

# INTERNATIONAL SKATING UNION

## Communication No. 1610

### ICE DANCE

#### 1. GUIDELINES FOR SHORT DANCE SEASON 2010/2011

Detailed guidelines will be published in June after the Congress decision.

#### 2. REQUIREMENTS FOR JUNIOR AND SENIOR FREE DANCE SEASON 2010/2011

Refer to pages 2 to 3.

#### 3. DESCRIPTION OF LEVELS FOR SEASON 2010/2011

Some requirements for Level have been slightly revised. All corrections made are underlined.

Refer to pages 4 to 18

Milan,  
May 4, 2010  
Lausanne

**Ottavio Cinquanta**, President

**Fredi Schmid**, Director General

## 2. FREE DANCE (Junior and Senior)

The following are the Requirements for a Well-balanced Free Dance Program that shall apply to all events for the season 2010/2011. The Free Dances that do not adhere to these guidelines will be severely penalized.

### MUSIC: Clarifications to Rule 610, paragraph c)

The music for Free Dance must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i) The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and up to 10 seconds during the program.
- ii) The music must have at least one change of tempo and/or expression. This change may be gradual or immediate, but in either case it must be obvious.
- iii) All music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- iv) The music must be suitable for the couple's skating skills and technical ability.
- v) The music must be selected so that if there is any story or theme in the routine it has to be clearly understandable to the audience.
- vi) The music must have an uplifting effect.

### COSTUME: Clarifications to Rule 612.

The following restrictions apply unless otherwise announced by the Ice Dance Technical Committee in a Communication. At ISU Championships and International Competitions, the clothing must be modest, dignified and appropriate for athletic competitions – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.

- a) Ladies must wear a skirt-the skirt must go around her entire waist; however there may be slits in the skirt on one or both sides up to the waist. The Ladies dress must not give the effect of excessive nudity inappropriate for an athletic sport- the majority of the upper body must be covered. Men must wear full-length trousers: no tights are allowed and the man's costume may not be sleeveless. Costumes of either partner must not have so much material or decorations that the bodyline of the skater can not be seen.
- b) Accessories and props are not permitted;
- c) The decorations on costumes must be non-detachable. If a decoration or a part of the costume or hair decoration such as flowers, headbands, ribbons, etc (which are also a part of a costume), falls on the ice during skating, a costume deduction of 1.0 is required by the Referee

## REQUIRED ELEMENTS FOR FREE DANCE SEASON 2010/2011 - SENIOR & JUNIOR

### LIFTS

There is a choice for required lifts:

**SENIOR: either 2 Short Lifts and 1 Long Lift or 4 Short Lifts.**

**JUNIOR: either 1 Short Lift and 1 Long Lift or 3 Short Lifts**

- If the option with the Long Lift is used, each Short Lift must be of different type and a chosen type of difficult pose for the lifted partner and a chosen type of difficult position for the lifting partner is permitted in only one Short Lift or in one part of Long Lift. Change of Pose for Lifted partner may be used twice - in two different types of Short Lifts or in one Short Lift and one part of Long Lift or in two parts of Long Lift. Exception: Reverse Rotational Lift Level 4 Option 2, where the one hand lift may be used in both directions.
- If the option with only Short Lifts is used, only one type of Short Lift may be repeated and a chosen type of difficult pose for the lifted partner and a chosen type of difficult position for the lifting partner is permitted in only one Short Lift. Exception: Change of Pose for Lifted partner may be used in two different types of Short Lifts. Each repeated difficult pose or position will be called by the Technical Panel as "simple" and it will not be considered for the level (see exceptions above).

### In addition:

- **SENIOR:** Up to **two (2)** additional Lifts (up to 6 seconds each) without any requirements for the Level are permitted (provided that they are not illegal), but only the first **three** performed Lifts (in option with 2 Short and 1 Long) or the first **four** (in option with 4 Short) will be identified and considered in determining the level of difficulty. The additional 2 Lift(s) will be considered by the judges in marking the Choreography. However, if a **sixth** Lift (in option with 2 Short and 1 Long) or **seventh** (in option with 4 Short) is performed, it will be considered by the Technical Panel as an Extra Element.
- **JUNIOR:** **One(1)** additional Lift (up to 6 seconds) without any requirements for the Level is permitted (provided that it is not illegal), but only the first **two** performed Lifts (in option with 1 Short and 1 Long) or the first **three** (in option with 3 Short) will be identified and considered in determining the level of difficulty. This additional 1 Lift will be considered by the judges in marking the Choreography. However, if a **fourth** Lift (in option with 1 Short and 1 Long) or **fifth** (in option with 3 Short) is performed, it will be considered by the Technical Panel as an Extra Element.

**Note: Long Lift will have the same value as 2 Short Lifts.**

**Note: No part of the costume may be used as any support in a Lift. If it happens, the deduction of 1.0 will be applied by the Technical Panel and the lift will block a box but will not count for a value.**

**Note: If the Lift does not fit to the phrasing of the music in the Free Dance, the judges must reduce the GOE and the GOE must be in minus.**

**Note: A chosen type of Creative/Difficult entry must be different for each lift to be considered for the level.**

### **ONE (1) DANCE SPIN (chosen from Spin or Combination Spin)**

**Note:** One additional Dance Spin (Spin or Combo Spin) is permitted but only the first performed Dance Spin will be identified and considered in determining the level of difficulty. This additional Dance Spin will be considered by the judges in marking the Component of the Choreography. But the **third** Dance Spin performed will be considered by the Technical Panel as an Extra Element.

**Note:** Note: If the Dance Spin does not fit to the phrasing of the music in the Free Dance, the judges must reduce the GOE and the GOE must be in minus.

**Combined Dance Spin and Lift:** Combined Dance Spin and Lift are permitted but are to be counted as separate elements: i.e. as one of the permitted Lifts and one Dance Spin.

### **TWO (2) DIFFERENT STEP SEQUENCES (IN HOLD)**

**ONE Step Sequence selected from group A) and ONE selected from group B):**

**Group A) Straight Line Step Sequences:**

- a) **Midline:** skated along the full length of the center (long) axis of the ice surface.
- b) **Diagonal:** skated as fully corner to corner as possible.

**AND**

**Group B) Curved Step Sequence (anticlockwise or clockwise):**

- c) **Circular:** utilizing the full width of the ice surface on the short axis of the rink
- d) **Serpentine:** commences in either direction at the center (long) axis at one end of the rink and progresses in **three** bold curves or in **two** bold curves (S-Shaped) and ends at the center (long) axis of the opposite end of the rink; pattern utilizing the full width of the ice surface.

Either Step Sequence must be skated in dance holds or variations thereof except Hand-in Hand hold in the sustained position with fully extended arms. Any separation to change a hold must not exceed one measure of music.

Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops must not be included in either step sequence.

If one of the above not permitted elements (e.g. jumps of more than half (½) rotation, stops or pattern regressions etc.) is included in either Step Sequence in the Free Dance the judges should deduct accordingly for the inclusion of a not permitted element.

If an illegal element is included in either step sequence (e.g. Jump of more than 1 rotation, lying on the ice etc.), the Technical Panel will call the “illegal element” and the entire Step Sequence “No Level”.

**Note:** If the Step Sequence is not skated with the rhythm pattern of the music in the Free Dance, the judges must reduce the GOE and the GOE must be in minus.

### **ONE (1) SET OF SYNCHRONIZED TWIZZLES**

**Note:** Additional Set(s) of Synchronized Twizzles is/are permitted but only the first performed Set will be identified and considered in determining the level of difficulty. Each additional Set of Synchronized Twizzles will be considered by the judges in marking the Component of Choreography.

**Note: Base Values for Required Elements will be updated.**

#### **Restrictions:**

- j) The program must be developed through skating quality rather than through non-skating actions such as sliding on **one** knee, or use of toe steps which should be used only to reflect the character of the dance and underlining rhythm and nuances of the chosen music.  
Touching the ice with hand(s) is/are not permitted.  
Kneeling or sliding on 2 knees and /or sitting on the ice is not permitted and will be considered as a fall and the appropriate deduction will be applied by the Technical Panel.

