers or stroking during the sequence (Turns are three turns, brackets, loops, counters, rockers. Steps are toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls). <u>Any hop inside the sequence requires that the skater visibly leaves the ice.</u> 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. <u>In a jump sequence an axel type jump can follow another jump providing the requirements above are present. The movement to the take-off edge is not considered to be a step. In addition if an Axel type jump immediately follows any other jump without any hops, mazurkas, and/or unlisted jumps, this will also be considered as a jump sequence."</u>
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Clarifications

<i>Calling under-rotated or downgraded jumps</i>	The TP must call the attempted jump even if it is clear that it is under-rotated or will be downgraded. Both under-rotated and downgraded jumps will count as the intended jump in the application of Well Balanced Program regulations. The quarter/half mark of landing are the border lines to identify cheated jumps. 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. In all doubtful cases the Technical Panel should act to the benefit of the skater.
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Under-rotated jumps	<p>A jump will be considered as "Under-rotated" if it has missing rotation of more than $\frac{1}{4}$ revolution, but less than $\frac{1}{2}$ revolution.</p> <p>An under-rotated jump will be indicated by the Technical Panel to the Judges and in the protocols with a "<" symbol after the element code.</p> <p>Jumps identified as under-rotated will receive reduced base values which are listed in the column V1 of the SOV.</p>
Downgraded jumps	<p>A jump will be considered as "Downgraded" if it has "missing rotation of $\frac{1}{2}$ revolutions or more".</p> <p>A downgraded jump will be indicated by the Technical Panel to the Judges and in the protocols with a "<<" symbol after the element code.</p> <p>A jump identified as downgraded will be evaluated using the scale of values (SOV chart) for the element of one rotation less (i.e. a downgraded triple will be evaluated with the scale of values for the corresponding double).</p>
Cheated take off	<p>A clear forward (backward for Axel type jump) take off will be considered as a downgraded jump. The toe loop is the most commonly cheated on take off jump. The Technical Panel may only watch the replay in regular speed to determine the cheat and downgrade on the take off (more often in combinations or sequences).</p>
Taking off from wrong edge (Flip/Lutz)	<p>Flip take-off is from a backward inside edge, Lutz take-off is from a backward outside edge. If the take-off edge is not clean correct, the TP indicates the error to the Judges using the signs "e" (edge) and "!" (attention). The TP may watch the replay in slow motion. The TP uses the sign "e" if the take-off edge is definitely wrong. The Base values of the jumps with the sign "e" are listed in the column V1 of the SOV. The TP uses the sign "!" if the take-off edge is not clear. In this case the Base value is not reduced. Both mistakes are reflected in the GOE of the Judges. If both signs "e" and "<" are applied for the same jump, the Base value is indicated in the column V2 of the SOV.</p>
Popped listed jumps	<p>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".</p>
Non-listed jumps	<p>Jumps that are not listed in the SOV (e.g. walley, split jump, Inside Axel with any number of revolutions taking off from the forward inside edge etc.) will not count as a jump element, but might be used as a special entrance to the jump to be considered in the mark for Transitions.</p> <p>A Toe Walley, however, will be called and count as a Toe loop.</p>
Landing on another foot	<p>In combinations/sequences all jumps except the last one may be landed on either foot. The last jump of a combination/sequence as well as any solo jump must be landed on backward outside edge. The call of the jump does not depend on the landing foot and the Judges will evaluate the quality in their GOE.</p>
Landing on the other edge	<p>The call will not change if a jump is landed on the other edge. However Judges will reflect this in their GOE.</p>
Attempted Jump	<p>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.</p> <p>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.</p>
Unequal number of revolutions	<p>In case of unequal number of revolutions of partners in a jump performed as a solo jump or part of a combo 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.</p>

