



Judging System

ISU First Aid

**for
Technical Controllers and Technical Specialists**

Ice Dance

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Category: **Ice Dance**
 Subject: **Lifts Rules and Requirements**

LIFTS	RULES and REQUIREMENTS <i>(Technical Rules for Ice Dance , Rule 604, paragraph 16 and Communication 1610 and 1621)</i>
GENERAL RULE	
Dance Lift	<p><u>Dance Lift</u> 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.</p> <p>The following movements and/or poses during the lift are not allowed and will be called illegal:</p> <ul style="list-style-type: none"> – 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. <p>*It is NOT considered as an illegal lift if:</p> <ul style="list-style-type: none"> – 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. <p>** 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.</p>

LIFTS	RULES and REQUIREMENTS <i>(Technical Rules for Ice Dance , Rule 604, paragraph 16 and Communication 1610 and 1621)</i>
Types of Dance Lifts	<p>Types of Dance Lifts are classified as follows:</p> <p>Short Lifts: the duration of the Lift should not exceed six (6) seconds</p> <ul style="list-style-type: none"> a) Stationary Lift - A lift that 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 anticlockwise) direction while travelling across the ice; <p>Long Lifts: the duration of the Lift should not exceed twelve (12) seconds</p> <ul style="list-style-type: none"> e) Reverse Rotational Lift - A Lift in which the lifting partner rotates in one direction and then in another direction while travelling 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 (less than 1 rotation) but this will not be counted; g) Combination Lift - A lift combining two of the above types of lifts - a), b), c) or d).
<u>SHORT DANCE</u>	<p><u>SENIOR & JUNIOR</u> <u>One (1) Short Lift but no more than two (2)</u></p> <p><u>A couple may choose to skate either one or two lifts but the first performed lift only will be identified and considered in determining the level of difficulty. Any type of lift may be used for the second lift and it may be performed without any requirements for the Level of difficulty provided that its duration is within permitted 6 seconds and it is not illegal. The second Lift will be considered by the Judges in marking the Choreography. However, if a third Lift is performed, it will be considered by the Technical Panel as an Extra Element.</u></p>

LIFTS		RULES and REQUIREMENTS <i>(Technical Rules for Ice Dance , Rule 604, paragraph 16 and Communication 1610 and 1621)</i>
FREE DANCE	SENIOR	<p><u>EITHER 2 SHORT LIFTS AND 1 LONG LIFT OR 4 SHORT LIFTS.</u> 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 1Long) 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 1Long) or seventh (in option with 4 Short) is performed, it will be considered by the Technical Panel as an Extra Element.</p>
	JUNIOR	<p><u>EITHER 1 SHORT LIFT AND 1 LONG LIFT OR 3 SHORT LIFTS</u> 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 1Long) 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 1Long) or fifth (in option with 3 Short) is performed, it will be considered by the Technical Panel as an Extra Element.</p>
	<p>Combined Spins and Lifts: Combined spins and lifts are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one spin.</p>	
	<p>Note: <u>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.</u></p>	
	<p><u>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).</u></p>	
<p>Note: <u>Long Lift will have the same value as 2 Short Lifts.</u></p> <p>Note: <u>No part of the costume may be used as any support in a Lift. If it happens the couple is to be considered as using a prop, which is not permitted according to Rule 612, and the Referee and Judges will apply the costume deduction of 1.0. The Technical Panel will give the Level according to the Calling Specifications for Lift and will not apply a reduction for the costume.</u></p> <p>Note: <u>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.</u></p> <p>Note: <u>A chosen type of Creative/Difficult entry must be different for each lift to be considered for the level.</u></p>		