Ice Dance must be kept separate from Pair Skating and moves such as throw jumps, or jumps where the takeoff is from the body of the Lifting Partner or jump towards the Lifting Partner as an entry to the lift or jump as an exit from Dance Spin, where the Lifted Partner does **more than 1 rotation in the air**, are illegal and the appropriate deduction will be applied by the Technical Panel.

### 3. Levels of Difficulty of Required Elements 2010/2011

#### DANCE SPINS

##### Basic Positions in Dance Spins:

1. **Upright Position:** performed on one foot with skating leg straight or slightly bent and upper body upright (on a nearly vertical axis), arched back or bent to the side. (If the angle between the thigh and shin of the skating leg is less than about 120 degrees, it will be considered as Sit Position.)
2. **Sit Position:** performed on one foot with skating leg bent in a one-legged crouch position and free leg forward, to the side or back. (If the angle between the thigh and shin of the skating leg is more than about 120 degrees, it will be considered as an Upright or Camel Position depending on the other criteria that characterize these Positions.)
3. **Camel Position:** performed on one foot with skating leg straight or slightly bent and body bent forward so that the waist line is horizontal and the core of the body is less than 45 degrees above the horizontal line (if it is more, the position will be considered as Upright) and free leg extended or bent upward on horizontal line or higher. If the angle between the thigh and shin of the skating leg is less than about 120 degrees, it will be considered as Sit Position.

##### Examples of Difficult Variation of Basic Positions:

###### i) for Upright Position:

- a) "Biellmann" type – body upright pulling the boot by the hand above and behind the level of the head (the heel of the boot pulled by the hand above the level of the head);
- b) Full layback with upper body arched back towards the ice or sideways with upper body bent to the side towards the ice\*;
- c) Split with both legs straight and the boot/skate of the free leg held up higher than the head (may be supported by partner);
- d) Upper body arched back or sideways with free foot almost touching the head in a full circle (doughnut/ring)\*.

**Note:** A simple upright spin by one or both is not considered to be a difficult pose.

###### ii) for Sit Position:

- a) Full Sit Position (free leg bent or straight) with free leg directed forward with thigh of skating leg at least parallel to the ice;
- b) Full Sit Position (free leg bent or straight) with free leg directed backward with thigh of skating leg at least parallel to the ice;
- c) Full Sit Position (free leg bent or straight) with free leg directed to the side with not more than 90 degrees between thigh and shin of skating leg;
- d) Full Sit Position (free leg crossed extended behind, and directed to the side) not more than 90 degrees between thigh and shin of skating leg;
- e) Full Sit Position (free leg crossed behind and touching the skating leg) with thigh of skating leg at least parallel to the ice;
- f) Full Sit Position with free leg directed forward with not more than 90 degrees between thigh and shin of skating leg and back of upper body parallel to the ice.

**Note:** A simple sit spin by one or both is not considered to be a difficult position.

###### iii) for Camel Position:

- a) Camel Spin with upper body (shoulder and head) turned upwards – facing up so that the line of the shoulders is at least 45 degrees past the vertical point;
- b) Camel Spin with body nearly horizontal or bent sideways horizontally with head and free foot almost touching (doughnut/ring) \*;
- c) Camel Spin with body nearly horizontal with the heel of the boot pulled by the hand above the level of the head;
- d) Camel Spin with body bent forward to the spinning leg and free leg extended backward and upward up to almost a full split (with the angle between thighs about 180 degrees);
- e) Simple Camel by the man with the free leg on horizontal line or higher.

**Note:** Simple Camel by the lady is not considered to be a difficult position.

\*Maximum a half a blade length between head and blade

##### NOTE:

- Any variation of "doughnut/ring" position mentioned above may be used only once in the spin or combination spin.
- Biellmann and Camel with boot pulled by the hand above the level of the head may not be used for the same partner as two different difficult variations but may be used by other partner.
- Sit Position b) and e) should not be executed right after each other to be considered two different difficult sit positions.

## SPIN

**Definition and Requirements** - A spin skated by the couple together in any hold. It should be started and performed on one foot by both partners simultaneously on the spot around a common axis. Both partners must complete at least 3 full continuous rotations on one foot.

### Calling Specifications for Spins:

**Basic Requirement** for calling a **Spin Level 1** - at least **three (3)** full rotations for both partners on one foot.

1. A Spin will be identified but given NO Level when the couple commences the Spin but at least three full rotations are not completed by both partners.
2. If the spinning movement has been started and a skater is still on two feet for more than ½ rotations, the level will be reduced by 1 level. (Reduce by 2 levels if both partners start on two feet)
3. If a fall occurs at the entrance to or during a spin and is immediately followed by another Spin or Spinning movement (for the purpose of filling time), this additional part will receive no value and will not occupy another spot.
4. If the Spin has commenced and immediately is stopped by fall, stumble or any other reason for interruption it will be called “Spin -No Level” and the element will block a box for Spin.
5. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after the Spin has commenced and the Spin continues on one foot by each partner after touchdown without interruption, its Level will be determined according to the requirements fulfilled and reduced by 1 level per touchdown. But if one of the partners (or both) remains on 2 feet to reestablish the Spin for more than ½ rotation and requirements at least for Level 1 are fulfilled it will be called Level 1, otherwise it will be called “Spin NO Level”.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<p>A Spin that does not meet level 2, 3 or 4 requirements but meets the Basic Requirement and Calling Specifications for a Spin.</p> <p>Spinning movement started on one foot by both partners</p> <p><b>AND</b></p> <p>Both at least <b>3</b> full continuous rotations on one foot by both partners</p>	<p>Spinning movement started on one foot by both partners</p> <p><b>AND</b></p> <p>Both at least <b>4</b> full continuous rotations</p> <p><b>AND</b></p> <p><b>1</b> difficult different variation from any type of Basic Position for each partner (for at least <b>2</b> rotations in a fully established position).</p>	<p>Spinning movement started on one foot by both partners</p> <p><b>AND</b></p> <p>Both at least <b>5</b> full continuous rotations</p> <p><b>AND</b></p> <p><b>2</b> different difficult variations from <b>2</b> different types of Basic Positions (1 difficult variation from 1 type of Basic Position for one partner and 1 different difficult variation from different type of Basic Position for the other partner performed simultaneously) - each difficult variation for at least <b>5</b> rotations in a fully established position.</p> <p><b>OR</b></p> <p><b>3</b> difficult different variations in <b>3</b> different types of Basic Positions for one partner <b>or</b> <b>2</b> difficult different variations in <b>2</b> different types of Basic Positions by one partner and 1 from the 3<sup>rd</sup> type of Basic Position for the other partner (each difficult variation for at least <b>2</b> rotations in a fully established position).</p>	<p>Spinning movement started on one foot by both partners</p> <p><b>AND</b></p> <p>Both a total of at least <b>6</b> full continuous rotations</p> <p><b>AND</b></p> <p><b>OPTION 1</b></p> <p>At least <b>4</b> different difficult variations from <b>3</b> different types of Basic Positions (2 for both partners or 3 difficult variations in at least 2 different types of Basic Positions for one partner and 1 for the other partner). At least one difficult variation must be performed by partners simultaneously - (each difficult variation for at least <b>2</b> rotations in a fully established position).</p> <p><b>OPTION 2</b></p> <p>Change of direction of rotation during Spin for both partners (<u>with at least 2 rotations in both directions in a fully established position</u>)</p> <p><b>AND</b></p> <p><b>3</b> different difficult variations from all 3 Basic Positions (each difficult variation for at least <b>2</b> rotations in a fully established position).</p>

## COMBINATION SPIN

**Definition and Requirements** - A spin performed as above after which a change of foot to the other foot is made by both partners simultaneously and further rotations occur. A change of foot means change to the other foot". Both partners must complete at least 3 rotations on one foot, followed by a change to the other foot for both simultaneously and 3 further rotations on the other foot with no more than ½ rotations on 2 feet during the "change of feet".

**Basic Positions & Examples of Difficult Variations of Basic Positions: See Dance Spins.**

### Calling Specifications for Combination Spins:

**Basic Requirement** for calling a Combination Spin Level 1 - at least three (3) full rotations for both parts of the Spin on one foot by each partner of the Combination Spin.