<u>Different Jumps performed</u>	If the partners definitely perform different types of jumps, the result is no Value. The name of the jump will be "jump with a lesser value". Only this jump will be blocked from repetition. Example: 3T by one partner, 3S by the other partner will result in 3T*.
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<u>Spin and jump back to back</u>	If skaters perform a spin, immediately followed by a jump or <u>visa versa</u> , the two elements are called separately with credit given to difficult take off/entry (GOE).
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Short Program

<u>Element other than required</u>	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

<u>Repeated jump</u>	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 not be counted (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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<u>Second jump combination/sequence</u>	A second executed jump combination/sequence will not be counted.
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<u>Two solo jumps</u>	If both partners execute two (2) solo jumps during the program, the second jump will be marked with the sign "+REP" and will receive 70% Base Value with result rounded to two decimal places.
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<u>Fall or step out after first jump</u>	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 identified as follows: If both skaters fall/step out, only the executed solo jump will be called. If 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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<u>Touch down with free foot without weight transfer</u>	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). In case of more than 1 full revolution on the ice the call will be the jumps performed prior to this revolution + combo/sequence the same way as above.
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<u>Touch down with free foot with weight transfer</u>	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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<u>Jump Combination: first/second jump is a "non-listed" jump</u>	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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<u>Jump sequence: only one listed jump included</u>	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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<u>One partner with combo, the other one with sequence</u>	If one partner performs a jump combination, but the other partner a jump sequence, the jump sequence will be called.
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<i>Jump sequence: turns between the jumps</i>	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 prior to the turns will be called (+ sequence).
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<i><u>Rhythm in the Jump sequence</u></i>	<u>Jump sequence without a clear rhythm is not counted as a sequence; only the part prior to the loss of the rhythm will be called.</u>
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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 <u>2014 – 2015</u> must include one throw jump: - any double or triple for Seniors ; - double or triple <u>loop</u> for Juniors .
Short Program	<u>Throw jumps which do not satisfy the requirements</u> (including wrong number of revolutions) will receive No value and will block the corresponding box if one is empty.
Free Skating	A well balanced Free Skating program must contain maximum of 2 different Throw Jumps.

Clarifications

<i>Calling under-rotated or downgraded throw jumps</i>	The Technical panel must call the attempted throw jump even if it is clear that it is under-rotated or will be downgraded. Both under-rotated and downgraded throw jumps will count as the intended jump in the application of Well Balanced Program regulations. The quarter and half mark of landing are the border lines to identify cheated throw jumps. The camera angle is important to consider when deciding upon a cheated throw jump particularly when the jump is at the opposite end of the rink than the camera. In all doubtful cases the Technical Panel should act to the benefit of the skater.
<i>Under-rotated throw jumps</i>	A throw jump will be considered as “ Under-rotated ” if it has missing rotation of more than $\frac{1}{4}$ revolution, but less than $\frac{1}{2}$ revolution. An under-rotated throw jump will be indicated by the Technical Panel to the Judges and in the protocols with a “<” symbol after the element code. Throw Jumps identified as under-rotated will receive reduced base values <u>which are listed in the column V1 of the SOV</u> .
<i>Downgraded throw jumps</i>	A throw jump will be considered as “ Downgraded ” if it has “missing rotation of $\frac{1}{2}$ revolutions or more. A downgraded throw jump will be indicated by the Technical Panel to the Judges and in the protocols with a “<<” symbol after the element code. A throw jump identified as downgraded will be evaluated using the scale of values (SOV chart) for the element of one rotation less (i.e., a downgraded triple will be evaluated with the scale of values for the corresponding double).
<i>Turning of the Man on the ice</i>	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”.
<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.
<i>Landing on the other leg/edge</i>	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”.