Category: **Ice Dance**
 Subject: **Lifts Rules and Requirements**

LIFTS	RULES and REQUIREMENTS <i>(Technical Rules for Ice Dance , Rule 604, paragraph 16 and Communication 1610 and 1621)</i>
<p>Some Examples of difficult Poses for Lifted partner <i>(must be held for at least 3 seconds):</i></p>	<ul style="list-style-type: none"> - 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 skate fully above the level of the head (the heel of the boot must be higher than 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 (forward or backward) 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. <p>Note: full "Biellmann" and full doughnut/ring – may not be used by the lifted partner as two different difficult variations</p>
<p>Change of Pose</p>	<p>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.</p>
<p>Some Examples of difficult Positions for Lifting partner <i>(must be held for at least 3 seconds):</i></p>	<ul style="list-style-type: none"> - 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 <p>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.</p>

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LIFTS	RULES and REQUIREMENTS <i>(Technical Rules for Ice Dance , Rule 604, paragraph 16 and Communication 1610 and 1621)</i>
Examples of Creative/Difficulty entry	<ul style="list-style-type: none"> - Unexpected entry without any evident preparation - Entry from a difficult position for the lifting partner; - Entry from a difficult t transition by the lifting partner:_series of difficult turns (e.g. Bracket; Choctaw; Counter, Mohawk, etc.) before the lift (but not progressives); - 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.
	<p>Note: <u>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 b) mentioned above and/or among the different variations within these groups but in any case the difference must be obvious.</u></p> <p>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.</p>

Category: **Ice Dance**
 Subject: **Lifts Clarifications and Calling Specifications**

LIFTS	CLARIFICATIONS and CALLING SPECIFICATIONS (Communication 1610 and 1521)
BASIC REQUIREMENTS	<p>Definition and Requirements: (must be in accordance with Rule 604, paragraph 16) Dance Lift (definition) – A <u>movement</u> in which one <u>of the</u> partners is elevated <u>with active and/or passive assistance of the other partner</u> to any <u>permitted</u> 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. These are the following calling specifications for Lifts Level 1:</p> <ul style="list-style-type: none"> 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 in the air 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 in the air 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 in the air 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 partners' 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 that 1 rotation in the second direction it will be called Rotational Lift +Combo). f) Serpentine Lift: for 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 in the air less than 3 seconds in each direction it will be called Serpentine Lift NO Level. (If there is not a second identifiable curve it will be called a Curve Lift + Combo.) <p>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.</p>

Category: **Ice Dance**
 Subject: **Lifts Clarifications and Calling Specifications**

LIFTS	CLARIFICATIONS and CALLING SPECIFICATIONS <i>(Communication 1610 and 1521)</i>
CALLING SPECIFICATIONS	<ol style="list-style-type: none"> 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 than 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: <ol style="list-style-type: none"> 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). <i>(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.)</i>

Category: **Ice Dance**
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LIFTS	CLARIFICATIONS and CALLING SPECIFICATIONS (Communication 1610 and 1521)	
CALLING SPECIFICATIONS (continue)	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 is 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.	
ADDITIONAL CLARIFICATIONS TO CALLING SPECIFICATIONS	1. <u>If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called No Level.</u> 2. <u>If in a Combo Lift, an illegal pose is performed in any part of that lift, both parts of this Combo Lift will be identified and the Lift with the illegal movement will receive Level 1 if the requirements for at least Level 1 are fulfilled and the other Lift will receive the Level according to fulfilled requirements(ex. Curve Lift 1 + Rotational Lift 3) Deduction for an illegal element will apply. The call should be : “Curve Lift 1 + Rotational Lift 3, Illegal element”</u>	
DEDUCTION	1. Extra element - for each extra element- Element not according to requirements for <u>Short</u> Dance or not according to the “well-balanced Free Dance program”	-1.0 point deduction. Element receives * (no value)