1. A Combination Spin will be identified as a "Combination Spin No Level" when both partners change feet and commence the entry edge to the second part of the Combination Spin but three full rotations are not completed by one or both partners in either part of the Combination Spin.
2. If one of the partners does not change foot (to the other foot) in the Combination Spin, it will be called a Spin Level 1.
3. If the spinning movement has been started and a skater is still on two feet for more than ½ rotation, the level will be reduced by 1 level. (Reduce by 2 levels if both partners start on two feet)
4. If there is more than 1/2 rotation on 2 feet during the change of foot the level will be reduced by 1 level. (Reduce by 2 levels if both partners stay on two feet).
5. If a fall occurs at the entrance to or during a Combination Spin and is immediately followed by another Spin or Spinning movement (for the purpose of filling time) this additional part will receive no value and will not occupy another spot.
6. If the Combination Spin has commenced and immediately is stopped by fall, stumble or any other reason for interruption and its type can not be identified it will be called "Spin -No Level and the element will block a box for Spin.
7. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after the Combo Spin has commenced and the Combo Spin continues on one foot by each partner after touchdown (without interruption) its Level will be determined according to the requirements fulfilled and reduced by 1 level per touchdown. But if one of the partner (or both) remains on 2 feet to reestablish the spin for more than ½ rotation and requirements at least for Level 1 are fulfilled it will be called Level 1, otherwise it will be called "Combo Spin NO Level".

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<p>A Combination Spin that does not meet level 2, 3 or 4 requirements but meets the Basic Requirement and Calling Specifications for a Combination Spin:</p> <p>Spinning movement started on one foot by both partners</p> <p><b>AND</b></p> <p>Both partners skate at least <b>3</b> full continuous rotations on one foot followed by at least <b>3</b> full continuous rotations on the other foot by both partners.</p>	<p>Spinning movement started on one foot by both partners</p> <p><b>AND</b></p> <p>Both partners skate at least <b>3</b> full continuous rotations on one foot followed by at least <b>3</b> full continuous rotations on the other foot by both partners.</p> <p><b>AND</b></p> <p><b>2</b> different difficult variations from <b>2</b> different types of Basic Positions (each difficult variation for at least rotations in a fully established <b>3</b> position) (1 for one partner and 1 for the other partner or 2 different variations in at least 2 different types of Basic Positions for one partner.)</p>	<p>Spinning movement started on one foot by both partners</p> <p><b>AND</b></p> <p>Both partners skate at least <b>3</b> full continuous rotations on one foot followed by at least <b>3</b> full continuous rotations on the other foot by both partners.</p> <p><b>AND</b></p> <p><b>OPTION 1</b></p> <p><b>3</b> different difficult variations from <u><b>3 different</b></u> types of Basic Positions (each difficult variation for at least <b>3</b> rotations in a fully established position) (2 for one partner and 1 for the other partner or 3 difficult variations in at least 2 different types of Basic Positions for one partner).</p> <p><b>OPTION 2</b></p> <p>Different direction (clockwise or anticlockwise) of rotation for each part of the Combination Spin for both partners</p> <p><b>AND</b></p> <p><b>2</b> different difficult variations from 2 different types of Basic Positions (each difficult variation for at least <b>3</b> rotations in a fully established position)</p>	<p>Spinning movement started on one foot by both partners</p> <p><b>AND</b></p> <p>Both partners skate at least <b>3</b> full continuous rotations on one foot followed by at least <b>3</b> full continuous rotations on the other foot by both partners.</p> <p><b>AND</b></p> <p><b>OPTION 1</b></p> <p><b>4</b> different difficult variations from all <b>3</b> Basic Positions (each difficult variation for at least <b>3</b> rotations in a fully established position) (2 for both partners or 3 difficult variations in at least 2 different types of Basic Positions for one partner and 1 for the other partner.)</p> <p><b>OPTION 2</b></p> <p>Different direction (clockwise or anticlockwise) of rotation for each part of the Combination Spin for both partners</p> <p><b>AND</b></p> <p><b>3</b> different difficult variations from all 3 Basic Positions (each difficult variation for at least <b>3</b> rotations in a fully established position).</p>

## LIFTS

**Definition and Requirements:** (must be in accordance with Rule 604, paragraph 16)

Dance Lift (definition) – A movement in which one of the partners is elevated with active and/or passive assistance of the other partner to any permitted height, sustained there and set down on the ice. Any rotations and positions and changes of such positions during the lift are permitted. Lifts should enhance the music chosen and express its character and should be performed in an elegant manner without obvious feats of strength and awkward and/or undignified actions and poses.

**Short Lift - duration of following lifts up to maximum of 6 seconds:**

- a) **Stationary Lift** - A lift which is executed "on the spot" (stationary location) by the lifting partner who may or may not be rotating.
- b) **Straight Line Lift** - A lift in which the lifting partner travels in a straight line in any position on one foot or two feet.
- c) **Curve Lift** - A lift in which the lifting partner travels on one curve (lobe) in any position on one foot or two feet.
- d) **Rotational Lift** - A lift in which the lifting partner rotates in one (clockwise or anti-clockwise) direction while traveling across the ice.

**Long Lift - duration of following lifts up to maximum of 12 seconds:**

- e) **Reverse Rotational Lift** - A lift in which the lifting partner rotates in one direction (clockwise or anti-clockwise) and then in the other direction while traveling across the ice.
- f) **Serpentine Lift** - A lift in which the lifting partner travels on two different curves of approximately similar curvature and duration. The change of direction of the pattern may incorporate a turn of not more than ½ rotation. The pattern must be serpentine shaped ("S"). After the completion of the 2 curves the couple may skate additional curves or rotate but this will not be counted.
- g) **Combination Lift** - A lift combining two of the above "types" of lifts a), b), c) and d). It must have 2 fully established approximately equal parts or will be assessed as a single lift determined by the larger part. A further part may be added to the combo (such as a curve, or rotation) provided it is within the allowable time but will not be counted.

**There is a choice for required lifts:**

**SENIOR: either 2 Short Lifts and 1 Long Lift or 4 Short Lifts.**

**JUNIOR: either 1 Short Lift and 1 Long Lift or 3 Short Lifts**

- If the option with the Long Lift is used, each Short Lift must be of different type and a chosen type of difficult pose for the lifted partner and a chosen type of difficult position for the lifting partner is permitted in only one Short Lift or in one part of Long Lift. Change of Pose for Lifted partner may be used twice - in two different types of Short Lifts or in one Short Lift and one part of Long Lift or in two parts of Long Lift. Exception: Reverse Rotational Lift Level 4 Option 2, where the one hand lift may be used in both directions.
- If the option with only Short Lifts is used, only one type of Short Lift may be repeated and a chosen type of difficult pose for the lifted partner and a chosen type of difficult position for the lifting partner is permitted in only one Short Lift. Exception: Change of Pose for Lifted partner may be used in two different types of Short Lifts A chosen type of difficult pose for the lifted partner and a chosen type of difficult position for the lifting partner is permitted in only one Short Lift or in one part of Long Lift. Each repeated difficult pose or position will be called by the Technical Panel as "simple" and it will not be considered for the level. (see exceptions above).

**Note: SENIOR:** Up to **two (2)** additional Lifts (up to 6 seconds each) without any requirements for the Level are permitted (provided that they are not illegal), but only the first **three** performed Lifts (in option with 2 Short and 1 Long) or the first four (in option with 4 Short) will be identified and considered in determining the level of difficulty. The additional 2 Lift(s) will be considered by the judges in marking the Choreography. However, if a **sixth** Lift (in option with 2 Short and 1 Long) or **seventh** (in option with 4 Short) is performed, it will be considered by the Technical Panel as an Extra Element.

**JUNIOR: One (1)** additional Lift (up to 6 seconds) without any requirements for the Level is permitted (provided that it is not illegal), but only the first **two** performed Lifts (in option with 1 Short and 1 Long) or the first three (in option with 3 Short) will be identified and considered in determining the level of difficulty. This additional 1 Lift will be considered by the judges in marking the Choreography. However, if a **fourth** Lift (in option with 1 Short and 1 Long) or **fifth** (in option with 3 Short) is performed, it will be considered by the Technical Panel as an Extra Element.

**Note: Long Lift will have the same value as 2 Short Lifts.**

**Note: The following movements and/or poses during the lift are not allowed and will be called Illegal:**

- lifting hand(s) of the lifting partner higher than his head\*
- lying or sitting on the partner's head;
- sitting or standing on the partner's shoulder, back;
- lifted partner in upside down split pose (with angle between thighs more than 45 degrees)\*\*.
- lifting partner swinging the lifted partner around by holding the skate(s)/boot(s) or leg(s) only and/or by holding the hand(s) with full arm extension by both partners.