<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. If these two throws with the same number of revolutions are performed in a FS program, the second one will have no value.
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Lifts

Rules

General	Pair lifts are classified as follows: Group One - Armpit Hold position Group Two - Waist Hold position Group Three - Hand to Hip or upper part of the leg (above the knee) position Group Four - Hand to Hand position (Press Lift type) Group Five - Hand to Hand position (Lasso Lift type) In any Group one hand hold may increase the difficulty of the lift. Minimum of one (1) and maximum of three and a half (3 ½) revolutions of the Man. 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.
Short Program	Hand-to-hand loop lift take off: partners skate <u>backward</u> one behind the other in hand-to-hand position. <u>The Lady takes off from one foot.</u> 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. 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. The Short Program of the season <u>2014 – 2015</u> must include: - Any <u>hip</u> lift take off (Group <u>Three</u>) for Seniors ; - <u>Toe Loop hip</u> lift take-off (Group <u>Three</u>) for Juniors . Only the prescribed overhead lift take off is permitted. The Lift of the Short Program can not include a carry. If a carry is included, the entire Lift will have no value.
Free Skating	A well balanced Free Skating program contains: - maximum number of lifts allowed in the Senior Free Skating is 3, <u>not all from Group 5.</u> - maximum number of lifts allowed in the Junior Free Skating is 2, <u>not all from Group 5.</u> Carry Lifts: 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 "Transitions". They do not have a value and are not limited in number.

Level features

- 1) Senior: Difficult variation of the take-off and/or difficult landing variety (counts as only 1 feature)
Junior: Simple/difficult variation of the take-off and/or simple/difficult landing variety (each counts as a feature)
- 2) 1 change of hold and/or lady's position (1 rev. of the man 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) One-hand-hold of the man (2 full revolutions in total not counting parts shorter than 1 rev.)
- 6) Additional revolutions of the man with one-hand-hold after 2 revolutions in 5) (only in FS and only in one lift)
- 7) Change of rotational direction by the man (one revolution before and after the change)

Features 1), 2), 3) must be significantly different from lift to lift and if similar, will only count first time attempted.

Clarifications

Basic holds, positions	<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>If in a Lift the Lady's position is changed from vertical (head up) to vertical (head down), this also is considered as a change of position.</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, Ina-Bauer, spirals by one or both partners as the entry curve. Inside Axel take-off in 5ALi and 5SLi is considered as a difficult variation of the take-off.</p>
Landing	<p>Simple – Change of hold on descent; landing on the other foot is not automatically considered as a simple landing variety.</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; this position of the Man is counted as a difficult variation of landing only if the spread eagle is long enough: from the moment the Man starts bending his arms till the moment the Lady is placed on the ice.</p>
Take off and landing	<p>A Senior Pair can get only 1 Level feature for take off and landing: if there is</p> <ol style="list-style-type: none"> a) a difficult variation of take off or b) a difficult landing variety or c) both of these; <u>in this case only one feature can be awarded and in Free Skating a similar difficult take off or a similar difficult landing cannot be counted in a later lift.</u> <p>A Junior Pair can get 2 Level features if there are both simple (or difficult) variation of take off and simple (or difficult) landing variety.</p> <p><u>This feature can be awarded in several lifts only if it's execution is significantly different from lift to lift.</u></p>
One hand hold in the dismount	<p>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 she is not touching the partner with any part of the upper body.</p> <p><u>This hold can be counted as "a difficult landing variety" only once per program.</u></p>