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LIFTS	CLARIFICATIONS and CALLING SPECIFICATIONS <i>(Communication 1610 and 1521)</i>	
	<p>2. Illegal Elements/Movements according Rule 611 paragraph a) The following Elements and Movements are not permitted in the Free Dance unless otherwise stated in an ISU Communication:</p> <ul style="list-style-type: none"> • Movements and/or poses in the Lifts: <ul style="list-style-type: none"> - 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; - Lifting partner swinging the lifted partner around by holding the skate(s)/boot(s) or leg(s) only with fully extended arm(s) /or by holding the hand(s) with full arm extension by both partners; - Lifted partner in upside down split pose (with <u>sustained</u> angle between thighs more than 45 degrees)**; <p>*It is NOT considered as an illegal lift if:</p> <ul style="list-style-type: none"> - 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. <p>** 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 pose.</p> <ul style="list-style-type: none"> • Jumps of more than one (1) revolution or jumps of one (1) revolution skated at the same time by both partners; • Lying on the ice. 	<p>- 2.0 points deduction</p> <p>Technical Specialist identifies Technical Controller authorizes or corrects and deducts</p> <p>If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called No Level.</p>

Category: **Ice Dance**
 Subject: **Lifts Clarifications and Calling Specifications**

LIFTS	ADDITIONAL CLARIFICATIONS (Questions & Answers)	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
Does the difficult pose for the lifted partner and difficult position for the lifting partner (sustained for at least 3 seconds) have to be achieved by both partners simultaneously (exactly at the same time)?	The difficult pose for the lifted partner and the difficult position for the lifting partner must be performed at the same time for both partners for at least 3 seconds . However, the positions do not necessarily have to be achieved or completed at the same time (i.e. Man may establish crouch before lady achieves doughnut position. They then hold these positions for 3 seconds. Then the man leaves the crouch followed by the lady releasing the doughnut.)	
A couple starts a Rotational Lift and just at the end of the first rotation the skate (blade) of the lifted partner touches the ice and then they do 4 more rotations . How will the Technical Panel call this Lift?	Since the Lift was not interrupted or stopped after the touchdown, it will be called a Rotational Lift , its Level will be determined according to the total number of rotations and all other requirements for the level and then reduced by the Technical Panel by one (1) level	
If the Lady does the same difficult pose for both parts of the Serpentine Lift while the Man does 2 different types of Spread Eagles - what level will be given by the Technical Panel for this lift?	The repeated difficult pose in the second part of Serpentine Lift will be called as "simple" . Therefore, this lift will receive Level 2 only (if the other requirements are fulfilled).	
Can a difficult pose/position be repeated by the other partner (e.g. man does a lift in full crouch position and then lady does next lift, as a lifting partner, in the same position)?	No . Since there are published examples of difficult poses for the lifted partner and difficult positions for the lifting partner and not for the man and lady.	
If a difficult pose was very briefly performed as a one of the parts of "significant change of pose", is it permitted to repeat the same type of difficult pose in the "Short" lift or in one of the parts of the "Long" lift?	The repeated pose that is not established would not be taken into consideration as they are not getting the credit for the pose, but for the change. Each pose, preceding and following the change must be clearly defined.	

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LIFTS	ADDITIONAL CLARIFICATIONS (Questions & Answers)	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
If a difficult pose in a Lift was attempted but not given credit because not sustained for 3 seconds, will it be given credit if it is used again in a subsequent Lift and sustained for 3 seconds?	No. The repeated difficult pose in the subsequent Lift is not given credit because it was the second attempt of the same difficult pose.	
If the Lifting partner is knéeing on one knee in a Stationary Lift (with at least 90 degrees between the thigh and shin of the skating leg) is it considered as a difficult position?	No, kneeling in a stationary pose if not rotating would not be considered difficult position by the Technical Panel.	
During change of pose in the lifts, is there a time limit of how long each pose must be held having in mind that the rule says that difficult pose must be held for 3 sec?	No. The requirements for a significant change of pose for the lifted partner have to be fulfilled as well as the requirements for the lifting partner but there is no time limit on how long each pose has to be held in a change of pose, but each pose, preceding and following the change must be clearly defined .	
A couple performs Combination Lift which consists of a RoLi+CuLi . If the requirements for a RoLi Level 3 option 2 (One Hand/Arm Lift) and for a CuLi Level 3 are met, does a one hand take off in the RoLi upgrades both RoLi and CuLi to Level 4.	YES. A “one hand” take off is one of examples of a creative/difficult entry – “entry from a difficult position for the lifting partner”	
If the second Lift in a Combination Lift is a one arm Rotational Lift of 3 or more rotations, and <u>there is a difficult entry into the first Lift of the Combination, does the lifted partner have to be set down with 1 arm without assistance to get a Level 4 for this Rotational Lift</u>	<u>A difficult entry for the 1st Lift and a one arm set down from the one arm Lift of 3 or more rotations is required.</u>	