\*It is **NOT** considered as an illegal lift if:

- the point of contact of the lifting hand/arm of the lifting partner with any part of the body of the lifted partner is not sustained higher than the lifting partner's head;
- the lifting hand/arm which is used for support or balancing only or which touches any part of the body of the lifted partner is not sustained by the lifting partner higher than his head for more than 2 seconds.

*\*\* A brief movement through an upside down split pose (with any angle between thighs) will be permitted if it is not established (sustained) or if it is used only to change of pose.*

**Note:** If the Lift does not fit to the phrasing of the music in the Free Dance, the judges must reduce the GOE and the GOE must be in minus.

**Some Examples:**

**a) Difficult Pose for Lifted partner** (must be held for at least 3 seconds):

- full split - when the legs of the lifted partner are extended in one line with the angle between thighs about 180 degrees and not just a V;
- full “Biellmann” - body upright pulling the boot by the hand behind and the heel of the boot above the level of the head;
- full doughnut/ring- upper body arched back, holding one or both legs close to the head in a full circle (maximum a half a blade length between head and blade);
- upside down combined with difficult hold;
- from a vertical position lady is cantilevered out - lady’s torso extended away from the man and the only one additional point of support are the hands;
- balancing in a horizontal position with only one additional point of support;
- leaning out (forwards or backwards) where the only one additional point of support are the legs;
- full layback with arched pose with no support from the lifting partner above the thigh;
- extending out with the majority of body weight in a horizontal line with the only one additional point of support being shoulders and/ or upper back. The Technical Panel is to be strict on the “horizontal line” in order to consider this as a difficult pose.

**Note:** full “Biellmann and full doughnut/ring – may **NOT** be used by the lifted partner as two different difficult variations.

**b) Change of Pose:** Lifting partner changes hold and Lifted partner changes hold and body pose so that it is a significant change (i.e., a photographer would produce two different photos). A mere change of position of arm(s) and/or legs is not enough to constitute a change of pose. Only changing to the reverse side (mirror) or changing the height of the body is not enough. The change of pose and hold must occur simultaneously. Each pose, preceding and following the change must be clearly defined and the first pose must be attained and clearly shown prior to the change to the second pose.

**Note:** Only 2 different types of spread eagle positions from 3 types mentioned above can be used and if Ina Bauer position (skated on same edges) is also used it must **NOT** be performed on the same edges as the above mentioned type(s) of spread eagle. Otherwise the position performed on the same (repeated) edges will **NOT** be considered for the level.

**c) Difficult Position for Lifting Partner** (must be held for at least 3 seconds):

- one foot;
- shoot the duck (thigh at least parallel to the ice) with any position of free leg;
- spread eagle – inside: same edges (one forward one backward) on the same curve;
- spread eagle – outside: same edges (one forward one backward) on the same curve;
- spread eagle – on a straight line (for Straight Line Lift only); same edges (one forward one backward) on the same line;
- Ina Bauer; same or different edge (one forward one backward) on parallel tracing);
- full crouch with two knees bent (thighs at least parallel to the ice) on two feet; except Stationary Lift if not rotating;
- full crouch with one knee bent (thigh at least parallel to the ice) on two feet with one leg extended to side, except Stationary Lift if not rotating;
- full lunge / drag (thigh at least parallel to the ice) with any position of free leg, except Stationary Lift if not rotating;
- one hand lift.

**Note:** Only 2 different types of spread eagle positions from 3 types mentioned above can be used and if Ina Bauer position (skated on same edges) is also used it must **NOT** be performed on the same edges as the above mentioned type(s) of spread eagle. Otherwise the position performed on the same (repeated) edges will **NOT** be considered for the level.

**d) Examples of Groups of Creative/Difficulty entry:**

- a) Unexpected entry without any evident preparation.
- b) Entry from a difficult position for the lifting partner (see paragraph c) above); the difficult position must be reached before the lifted partner leaves the ice.
- c) Entry from a difficult transition by the lifting partner: series of **at least two** difficult turns (e.g. Bracket; Choctaw; Counter, Open Mohawk, etc.) before the lift (but not progressives).
- d) Significant transitional movement by the lifted partner to reach the desired pose - while establishing the final pose, the lifted partner performs a significant transitional movement. This is not the same as a change of pose, because the transitional movement is not established. It is just used for transition.

**Note:** A chosen type/variation of Creative/Difficult entry must be **different for each lift** The repeated type/variation of Creative/Difficult entry will be ignored by the Technical Panel and it will not be considered for the Level. The types/variations of Difficult Creative entries may be chosen from the different groups a), b), c) and d) mentioned above and/or among the different variations within these groups but in any case the difference must be obvious.

**Note:** Only 2 different types of spread eagle positions from 3 types mentioned above can be used and if Ina Bauer position (skated on same edges) is also used it must **NOT** be performed on the same edges as the above mentioned type(s) of spread eagle. Otherwise the position performed on the same (repeated) edges will **NOT** be considered for the level.

**Calling Specifications for Lifts:** a Lift is a movement in which one of the partners is elevated with active and/or passive assistance of the other partner to any permitted height, sustained there and set down on the ice. A brief movement in which both skates of one of the partners may leave the ice with support by the other partner and the lifted partner is not sustained in the air is not considered as a Lift. No part of the costume may be used as any support in a Lift. If it happens, the deduction of 1.0 will be applied by the Technical Panel and the lift will block a box but will not count for a value.

These are the following calling specifications for **Lifts Level 1:**

- a) Stationary Lift: While on the spot and lifted partner is held off the ice for at least 3 seconds. If the lifted partner is sustained less than 3 seconds it will be called Stationary Lift NO Level.
  - b) Straight Line Lift: On an identifiable straight line while traveling and lifted partner is held off the ice for at least 3 seconds. If the lifted partner is sustained less than 3 seconds it will be called Straight Line Lift NO Level.
  - c) Curve Lift: On an identifiable curve while traveling and lifted partner is held off the ice for at least 3 seconds. If the lifted partner is sustained less than 3 seconds it will be called Curve Lift NO Level.
  - d) Rotational Lift: Lifted partner is held off the ice for at least 3 rotations and lifting partner moves through at least 3 rotations. If there are less than 3 rotations (and more than 1 rotation) it will be called Rotational Lift NO Level.
  - e) Reverse Rotational Lift: Lifted partner is held off the ice for at least 2 rotations in each direction and lifting partner moves through at least 4 rotations (with at least 2 rotations in each direction). If there are less than 2 rotations (and more than 1 rotation) in either direction it will be called Reverse Rotational Lift NO Level (if there is less than 1 rotation in the second direction it will be called Rotational Lift + Combo).
  - f) Serpentine Lift: At least 2 identifiable curves while traveling and lifted partner is held off the ice for at least 3 seconds on each direction. If the lifted partner is sustained less than 3 seconds in each direction, it will be called a Serpentine Lift NO Level. (If there is not a second identifiable curve it will be called a Curve Lift + Combo).
  - g) Combination Lift: See rules for each part of a) b) c) d) above. Two different lifts from group a), b), c) and d) only must be skated. If one of the parts of the Combination Lift is not identifiable, the performed part of the lift will be called with the Level + Combo.
1. One rotation at the beginning or end of any non-rotational lift is considered part of the entry or exit (e.g. out of Curve lift).
  2. For all rotational lifts, the movement through the change of position will be counted if it occurs during rotation, but not on entry or exit, and will not count if rotation stops, change occurs and then rotation continues. Also, the rotations will only be counted if the lift is traveling. If the traveling action is stopped, the additional rotations on the spot will not be counted as part of the rotational lift.
  3. For the Combination Lift, because only lift types a), b), c) and d) are permitted:
    - a) if a couple skate an e) or f) lift as the first part of the Combination Lift, the Reverse Rotational (e) or Serpentine (f) Lift will be identified and called as it was performed and the remaining part of the lift will be ignored and not counted in determining the Level;
    - b) if a couple skate an e) or an f) lift as the second part of the Combination Lift, that part of the lift will be identified as a Rotational or Curve, and the lift be identified and called as it was performed and the remaining part of the lift will be ignored and not counted in determining the Level;
    - c) if the choice is Straight Line + Curve, the pattern must be clearly skated, or the lift may be called a Curve or Straight Line, or Serpentine depending on the pattern.
  4. If an error occurs in the first or second part of a planned Long Lift (Combination, Reverse Rotational, Serpentine), so that the other part of the Lift does not have the minimum requirements to be called, then the Technical Panel will call the performed part of the lift with the reached level + COMBO (the word "Combo" means an intention to skate one of the types of the Long Lift). *(For example, if an error occurs in the first part of a Serpentine Lift and the basic requirements for the second curve are not fulfilled, this lift will be called CuLi with the performed level + COMBO. If another Curve Lift is performed in the program, it can then be counted for points, because the Curve Lift is not repeated.)*
  5. If a program begins with the partner in a lift before the music starts, the duration of the lift will be counted when one of the partners begins to move.
  6. If a program concludes with a partner in a lift, the duration of the lift will be calculated until the movement stops completely.
  7. A one hand lift "without any means of support" requires that there is no contact other than the lifting partner's hand/arm and the lifted partner. Contact at the lifting partner's shoulder and/or any part of his body (except lifting hand/arm) is incorrect.
  8. If the change of pose does not meet the requirements, the Level of the lift will be identified according to the requirement to the lift fulfilled.
  9. If there a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after the Lift has commenced and the Lift continues after touchdown (without interruption) its Level will be determined according to the requirements fulfilled and reduced by 1 level per touchdown (in Combo Lift only the Level of the Lift that had a touchdown will be reduced by 1 level).
  10. If the Lift has commenced and immediately is stopped by fall, stumble or any other reason for interruption and it's type can not be identified it will be called "Lift -No Level " and the element will **block a box for lifts**.
  11. If the Lifting Partner stops continuous rotation during a Rotational Lift (Lifting Partner rotates for while, stops rotation, and then continues to rotate some more), the feature for the Lifted Partner is affected in the following way:
    - If the Lifted Partner is in a difficult position when the rotation stops, the Level is reduced by one.