Carry	<p>Simple – Duration at least 3 sec. 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.
Break in rotation longer than 3 sec.	Any break in the continuous rotation longer than 3 sec. will be considered as a carry attempt.
Changes interrupted by carry	If in Free Skating a “change of hold/lady’s position/rotational direction” is interrupted by a carry, the corresponding level feature will not be awarded.
Identifying the lift Group	Groups are classified according to the take off hold at the moment the Lady passes the Man’s shoulder. 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.
Definitions of Group 5 (Lasso) Lifts	<p>In the Lasso, or Group 5 Lift, the lady makes at least 1/2 rotation between the take-off and the fully extended position. The different Types of Group 5 Lift can be identified by the take-off of the lady, the relative position of the partners at the moment of take-off, and the hand grip.</p> <p><u>Group 5 Toe Lift (5TLi)</u> At the moment of take-off, partners are face to face with man skating forward and lady backward. Man holds lady's left hand with his left, and holds her right hand with his right. Lady jumps from her toe, typically making 1/2 rotation to a fully extended position with partners facing the same direction.</p> <p><u>Group 5 Step Lift (5SLi)</u> At the moment of take-off, partners are face to face with man skating backward and lady forward. Man holds lady's left hand with his left, and holds her right hand with his right. Lady jumps from a forward edge, typically making 1/2 rotation to a fully extended position with partners facing the same direction.</p> <p><u>Group 5 Axel Lift (5ALi)</u> At the moment of take-off, lady is at the man's side. Man skates forward or sometimes in a spread eagle. Man holds lady's left hand with his left, and holds her right hand with his right. Lady jumps from a forward edge, typically making 1 full rotation to a fully extended position with partners facing the same direction.</p> <p><u>Group 5 Backward Lift (5BLi)</u> At the moment of take-off, man is behind lady. Man holds lady's left hand with his left, and holds her right hand with his right. Lady typically makes 1 full rotation to a fully extended position with partners facing the same direction.</p> <p><u>5R (Reverse)</u> At the moment of take-off, man is behind lady. Man holds lady's left hand with his right, and holds her right hand with his left. Lady typically makes 1/2 rotation to a fully extended position with partners facing opposite directions.</p>
Identifying the number of revolutions	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. 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.
Illegal Lift (more than 3 ½ revolutions of the Man, illegal grip etc.)	If the Pair executes an illegal Lift/grip, the Level cannot be higher than Base. The deduction for an illegal element will apply.
Man starts bending the arm (s)	When the Man begins to bend the arm after full extension, the lift is concluded (excluding while changing hold/position). 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.

<i>Identifying the Level features</i>	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).
<i>Change of hold</i>	Change of hold requires one full revolution before and after this change. Change of hold means the Man's hands change from one lift group hold to another lift group hold. If the Man changes hold for less than one (1) revolution, it is not considered as a "change of hold". However, 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.
<i>Change of hold and of Lady's position</i>	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. <u>The feature for "change of hold and/or Lady's position" can be awarded in several lifts only if it's execution is significantly different from lift to lift.</u>
<i>Difficult variation of Lady's position</i>	Only if the variation of the Lady significantly impacts the balance of the Lady in the lift or requires specific strength and/or flexibility, this variation will influence the Level. The feature "Difficult variation of the lady" <u>can be awarded in several lifts only if the variations are significantly different from lift to lift.</u>
<i>One-hand-hold of the Man</i>	Two rotations of the Man in total using one hand hold will count as a Level feature. The third revolution with one hand hold will not count as an additional Level feature in SP and will count as an additional Level feature only in one lift (the first time it is performed) in FS . Parts on one hand shorter than one revolution will not count. <u>This feature is awarded only if the Lady does not use her arms or uses only one arm for support. It is not awarded if both arms of the Lady are touching the Man.</u>
<i>Wrong take-off (Short Program)</i>	If the take-off is of a different nature than the required take-off, the lift will receive no Level and no value.
<i>All lifts of Group 5 (Free Skating)</i>	If in a Free Skating program for Seniors or Juniors all Lifts are from Group 5, the last performed lift will be deleted.
<i>Definition of a "small lift"</i>	<u>Any lift with a sustained/stabilized lady's position in which the man's hands remain below his shoulder line. This lift can be with or without rotation.</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. 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 a Lutz/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 Juniors .
Short Program	<u>Twist lifts which do not satisfy the requirements</u> (including wrong number of revolutions) will receive No value and will block the corresponding box if one is empty.
Free Skating	In Free Skating the take-off can be different from Lutz/Flip take-off by the Lady (toe loop, axel). The number of revolutions in the twist lift is not limited. For Seniors and Juniors a Well Balanced Free Skating program must contain 1 twist lift.