Category: **Ice Dance**

Subject: **Lifts Clarifications and Calling Specifications**

LIFTS	ADDITIONAL CLARIFICATIONS (Questions & Answers)	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
If a lifted partner is in Biellmann pose with the entire body in any other position (other than upright, <i>e.g. the lifted partner is held horizontally (parallel to the ice)</i>), does this count as a difficult position for the lifted partner?	Yes. If the requirements for this type of difficult pose are fulfilled, the Technical Panel will consider it as a difficult one. But it should be taken into consideration that this pose in its "upside down version" may be illegal.	<u>Requirements for the Biellmann pose-the boot of the free leg is pulled behind and the heel of the boot must be above and behind the level of the head in relation to the vertical line of the body.</u>
Can a couple perform a Curve Lift twice in a Free Dance, but with the different poses and positions?	<u>Yes, for the Short Lift Option only, one type of lift may be repeated, but a chosen type of difficult pose for the lifted partner and a chosen type of difficult position for the lifting partner cannot be repeated.</u> <u>. This is the case for both Junior and Senior Free Dances.</u>	.
In a one hand Lift must the lifting arm of the lifting partner be straight?	NO. The man's biceps/upper arm may touch his own body but the lady must not touch him at any other point than his hand/arm.	
On a Rotational Lift , a couple tries for level 4; the lifting partner executes 6 rotations but the lifted partner does not achieve the difficult pose (or the change of pose) and it is considered as an easy pose (or not enough change of pose). What level do they get for this Rotational Lift?	The Technical Panel should drop the Level of this Lift to a Level 1 as they do not have either a change of pose or difficult pose for a level 2, 3 or 4. The requirements for either Level 2, 3 or 4 are not met and the Level of the lift will be identified according to the requirement to the lift fulfilled.	/
In one hand lift the man swings the lady around by holding her only by her leg . Is this lift always considered as an illegal element ?	It is considered illegal if the man's arm(s) is fully extended and he is swinging her around. If his arm (s) is bent, then the lift is legal.	

Category: **Ice Dance**

Subject: **Lifts Clarifications and Calling Specifications**

LIFTS	ADDITIONAL CLARIFICATIONS (Questions & Answers)	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
If a couple performs a creative/difficult entry – “ from a difficult transition: series of difficult turns ”, how many turns should be performed to consider this entry as creative/difficult?	There must be at least two difficult turns (e.g. Bracket; Choctaw; Counter, Mohawk, Double Three, etc.) (but not progressives) to be considered as “ series of difficult turns ” and the Lift has to be executed immediately after the turns , without any preparation and interruption in the pace of execution	
Have the turns to be executed as precise as for the Step Sequence to be considered for the “entry from a difficult transition”?	YES. The turns have to be recognizable and correctly executed as for the <u>Step Sequences</u>	
Is a Double Three itself enough to be called “series of difficult turns” for a creative/difficult entry?	NO. A Double Three (either in hold or not touching) is acceptable as one difficult turn part of a series; however, the Double Three itself is not enough to be called “series of difficult turns”.	
A man lifts the lady in a spread eagle position in order to get credit for a creative/difficult entry. He then lifts one foot off the ice for 3 seconds to get the level during the lift. Is this permitted, or must he use the same difficult position as he used in the entry?	It is permitted for the lifting partner to use a different difficult position for the entry and during the lift to consider this entry as creative/difficult	
How long does the lifting partner have to be in the difficult position in order to get credit for a creative/difficult entry?	There is no set time for the “difficult position” for the lifting partner in order to consider it for a creative/difficult entry. However, the position must be fully established and clearly evident at the time that the lift takes off.	
If a lady enters a one arm rotational lift by jumping into the arm of the man. Can this entry <u>count</u> as one arm lift for the purposes of getting level 4,Option2	Yes. It is a creative/difficult entry. The jump must not be of more than 1 rotation.	