-If the Lifted Partner is executing a change of position when the rotation stops, the feature does not count as difficult.  
 -If the Lifting Partner stops traveling, the rotations and features do not count from that point on.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<b>Duration of following lifts up to maximum of 6 seconds:</b>			
<b>a) STATIONARY LIFT, b) STRAIGHT LINE LIFT, c) CURVE LIFT</b>			
<p>A Lift that does not meet level 2, 3 or 4 requirements but meets the Basic Requirement and Calling Specifications for the Lift:  <b>Lifted partner:</b>            Is held off the ice for at least 3 seconds</p>	<p><b>OPTION 1</b>  <b>Lifted partner:</b>            Sustains a difficult pose (for at least 3 seconds)  <b>OR</b>            moves through a significant change of pose.  <b>OPTION 2</b>  <b>Lifting partner:</b>            Sustains a difficult position (for at least 3 seconds).</p>	<p><b>OPTION 1</b>  <b>Lifted partner:</b>            Sustains a difficult pose (for at least 3 seconds)  <b>OR</b>            moves through a significant change of pose  <b>AND</b>  <b>Lifting partner:</b>            Sustains a difficult position (for at least 3 seconds)</p>	<p><b>Lifted and Lifting partners:</b>            Requirements for level 3  <b>AND</b>            creative / difficult entry.</p>
<b>d) ROTATIONAL LIFT</b>			
<p>A Rotational Lift that does not meet level 2, 3 or 4 requirements but meets the Basic Requirement and Calling Specifications for a Rotational Lift.  <b>Lifted partner:</b>            Is held off the ice through 3 rotations  <b>AND</b>  <b>Lifting partner:</b>            moves through at least 3 rotations</p>	<p><b>OPTION 1</b>  <b>Lifted partner:</b>            In a difficult pose through at least 3 rotations  <b>OR</b>            a significant change of pose during rotations  <b>AND</b>  <b>Lifting partner:</b>            at least 4 rotations  <b>OPTION 2</b>  <b>Lifting partner:</b>            One Hand/Arm Lift (without any other means of support)  <b>AND</b>            at least 2 rotations in one hand hold.</p>	<p><b>OPTION 1</b>  <b>Lifted partner:</b>            In a difficult pose through at least 4 rotations  <b>OR</b>            A significant change of pose during rotations  <b>AND</b>  <b>Lifting partner:</b>            at least 5 rotations  <b>OPTION 2</b>  <b>Lifting partner:</b>            One Hand/Arm Lift (without any other means of support)  <b>AND</b>            at least 3 rotations in one hand hold</p>	<p><b>OPTION 1</b>  <b>Lifted and Lifting partners:</b>            Requirements for Level 3 <b>Option 1</b>  <b>AND</b>            creative/difficult entry  <b>OPTION 2</b>  <b>Lifted partner:</b>            in a difficult pose through at least 5 rotations  <b>OR</b>            A significant change of pose during rotations  <b>AND</b>  <b>Lifting partner:</b>            at least 6 rotations.  <b>OPTION 3</b>  <b>Lifting partner:</b>            One Hand/Arm Lift (without any other means of support)  <b>AND</b>            at least 3 rotations in one hand hold  <b>(One hand only must be used to lift, hold and set down the partner )</b></p>

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<b>e) REVERSE ROTATIONAL LIFT</b>			
<b>Duration of this type of lift up to maximum of 12 seconds</b>			
<p>A Reverse Rotational Lift that does not meet level 2, 3 or 4 requirements but meets the Basic Requirement and Calling Specifications for a Reverse Rotational Lift.</p> <p><b>Lifted partner:</b> Is held off the ice through <b>4</b> rotations</p> <p><b>AND</b></p> <p><b>Lifting partner:</b> moves through at least <b>4</b> rotations (with at least <b>2</b> rotations in each direction)</p>	<p><b>ON 1</b></p> <p><b>Lifted partner:</b> in a difficult pose for at least <b>2</b> rotations during one direction</p> <p><b>OR</b></p> <p>one significant change of pose during the rotation in one direction</p> <p><b>AND</b></p> <p><b>Lifting partner:</b> moves through at least <b>5</b> rotations (with at least <b>2</b> rotations in either direction)</p> <p><b>OPTION 2</b></p> <p><b>Lifting partner:</b> One Hand/Arm Lift in one of the directions for at least <b>2</b> rotations (without any other means of support) except during change of direction</p> <p><b>AND</b></p> <p>moves through at least <b>4</b> rotations (with at least <b>2</b> rotations in each direction)</p>	<p><b>OPTION 1</b></p> <p><b>Lifted partner:</b> in a difficult pose for at least <b>3</b> rotations during both directions</p> <p><b>OR</b></p> <p>in a difficult pose for at least <b>3</b> rotations during one direction</p> <p><b>AND</b></p> <p>one significant change of pose during the rotation in the other direction</p> <p><b>AND</b></p> <p><b>Lifting partner:</b> moves through at least <b>6</b> rotations (with at least <b>3</b> rotations in each direction)</p> <p><b>OPTION 2</b></p> <p><b>Lifting partner:</b> One Hand/Arm Lift in both directions for at least <b>2</b> rotations in each direction (without any other means of support except during change of direction)</p> <p><b>AND</b></p> <p>moves through at least <b>5</b> rotations (with at least <b>2</b> rotations in either direction)</p> <p><b>OPTION 3</b></p> <p><b>Lifting partner:</b> One hand/arm lift during one direction for at least <b>3</b> rotations</p> <p><b>AND</b></p> <p><b>Lifted partner:</b> In a difficult pose during the other direction for at least <b>3</b> rotations</p> <p><b>OR</b></p> <p>one significant change of pose during the rotation in the other direction</p> <p><b>AND</b></p> <p>moves through at least <b>3</b> rotations in each direction</p>	<p><b>OPTION 1</b></p> <p><b>Lifted and Lifting partners:</b> Requirements for Level 3 <b>Option 1 or Option 3</b></p> <p><b>AND</b></p> <p>creative/difficult entry</p> <p><b>OPTION 2</b></p> <p><b>Lifting partner:</b> One Hand/Arm Lift in both directions for at least <b>2</b> rotations in each direction (without any other means of support except during change of direction)</p> <p><b>AND</b></p> <p>moves through at least <b>5</b> rotations (with at least <b>2</b> rotations in either direction)</p> <p><b>AND</b></p> <p><b>One hand only must be used to lift, hold and set down the partner</b></p> <p><b>OPTION 3</b></p> <p><b>Lifted partner:</b> significant change of pose during the rotation in both directions</p> <p><b>AND</b></p> <p><b>Lifting partner:</b> moves through at least <b>6</b> rotations (with at least <b>3</b> rotations in each direction)</p>