Level features

- 1) Lady's split position (each leg at least 45° from the body axis and Lady's legs are straight or almost straight)
- 2) Catching the Lady at the side of the waist without her hand(s)/arm(s)/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)
- 5) Man's arms sideways, being straight or almost straight, reaching at least shoulder level after release of the lady

Clarifications

<i>Cheating on landing</i>	Twist Lifts with lacking intended rotation on the landing can be downgraded if they have "missing rotation of ½ revolutions or more". A downgraded Twist Lift will be indicated by the Technical Panel to the Judges and in the protocols with a "<<" symbol after the element code. The Technical Panel will identify any twist lift cheated by one half or more turn on the landing as the lift of the lower value. For example, if in a triple twist lift the Man is supporting the majority of the Lady's weight when her upper body turns only 2.5 revolutions, 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.
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Lady's split position	This feature is awarded only if each Lady's leg, <u>being straight or almost straight</u> , is at least 45 degrees from her body axis.
Catching the lady without her hand(s), arm(s) or any part of the upper body touching the Man	<p>The feature is granted when:</p> <p>a) both Man's hands must be on the sides of the Lady's waist (catching the Lady by one or both hands on any other part of the body is a different catching position; no feature is given if there is no proper catch) and</p> <p>b) the Lady is not touching the Man at any point of the landing phase by any part of her arm(s) or upper body.</p> <p>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.</p>
Man's arms sideways, being straight or almost straight, reaching at least shoulder level after release of the lady	<p>After the Man releases the lady, his arms must change position going to the side of his body at least as low as his shoulders before he catches the Lady in the air. The arms of the Man must be straight or almost straight. If the Lady is not caught in the air, the feature is not awarded. However, the feature will be awarded in case of any catch in the air (not necessarily at the waist).</p>
Difficult take-off	<p>The feature is awarded only when steps/skating moves executed by both partners immediately precede the take-off (with rhythm maintained). In case of a break, no feature will be granted.</p> <p>A small lift immediately preceding the twist lift will be considered as a difficult entry if there are some steps immediately preceding the small lift.</p>

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. Any kind of position is counted as a feature if Skaters' hold lasts for at least one continuous revolution.</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 position 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 position 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 <u>2014-2015</u> must include <u>Forward Inside</u> Death Spiral.</p>
Free Skating	<p>For both Seniors & Juniors a Well Balanced Free Skating program must contain 1 Death Spiral of any type, but for Seniors this type must be different from the type performed in Short Program. Variations of arm holds and pivot positions (backward or forward) are possible.</p>

Level features

- 1) Difficult entry (immediately preceding the death spiral) and/or exit
- 2) Full revolution(s) of the lady when both partners are in "low" positions (counts as many times as performed)

Clarifications

Positions	<p>Lady's "low position":</p> <ul style="list-style-type: none"> - 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. <p>Man's "low pivot position": buttocks 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>
<u>Number of revolutions in "low" positions</u>	Any part of the Death Spiral with a higher Lady's or Man's position than described above is not valid for Level features 2). The counting starts only when the Lady and the Man are in the actual low death spiral position.
<u>Loss of "low" position (s)</u>	In order to get features 2), the "low" position of both partners has to be continuous. If the "low" position is lost, features 2) can be counted only if performed prior to the loss.
<u>Lady not in the prescribed position</u>	If Lady's head (for all death spirals) and/or lowest hip (for inside death spirals) is (are) higher than skating leg knee, the Level cannot be higher than 1. If during the Death Spiral the lowest part of the Lady's head never reaches the level of her skating knee, the Death Spiral will have no value.
<u>Execution of a different death spiral (Short Program)</u>	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.
<u>Lady skates on boot</u>	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. The TP must decide if this is a fall, or in the worst case, if the lady leaves the ice, an illegal element with the man swinging the lady around while holding one hand.
<u>No pivot position or Man's knee not bent or his arm not fully extended</u>	If the Man does not reach the pivot position at all or does not stay in this position for one revolution, or if the knee of his leg with toe pick in the ice is not clearly bent for one revolution, <u>or if his holding arm is not fully extended for one revolution</u> , there will be no Level called and the death spiral will have no value.
<u>Man doesn't reach low pivot position</u>	If the Man is not doing one full revolution in prescribed low pivot position (his buttocks are not higher than the knee of the pivot foot), the Level cannot be higher than 1.
<u>Change of pivot position</u>	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 with both knees clearly bent and in full pivot position. No variation of this pivot position is allowed. In both programs any death spiral 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.
<u>Opposite hand-hold (entry of death spiral)</u>	The opposite hand-hold of the Man is not allowed in the Short Program , is allowed in Free Skating , but is not considered as a Level feature. Opposite hand-hold of the Lady is allowed both in Short Program and in Free Skating , but is not considered as a Level feature.
<u>Change of arm hold</u>	In both SP and FS change of arm hold of the Man and/or Lady is allowed at any moment, but is no longer a Level feature.