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LIFTS	ADDITIONAL CLARIFICATIONS (Questions & Answers)	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
In a Combo Lift, if the second Lift meets all criteria for Level 3, and includes a “significant transitional movement by the lifted partners to reach the desired pose” (as described in the examples of creative/difficult entry) does the Technical Panel take it into consideration to eventually upgrade this second Lift to Level 4?	NO. The upgrading to Level 4 can only come from the creative/difficult entry of the first Lift.	
If the first part of a Combo Lift is Level 2 and the second part is Level 3, and a Creative/Difficult entry is used in the first part of the Combination Lift, is the second part of this Combination Lift upgraded to Level 4 ?	YES, if a creative/difficult entry is used for the first part of the Lift, it increases the Level of the second part of the Combo Lift to Level 4 because this second part fulfills all requirements for Level 3 (the first part of the Combo Lift remains at Level 2).	
If a couple in the SD starts their lift with a spinning movement of two rotations by both would that be called a combined lift and spin?	No. The Spinning movement will be ignored by the Technical Panel and only the Lift will be called according to the requirements done for the level.	The DANCE SPIN is not included in the list of Required Elements for the <u>Short Dance</u> season 2010/2011. Nevertheless, a Spinning movement skated by the couple together in any hold around common axis on one foot (or two feet) with any number of rotations is permitted. A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the judges will not consider these movements as the permitted stops.

Category: **Ice Dance**
 Subject: **Lifts Clarifications and Calling Specifications**

LIFTS	ADDITIONAL CLARIFICATIONS (Questions & Answers)	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
Any type of difficult pose or position can be used in one lift only otherwise the repeated pose/position will be called as “simple”. Does this restriction refer to the “creative/difficult entry” to the lift?	YES. 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 and/or among the different variations within these groups but in any case the difference must be obvious.	
In a Stationary Lift - the man enters on 1 foot and then rotates on the spot with the lady in a One Hand/Arm position for 3 seconds while rotating. Are there enough features to get Level 4?	Yes , if the lifted partner is held for at least 3 sec in One Hand/Arm Lift (without any other means of support) it is considered as a difficult position for the lifting partner and also as a difficult pose for a lifted partner (if the lifting partner is rotating). And the man is on one foot - during the entry which is considered as a Creative /Difficult Entry and rotating on the spot on one foot for at least 3 sec (difficult position for the lifting partner).	
If a couple performs an unexpected entry to the Stationary Lift, but they have to skid to a stop exactly before the lift. Would that still be accepted by the Technical Panel as an unexpected entry?	If there is an unexpected entry and a stop before the take off was NOT done to get evident preparation to the Stationary Lift, and all other requirements for level 4 are met, the couple can get level 4 for this lift. But if there is an evident preparation before the Lift (after the stop), the unexpected entry will not be counted as a Difficult/Creative entry to increase the Level to Level 4	
If a couple does intricate footwork (difficult transition) as an entry to the lift and they skid to a stop before the Lift. Does the Technical Panel still consider this entry as a Difficult/Creative that can increase the Level of this Lift to Level 4?	<u>Entry from a difficult transition: series of difficult turns (e.g. Bracket; Choctaw; Counter, Mohawk, Double Three, etc. but not progressives) must be done immediately before the take off to the Lift.</u> <u>If there is an evident preparation before the Lift (after the stop), the entry from a difficult transition will not be counted as a Difficult/Creative entry to increase the Level to Level 4</u>	