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<b>f) SERPENTINE LIFT</b>			
<b>Duration of this type of lifts up to maximum of 12 seconds</b>			
<p>A Serpentine Lift that does not meet level 2, 3 or 4 but meets the basic requirement and calling specifications of Serpentine Lift. (Must have two similar curves with no more than ½ rotation between curves)</p> <p><b>Lifted partner:</b> Is held off the ice for at least 3 seconds for both curves.</p>	<p><b>OPTION 1</b> <b>Lifted partner:</b> Sustains a different difficult pose for 3 seconds on both curves <b>OR</b> significant change of pose during both curves <b>OR</b> a combination of the above (one change of pose on 1 curve and difficult pose on other for 3 seconds) <b>OPTION 2</b> <b>Lifted partner:</b> Sustains a difficult pose for 3 second on one curve <b>OR</b> significant change of pose during one curve <b>AND</b> <b>Lifting partner:</b> Sustains a different difficult position for 3 seconds on one curve. <b>OPTION 3</b> <b>Lifting partner:</b> Sustains a different difficult position for 3 seconds on both curves.</p>	<p><b>Lifted partner:</b> Sustains a different difficult pose for 3 seconds on both curves <b>OR</b> significant change of pose during both curves <b>OR</b> a combination of the above (one change of pose on 1 curve and difficult pose on other for 3 seconds) <b>AND</b> <b>Lifting partner:</b> Sustains a different difficult position for 3 seconds on both curves</p>	<p><b>Lifted and Lifting partners:</b> Requirements for level 3 <b>AND</b> creative /difficult entry</p>
<b>g) COMBINATION LIFT</b>	<p>For level requirements please refer to paragraphs a), b), c) and d). If both parts of the Combination Lift are executed with requirements for Level 3 and a creative/difficult entry is used for the first part of the Lift - it counts for both its parts and increases the Level to 4. If only the 2<sup>nd</sup> part of the Combination Lift is executed with the requirements for Level 3 and a Creative/Difficult entry is used in the first part of the Combination Lift the second part of this Combination Lift is still upgraded to Level 4</p>		
<b>Duration of this type of lifts up to maximum of 12 seconds</b>			

## SET OF TWIZZLES

### Definition and Requirements:

A traveling turn on one foot with one or more rotations which is quickly rotated with a continuous (uninterrupted) action (for definition of Twizzles see Rule 604 paragraph 14 a), b).

The 4 different types of entry edges on Twizzles are:

- FI - Forward Inside
- FO - Forward Outside
- BI - Backward Inside
- BO - Backward Outside

(There are 8 different edges if you include right and left feet, but only **4 general entry edges** as above)

1. A Set of twizzles is comprised of 2 twizzles on one foot for both partners that travel across the ice. (If the action stops they become spin(s). Only the first two Twizzles in a set of Twizzles will be considered by the Technical Panel to determine its Level of Difficulty.
2. No stops are permitted before the first and/or second Twizzle.
3. For Free Dance – Set of “Synchronized Twizzles” – no more than 3 steps between twizzles are permitted.

### Calling Specifications for Set of Twizzles:

Basic Requirement for calling a Set of Twizzles (Sequential or Synchronized Twizzles) Level 1 is that both partners completes at least one full rotation for both twizzles.

The Technical Panel determines the level of Twizzles according to the present criteria. If any part of the Twizzle becomes a spin or checked three turns it affects the level. If 1 or 2 of the 4 Twizzles are spins or checked three turns, the Twizzles are downgraded by **one** level. If 3 or 4 Twizzles are spins or checked three turns, the Twizzles are downgraded by **two** levels.

A set of Synchronized Twizzles will be identified but given no level when both partners skate only 1 Twizzle each.

1. If one or both partners touch(es) the free leg/foot and/or hand(s) down during the execution of the Twizzle, the level will be assessed in accordance with the number of clean rotations before the touchdown. If both partners touch the free leg/foot and/or hand(s) down at the first or second Twizzle before one (1) full rotation is completed, the Set of Synchronized Twizzles will be identified and called “Twizzles – No Level”
2. If skaters perform a three turn, check rotation and then start a Twizzle, the entry edge and number of rotation of that Twizzle will be counted after the three turn from the starting edge of the proper Twizzle.
3. If there is a full stop before or between Twizzles the level of the Twizzles will be reduced by one Level per stop.
4. If there is more than 1 step between Twizzles in the Set of Sequential Twizzles or more than 3 steps in the Set of Synchronized Twizzles performed by one partner the level of Twizzles will be reduced by one Level. If this mistake was made by both partners the level of Twizzles will be reduced by two Levels.
5. For Option 2 only: If there are more than 2 movement/turns between Twizzles performed by one partner the level of Twizzles will be reduced by one Level. If this mistake was made by both partners the level of Twizzles will be reduced by two Levels.
6. For Twizzles Levels 2, 3 & 4, Option 1 and Option 2 if the features from groups A and B are used: The ‘additional feature’ must be held for the number of rotations required for the level, but up to 1/2 a rotation is permitted before the feature is fully achieved. If the rotational requirements are met but the feature(s) are not held for the required number of rotations, the level will be reduced by one for each rotation for which the feature is not held (e.g. if Twizzles are otherwise level 4 but the feature (s) is only held for 3 rotations by either partner, they will be given a level 3).
7. The Third Twizzle to be considered as an “additional feature” must be performed correctly. If any part of the Third Twizzle becomes a spin or checked three turns or it is started with incorrect entry edge it will be ignored by the Technical Panel and it will not be considered for the Level.
8. For Twizzles Level 4 Option 1: If two “additional features” are skated in the same Twizzle (in the first or second), both features must be done at the same time.
9. For Twizzles Level 2, 3 & 4, Option 2 only: If a couple during the movement/turn touches down with the free foot or adds a push with the free foot, the set of Twizzles will be considered as an Option 1 type which requires Option 1 additional features to attain the same level.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<p>Twizzles that do not meet Level 2, 3, or 4 requirements but meet Basic Requirements and Calling Specifications for Twizzles</p> <p><u>Both partners complete at least one full rotation in each of two twizzles.</u></p>	<p>Different entry edge, Different direction of rotation</p> <p><b>AND</b></p> <p><b>OPTION 1</b> Both Twizzles at least <b>2</b> rotations with change of foot, or step(s) between Twizzles</p> <p><b>AND</b></p> <p><b>*2</b> different additional features in total for both partners chosen from the list below (could be from the same Group).</p> <p><b>OPTION 2****</b> Both Twizzles at least 2 rotations on one foot without change of foot.</p> <p><b>AND</b></p> <p><b>1</b> additional feature in total for both partners chosen from the list below</p>	<p>Different entry edge, Different direction of rotation</p> <p><b>AND</b></p> <p><b>OPTION 1</b> Both Twizzles at least <b>3</b> rotations with change of foot, or step(s) between Twizzles.</p> <p><b>AND</b></p> <p><b>** 2</b> different additional features in total for both partners chosen from the list below (must be from 2 different Groups)</p> <p><b>OPTION 2****</b> Both Twizzles at least 3 rotations on one foot without change of foot</p> <p><b>AND</b></p> <p><b>* 2</b> different additional features in total for both partners chosen from the list below (could be from the same Group)</p>	<p>Different entry edge, Different direction of rotation</p> <p><b>AND</b></p> <p><b>OPTION 1</b> Both Twizzles at least <b>4</b> rotations with change of foot, or step(s) between Twizzles.</p> <p><b>AND</b></p> <p><b>*** 3</b> different additional features in total, for both partners chosen from the list below (<b>3</b> must be from <b>3</b> different Groups)</p> <p><b>OPTION 2****</b> Both Twizzles at least 4 rotations on one foot without change of foot.</p> <p><b>AND</b></p> <p><b>** 2</b> different additional features in total for both partners chosen from the list below (must be from different Groups)</p>
<p><b>Examples of Additional Features:</b> (To be executed simultaneously by both partners. Each Additional Feature must be done in such way as to be easily recognized by the Technical Panel).</p>			
<p><b>Group A - Upper body and hands</b></p> <ul style="list-style-type: none"> <li>• Elbow(s) at least level with or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).</li> <li>• Significant continuous motion of arms during required number of rotations.</li> <li>• Core of body is shifted off of vertical axis.</li> <li>• Hands clasped behind back &amp; extended away from the body .</li> <li>• <u>Straight arms clasped in front &amp; extended away from the body (between the waist and chest level and lower than the level of shoulder)</u></li> <li>• <u>Executing twizzles with the head bent all the back with the face to the ceiling</u></li> </ul>		<p><b>Group B - Skating leg and free leg</b></p> <ul style="list-style-type: none"> <li>• Free leg crossed behind above the knee.</li> <li>• Free leg extended to the side or backward at least 45 degree angle from the vertical.</li> <li>• Sit position (at least 90 degrees between the thigh and shin of the skating leg).</li> <li>• Changing the level of the skating leg (knee) during rotations with a continuous motion.</li> <li>• Coupee in front or behind with free foot at least at the top of the calf and hip in fully open position.</li> <li>• Attitude front, behind or to the side in at least 45 degrees, with free leg bent or extended.</li> <li>• Holding the blade or boot of the free foot.</li> </ul>	
<p style="text-align: center;"><b>Group C</b></p> <ul style="list-style-type: none"> <li>• <u>Both partners perform a Third Twizzle of at least 3 rotations started with different entry edge than the first two Twizzles (number of steps between all 3 twizzles must be equal and it depends on the type of Set of Twizzles performed – Sequential, Synchronized or without change of foot).</u></li> <li>• <u>Clear change of side - both partners cross pattern at least once during the rotation.</u></li> <li>• <u>Set of Twizzles performed side by side in opposite direction (mirror).</u></li> <li>• <u>Set of Twizzles performed following one another face to face</u></li> <li>• <u>Set of Twizzles performed following one another back to back</u></li> <li>• <u>Entrance to the first Twizzle from the Jump of ½ rotation (the entry edge for the Twizzle will be determined by the landing edge of the jump)</u></li> </ul>			