<i>When does the death spiral start?</i>	Entry commences at the beginning of the entry curve when 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.
<i>When does the exit start and end?</i>	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.
<i>When do the death spiral revolutions start and end?</i>	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 rise in order to exit the death spiral. Whichever is first, will indicate the conclusion.
<i>Difficult Entry, Exit</i>	Skater(s) must demonstrate positions that affect the main body core and balance. The difficult entry position must be performed <u>while both partners are on the entry curve and the Lady and/or the Man are moving from a difficult entry position directly and without delay to a Death Spiral position.</u> An example of a difficult exit: Lady exits immediately into a lift (dance or other) or into a jump.

**Elements with no value or maximum Level B/1/2/3 in PAIRS SP & FS
2014-2015**

Max. Level SP	Problem	Max. Level FS
	<i>Note: Pair team is awarded LOWER Level of Levels achieved by partners</i>	
All elements with Levels		
No value	Wrong element	N/A
Basic+ded.	Illegal elements/movements (if Basic Level requirements are fulfilled); TP is responsible for illegal elements deduction	Basic+ded.
Step Sequences		
No value	Not fully utilizing the ice surface	N/A
Basic	No minimum variety in steps and turns throughout the sequence	N/A
1	Only minimum variety in steps and turns throughout the sequence	N/A
2	Only simple variety in steps and turns throughout the sequence	N/A
Basic	No balance of steps and turns in their distribution through the sequence	N/A
Basic	The workload between partners not even	N/A
Solo Spin Combinations		
N/A	Does not have at least 2 continuous revolutions in 2 basic positions	No value
N/A	Flying entrance: step over	No feature
N/A	Flying entrance: position not attained in the air	No feature
N/A	Flying entrance: basic landing position not reached within the first 2 revs	No feature
N/A	Flying entrance: basic landing position not held for 2 revs after it is reached	No feature
Solo Spin Combinations with change of foot		
No value	Less than 2 basic positions with 2 revs	No value
Any, lower BV	2 basic positions with 2 revs	Any, lower BV
Any, V1	No basic position on one foot for at least 2 rev	Any, V1
No value	Change of foot: less than 3 revolutions before/after	No change of foot
Pair Spins Combinations		
N/A	One/both partners do not have at least 2 continuous revs in 2 basic positions	No value
N/A	Change of foot: less than 3 revolutions before/after by one or both partners	No value
N/A	All difficult variations executed by lady/by man (Level feature 3)	No feature
N/A	Less than 3 basic positions with 2 revs	Any, lower BV
Lifts		
Basic+ded.	Illegal (in particular hold or more than 3 ½ rev. of the man)	Basic+ded.
No value	Less than the min. number of revolutions (1) by man	No value
No value	Man's arms never extended (<u>Groups 3/4/5</u>)	No value
No value	Wrong take-off	N/A
Death Spiral		
No value	Man does not stay in pivot with knee clearly bent & arm extended for 1 rev.	No value
1	Man and lady do not stay simultaneously in the "low" position for 1 rev.	1
No value	Lady's head never reaches the level of her skating knee	No value