Category: **Ice Dance**
 Subject: **Lifts Clarifications and Calling Specifications**

LIFTS	ADDITIONAL CLARIFICATIONS (Questions & Answers)	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
A man is in a difficult position while he lifts the lady. During the Lift, the man is in a difficult position for 3 seconds, but the lady holds a difficult pose ONLY for 2 seconds. What Level should this Lift be given by the Technical Panel?	If the difficult position and difficult pose were established and only the position was held for 3 seconds, but the pose was held only for 2 seconds, it means that the requirements for Level 3 were not reached. The Lift will be called Level 2 and the difficult entry will be not counted to increase the Level	
In the very beginning of the entry, the lady performs a “full split” position and then, after execution of a “significant transitional movement” she again assumes this position (full split) and sustains it for 3 sec. What movement will be considered for the creative/difficult entry to attain the desire level.	The significant transitional movement to reach the final pose will be considered as a creative/difficult entry and will used to determine the level. It does not matter in what position the lifted partner is before the transitional movement starts.	
Is it ever possible to get a Level 4 for the second lift of a Combination Lift if the first Lift does not have a Difficult/Creative entry?	The only case is if the second Lift is a RoLi Option 2. This option does not require a Difficult/Creative entry to get a Level 4.	
What happens if the Lifting Partner stops continuous rotation during a Rotational Lift (this means the Lifting Partner rotates for while, stops rotation, and then continues to rotate some more)?	As long as the Lifting Partner is traveling and not on the spot, the rotations can continue to be counted. However, 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.	

Category: **Ice Dance**
 Subject: **Spins Rules and Requirements**

DANCE SPINS		RULES AND REQUIREMENTS (Technical Rules for Ice Dance and Communication 1610 and 1621)
RULE (Rule 604 paragraph 14 e) Dance Spins	<p>Spin – A spin skated by the Couple together in any hold. It should be performed on the spot around a common axis on one foot by each partner simultaneously;</p> <p>Combo Spin – A spin performed as above after which one change of foot is made by both partners simultaneously and further rotations occur.</p>	
REQUIREMENTS 2010-2011		
SHORT DANCE SENIOR and JUNIOR	<p>The DANCE SPIN is not included in the list of Required Elements for the Short Dance season 2010/2011. Nevertheless, a Spinning movement skated by the couple together in any hold around common axis on one foot (or two feet) with any number of rotations is permitted. A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the judges will not consider these movements as the permitted stops.</p>	
FREE DANCE SENIOR and JUNIOR	<p>ONE (1) DANCE SPIN (chosen from Spin or Combination Spin)</p> <p>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.</p> <p>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.</p> <p>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.</p>	
BASIC REQUIREMENTS		
SPIN	<p>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.</p>	
COMBINATION SPIN	<p>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".</p>	

Category: **Ice Dance**

Subject: **Spins Rules and Requirements**

Basic Position in Dance Spin	Examples of Difficult Variations & Requirements	Comments	Note
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.	
Biellmann type	Body upright pulling the boot by the hand(s) above and behind the level of the head (the heel of the boot must be higher than the level of the head)	Drawing showing acceptable Full Biellmann: #14 and #16 shows that the boot is clearly above and behind the level of the head and show clearly that it is variation of Upright Position (and NOT a variation of a Camel Position). Drawing showing unacceptable Full Biellmann: #15 the free leg (skate) is not high enough.	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.
Full layback	Upper body arched back towards the ice or sideways with upper body bent to the side towards the ice		
Split pose	With both legs straight and the heel of the boot/skate of the free leg held up higher than the head (may be supported by partner).	Drawing showing acceptable : - #13 boot higher than the head Drawing showing unacceptable - #12 leg is not high enough	
Doughnut/Ring	Upper body arched back or sideways with free foot almost touching the head in a full circle.	Maximum a half a blade length between head and blade	Any variation of "doughnut/ring" position may be used only once to be counted as a difficult variation in the spin or combination spin.
2. SIT POSITION	Performed on one foot with skating leg bent in a one-legged crouch position and free foot 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.	
Free Leg directed Forward	Free leg bent or straight. Thigh of skating leg at least parallel to the ice.	Drawing showing acceptable difficult pose - # 20 skating leg parallel to the ice.	