\* **For Level 2 OPTION 1 and for Level 3 OPTION 2** – Two (2) different additional feature (could be from the same Group) may be done by both partners in the same Twizzle (in the first or second), or one (1) additional feature may be done by both partners in the first Twizzle and one additional feature (different from the first one but could be from the same Group) may be done by both partners in the second Twizzle.

\*\* **For Level 3 OPTION 1 and for Level 4 OPTION 2** - Two (2) different additional features (must be from different Groups) may be done by both partners in one Twizzle (in the first or second), or one (1) additional feature may be done by both partners in the first Twizzle and one (1) additional feature (different from the first one below and must be from different Groups) may be done by both partners in the second Twizzle.

\*\*\* **For Level 4 OPTION 1** – Three (3) different additional features (3 must be from the 3 different groups) 2 from different groups may be done by both partners in one Twizzle and 1 different from the other two in the second Twizzle.

\*\*\*\***The Set of Twizzles “without change of foot”** must be skated on one foot with up to **two** of the following movements/turns between Twizzles: change of edge, rocker, counter, three turn, bracket. These movements / turns may be used in order to change entry edge and direction of rotation.

The Set of Synchronized Twizzles (**Option 1 and Option 2**) performed without additional feature(s) will be called **Level 1**, provided that one rotation in each of two Twizzles is done both partners.

There’s only up to 1 step in the Sequential Twizzles and only up to 3 steps in total permitted between twizzles in the Synchronized Twizzles, but there is no limit on turns (e.g. brackets, rockers, counters) or movements (e.g. change of edge) performed **on one foot** between twizzles in the Set of Twizzles Option 1(with change of foot).

## STEP SEQUENCES

**General Requirements:** Steps and turns must be distributed evenly throughout the sequence and they must be skated with distinct edges, and to the rhythm(s) pattern of the music.

### Requirements 2010/2011

**For Free Dance – Two (2) different Step Sequences in Hold – ONE selected from group A) and ONE selected from group B) as listed below.**

**Group A) Straight Line Step Sequences** - All Step sequences in this Group have the same base value

a) **Midline:** skated along the full length of the center (long) axis of the ice surface.

b) **Diagonal:** skated as fully corner to corner as possible.

**Group B) Curved Step Sequence (anticlockwise or clockwise)** - All Step sequences in this Group have the same base value.

c) **Circular:** utilizing the full width of the ice surface on the short axis of the rink.

d) **Serpentine:** commences in either direction at the center (long) axis at one end of the rink and progresses **in three bold curves** or in **two bold curves** (S-Shaped) and ends at the center (long) axis of the opposite end of the rink; pattern utilizing the full width of the ice surface.

Either Step Sequence (except Not Touching) must be skated in dance holds or variations thereof except Hand-in Hand hold in the sustained position with fully extended arms. Any separation to change a hold must not exceed one measure of music.

**Extra Feature:** Up to **two (2)** different Extra Features as Double Threes, Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Jump of up to ½ rotation” may be included (as specified for each type of Step Sequence) and will be counted among those steps/turns that will be considered for required 75 % of distribution of the chosen pattern. Double Threes are not permitted in the Midline Non touching Step Sequence. If Double Threes are included in other Step Sequences, they must be skated simultaneously in dance hold. Only **two** Extra Features may be performed by each partner and (with the exception of the Double Threes) they do not have to be performed simultaneously, except in the Midline Not Touching Step Sequence, where the Extra Features could be different for each skater but must be performed simultaneously”. The duration of each “Extra feature” must not exceed one (1) measure of music.

### Calling Specifications for Step Sequences:

**Basic Requirement** for calling a Step Sequence level 1 is that at least 50% of the footwork sequence must be completed by both partners and at least requirements for Level 1 are fulfilled

1. All steps and turns must be skated on distinct, recognizable edges, otherwise there is a risk that the Technical Panel will not consider this turn among those required for the level of difficulty (types of turns will be identified only when they are executed with correct distinct edges and these turns are in accordance with the description in Rule 604).
2. All steps need to be included for a level to be called and the footwork must be distributed at over 75% (3/4) of the chosen pattern. Otherwise, the level will be reduced accordingly by one Level (e.g. if the technical content of Step Sequence meets requirements Level 4, but it is distributed over 50-75% of the chosen pattern only, there will be Level 3; if the technical content of Step Sequence meets requirements Level 3, but it is distributed over 50-75% of the chosen pattern only, there will be Level 2, etc.)
3. A Step Sequence that deserves an assessment of a higher level for one partner and a lower level for the other partner shall be assessed at the level of the lower partner.
4. The change of Hold must be distinct (e.g. from Waltz hold to Foxtrot or from Waltz to Kilian) or Foxtrot to Tango, but NOT from Waltz to Tango or from Waltz to Hand-to-Hand – facing each other), otherwise the change will not be counted. In order to demonstrate a dance hold, it must be held long enough to be clearly recognized, and should not be just a transitional movement between other holds.
5. Only the first two “Extra Features” of each of the partners will be counted among those steps/turns that will be considered for required 75 % of distribution of the chosen pattern. If there is more than two permitted “Extra Features” for each skater included in the Step Sequence, the Technical Panel will consider this additional “Extra Feature” among “simple steps” which will decrease the percentage of difficult steps/turns thereby affecting the level of difficulty of the Step Sequence.
6. If the duration of the permitted “Extra Feature” exceeds one measure of music (one measure of Waltz is up to 6 counts and for all other rhythms up to 4 counts), the Technical panel will consider this “feature” among “simple steps” which will decrease the percentage of difficult steps/turns thereby affecting the level of difficulty of the Step Sequence.
7. If the illegal element is included in either step sequence (e.g. jump of more than one rotation, lying on the ice) the Technical Panel will call the “illegal element” and the entire step sequence “No Level.”

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<b>CIRCULAR/ SERPENTINE/ S-SHAPE/STRAIGHTLINE IN HOLD</b>			
<p>A Step Sequence In Hold that does not meet Level 2, 3 or 4 requirements but meet Basic Requirements and Calling Specifications for Step Sequence:.</p> <p><b>AND</b></p> <p><b><u>Varied Footwork as follows:</u></b></p> <p><u>At least 2 different types from the following 6 types of turns for each partner (one of which must be a Twizzle): Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle.</u></p> <p><b>AND</b></p> <p><u>Up to two (2) extra features for each partner may be included (could be different for each skater): Double threes, Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Jump of up to ½ rotation</u></p>	<p><b>Varied Footwork as follows:</b></p> <p>At least 3 different types from the following 6 types of turns for each partner (one of which must be a Twizzle): Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle (if included in one foot section, it is not necessary to repeat such turns elsewhere in the pattern).</p> <p><b>AND</b></p> <p>A one foot Section incorporating at least 2 of the following 4 types of turns for each (could be different turn for each partner, not necessarily skated at the same time): Bracket, Rocker, Counter, Twizzle.</p> <p><b>AND</b></p> <p>Up to two (2) extra features for each partner may be included (could be different for each skater): Double threes, Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Jump of up to ½ rotation.</p> <p><b>AND</b></p> <p>At least one (1) change of hold and must include 2 of the following 3 dance holds: Kilian (or Kilian Variation), Waltz (or Tango) and Foxtrot. In order to demonstrate a dance hold, it must be held long enough to be clearly recognized.</p> <p><b>AND</b></p> <p>The content mentioned above must be distributed over at least 75% of the chosen pattern.</p>	<p><b>Varied Footwork as follows:</b></p> <p>At least 4 different types from the following 6 types of turns for each partner (one of which must be a Double Twizzle): Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Double Twizzle (if included in one foot section, it is not necessary to repeat such turns elsewhere in the pattern).</p> <p><b>AND</b></p> <p>Turns: multidirectional.</p> <p><b>AND</b></p> <p>A one foot Section incorporating at least 3 of the following 4 types of turns for each (could be different turn for each partner, not necessarily skated at the same time): Bracket, Rocker, Counter, Twizzle.</p> <p><b>AND</b></p> <p>Up to two (2) extra features for each partner may be included (could be different for each skater): Double threes, Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Jump of up to ½ rotation.</p> <p><b>AND</b></p> <p>At least two (2) change of hold and must include 2 of the following 3 dance holds: Kilian (or Kilian Variation), Waltz (or Tango) and Foxtrot. In order to demonstrate a dance hold, it must be held long enough to be clearly recognized.</p> <p><b>AND</b></p> <p>The content mentioned above must be distributed over at least 75% of the chosen pattern</p>	<p><b>Varied Footwork as follows:</b></p> <p>At least 5 different types from the following 6 types of turns for each partner (one of which must be a Double Twizzle): Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Double Twizzle (if included in one foot section, it is not necessary to repeat such turns elsewhere in the pattern).</p> <p><b>AND</b></p> <p>Turns: multidirectional</p> <p><b>AND</b></p> <p>A one foot Section incorporating 4 of the following types of turns for each partner (not necessarily skated at the same time): Bracket, Rocker, Counter, Twizzle.</p> <p><b>AND</b></p> <p>Up to two (2) extra features for each partner may be included (could be different for each skater): Double threes, Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Jump of up to ½ rotation.</p> <p><b>AND</b></p> <p>At least three (3) change of hold and must include all 3 of the following dance holds: Kilian (or Kilian Variation), Waltz (or Tango) and Foxtrot. In order to demonstrate a dance hold, it must be held long enough to be clearly recognized.</p> <p><b>AND</b></p> <p>The content mentioned above must be distributed over at least 75% of the chosen pattern.</p> <p><i>100% of steps/turns required for level 4 must be done clearly on <u>correct</u> edges. All other steps/turns must be clean</i></p>
<p><b>Note:</b> Single Twizzle will be counted by the Technical Panel among the “difficult” steps to be distributed over at least 75% of the chosen pattern.</p>			

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<b>STRAIGHT LINE NOT-TOUCHING WITH MATCHING AND/OR MIRROR FOOTWORK (WITHOUT SEQUENTIAL TWIZZLES)</b>			
<p>A Not-Touching Step section of steps that does not meet level 2, 3 or 4 requirements but meets the Basic Requirements &amp; Calling Specifications for pattern described above</p> <p><b>AND</b></p> <p><b>Varied Footwork as follows:</b></p> <p><u>At least 2 different types from the following 6 types of turns for each partner (one of which must be a Twizzle): Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle.</u></p> <p><b>AND</b></p> <p><u>Up to two (2) extra features for each partner may be included (could be different for each skater): Double threes, Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Step, Jump of up to ½ rotation.</u></p>	<p><b>Varied Footwork as follows:</b></p> <p>At least <b>3</b> different types from the following <b>6</b> types of turns for each partner (one of which must be a Twizzle): Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle, (if included in one foot section, it is not necessary to repeat such turns elsewhere in the pattern).</p> <p><b>AND</b></p> <p>Section of steps on one foot (simultaneously skated) incorporating at least <b>2</b> of the following 4 types of turns for each: Bracket, Rocker, Counter, Twizzle.</p> <p><b>AND</b></p> <p>Up to two (2) extra features for each partner may be included (could be different for each skater): Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Jump of up to ½ rotation.</p> <p><b>AND</b></p> <p>The content mentioned above must be distributed over at least 75% of the chosen pattern</p>	<p><b>Varied Footwork as follows:</b></p> <p>At least <b>4</b> different types from the following <b>6</b> types of turns for each partner (one of which must be a Double Twizzle): Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Double Twizzle (if included in one foot section, it is not necessary to repeat such turns elsewhere in the pattern).</p> <p><b>AND</b></p> <p>Turns: multidirectional.</p> <p><b>AND</b></p> <p>Section of steps on one foot (simultaneously skated) incorporating at least <b>3</b> of the following 4 types of turns for each: Bracket, Rocker, Counter, Twizzle.</p> <p><b>AND</b></p> <p>Up to two (2) extra features for each partner may be included (could be different for each skater): Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Jump of up to ½ rotation.</p> <p><b>AND</b></p> <p>The content mentioned above must be distributed over at least 75% of the chosen pattern</p>	<p><b>Varied Footwork as follows:</b></p> <p>At least <b>5</b> different types from the following <b>6</b> types of turns for each partner (one of which must be a Double Twizzle): Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Double Twizzle (if included in one foot section, it is not necessary to repeat such turns elsewhere in the pattern).</p> <p><b>AND</b></p> <p>Turns: multidirectional</p> <p><b>AND</b></p> <p>Section of steps on one foot (simultaneously skated) incorporating <b>4</b> of the following types of turns for each partner: Bracket, Rocker, Counter, Twizzle.</p> <p><b>AND</b></p> <p>Up to two (2) extra features for each partner may be included (could be different for each skater): Spread Eagle, Drag, Shoot the Duck, Ina Bauer, Toe Steps, Jump of up to ½ rotation.</p> <p><b>AND</b></p> <p>The content mentioned above must be distributed over at least 75% of the chosen pattern.</p> <p><i>100% of steps/turns required for level 4 must be done clearly on <u>correct edges</u>. All other steps/turns must be clean</i></p>
<p><b>Note:</b> Single Twizzle will be counted by the Technical Panel among the “difficult” steps to be distributed over at least 75% of the chosen pattern.</p>			

**Basic principals of ISU Judging System:**

1. The Technical Specialists will call what they see and what was completed despite what is listed on the sheet e.g. If the sheet says it is to be a Reverse Rotational Lift, but only the first part is completed (perhaps due to a fall or interruption), it will be classified as a Rotational Lift **or** if the sheet says it is to be a Serpentine Lift and only the first curve is completed, it will be classified as a Curve Lift.
2. Elements exceeding the prescribed number of permitted elements will receive a deduction of **1.0** per additional element as authorized by Technical Controller.
3. If a fall occurs after an element has commenced and it does not meet the Basic requirements for Level 1 for the element, it shall be classified as **No Level** and shall occupy a box without value.
4. If a fall occurs after an element has commenced and it meets the Basic requirements for Level 1 for the element only, it shall be classified as Level 1 and shall occupy a box to enable the judges to apply a GOE
5. If a fall occurs after an element has commenced, and its Level has been identified, it shall be given that Level and the judges shall apply a reduction to the GOE.