Category: **Ice Dance**
 Subject: **Spins Rules and Requirements**

Basic Position in Dance Spin	Examples of Difficult Variations & Requirements	Comments	Note
		Drawing showing unacceptable difficult pose -# 19 skating leg not parallel to the ice.	
Free Leg directed Backward	Free leg bent or straight. Thigh of skating leg at least parallel to the ice.	Drawing showing acceptable difficult pose - # 22 skating leg parallel to the ice. Drawing showing unacceptable difficult pose -# 21 skating leg not parallel to the ice.	<u>Sit Position with Free Leg directed Backward and Free Leg crossed behind and touching the skating leg should not be executed right after each other to be considered two different difficult sit positions.</u>
Free Leg directed to the Side	Free leg bent or straight. Not more than 90 degrees between thigh and shin of skating leg.	Drawing showing acceptable difficult pose-# 17 angle 90°. Drawing showing unacceptable difficult pose-# 18 angle not 90°.	If free leg is directly out to the side on an axis, it is a clear "Side" position. If the free leg is directed forward or back at an angle of less than 45 degrees from the side axis, it will also be considered as a Sit Spin with free leg to the side.
Free Leg crossed extended behind, and directed to the side	Free leg bent or straight Not more than 90 degrees between thigh and shin of skating leg.		
Free Leg crossed behind and touching the skating leg	Free leg bent or straight Thigh of skating leg at least parallel to the ice.		Sit Position with Free Leg directed Backward and Free Leg crossed behind and touching the skating leg should not be executed right after each other to be considered two different difficult sit positions.
Free Leg directed forward and back of upper body parallel to the ice	Thigh of skating leg at least parallel to the ice.		
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	If the waist is not horizontal and the angle between body core and horizontal line is more than 45 degrees, it will be considered as	Simple Camel by both is considered to be a difficult position for man only. Simple Camel by the lady is not

Category: **Ice Dance**

Subject: **Spins Rules and Requirements**

Basic Position in Dance Spin	Examples of Difficult Variations & Requirements	Comments	Note
	<p>less than 45 degrees above the horizontal line. (If it is more the position will be considered as Upright). The free leg extended or bent upward on a nearly horizontal line or higher. (If the angle between the thigh and shin of the skating leg is less than about degrees, it will be considered as Sit Position.)</p>	<p>Upright Position. 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.</p>	<p>considered to be a difficult position.</p>
<p>Upper body (shoulder and head) turned upwards</p>	<p>Facing up so that the line of the shoulders is at least 45 degrees past the vertical point.</p>	<p>It is not enough if just the face looking upward.</p>	
<p>Doughnut/Ring</p>	<p>Body nearly horizontal or bent sideways horizontally with head and free foot almost touching.</p>	<p>Maximum a half a blade length between head and blade.</p>	<p>Any variation of “doughnut/ring” position mentioned above may be used only once to be counted as a difficult variation in the spin or combination spin.</p>
<p>Boot pulled by the hand above the level of the head</p>	<p>The heel of the boot must be higher than the level of the head</p>		<p>Biellmann and Camel with body nearly horizontal 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.</p>
<p>Body bent forward to the spinning leg and free leg extended backward and upward up to almost a full split</p>	<p>The angle between thighs about 180 degrees.</p>		
<p>Simple Camel by the man.</p>		<p>Simple Camel by both is considered to be a difficult position for man only</p>	<p>Simple Camel by the lady is not considered to be a difficult position.</p>

Category: Ice Dance

Subject: Spins Clarifications and Calling Specifications

DANCE SPIN	CLARIFICATIONS and CALLING SPECIFICATIONS
CALLING SPECIFICATIONS & MISTAKES	
SPIN	<p>Basic requirements to call Spin Level 1: Spinning movement started on one foot by both partners and both at least 3 full continuous rotations on one foot by both partners</p> <ol style="list-style-type: none">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".
COMBINATION SPIN	<p>Basic requirements to call Combination Spin Level 1: Spinning movement started on one foot by both partners and both partners skate at least 3 full continuous rotations on one foot followed by at least 3 full continuous rotations on the other foot by both partners</p> <ol style="list-style-type: none">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 <u>Level 1</u>.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 re-establish 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".

Category: **Ice Dance**
 Subject: **Spins Clarifications and Calling Specifications**

DANCE SPIN	ADDITIONAL CLARIFICATIONS (Questions & Answers)	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
What will be the call if 3 full rotations in a Spin are not completed?	If the Spin has commenced and immediately is stopped by fall, stumble or any other reason for interruption before 3 full rotations are completed it will be called “Spin -No Level” and the element will block a box for Spin.	for calling a Spin Level 1 - at least three rotations for both partners
What will be the call when both partners changed 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?	A Combination Spin will be identified and given “No level”	for calling a Combination Spin Level 1 - at least three rotations for both parts of the spin on one foot by each partner
What will be the call if a fall occurs after Spin is started and 1 full rotation is not completed?	Spin will be identified but given No Level and the element will block a box for Spin.	for calling a Spin Level 1 - at least three rotation for both partners
What should be the call if a touchdown by free leg/foot and/or hand(s) occurs in Spin before 1 full rotation is not completed	The Spin will receive the Level according to the requirements fulfilled and this Level will be reduced by one level (two levels if both partners touched down)	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”.
What level will be given if a couple falls down after a Spin has started and three full rotations on one foot by both partners have been completed?	The Spin will receive Level 1.	
What should be the call if at least three full rotations are completed before touch down free leg/foot and/or hand(s) in Spin and Spin continues after this mistake?	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.	
What should be the call if one of the partners (or both) remains on 2 feet to reestablish the spin after mistake for more than ½ rotation and at least 3 full rotations are completed before the touch down	If one of the partners (or both) remains on 2 feet to reestablish the spin for more than ½ rotation it will be called Level 1	

Category: **Ice Dance**

Subject: **Spins Clarifications and Calling Specifications**

DANCE SPIN	ADDITIONAL CLARIFICATIONS (Questions & Answers)	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
What should be the call if there is a touchdown by free leg/foot and/or hand(s) in the first part of Combination Spin before three (3) full rotations are completed?	If there is a touchdown by free leg/foot and/or hand(s) in the first or second part of Combination Spin before three (3) full rotations are completed and the Combination 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.	
What should be the call if a couple touched down on the first part and the second part of the Combo Spin but the rest of Combo spin is completed?	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 each touchdown	
If a couple falls down after second part of Combo Spin started and 3 full rotations were finished will it be called Combo Spin?	It will be called a Combo Spin and it will receive the Level <u>according to the requirements fulfilled</u>	for calling a Combination Spin Level 1 - at least 3 full rotations for both parts of the spin on one foot by each partner
What should be the reduction of the Level if the spinning movement of a Spin or the first part of a Combo Spin has been started and a skater is still on two feet for more than ½ rotations? .	The Level will be reduced by 1 level if one partner starts on two feet and by 2 levels if both partners start on two feet.	
If one or both partners stay more than ½ rotation on two feet during the change of feet in a Combo Spin, should this be reflected in the Level?	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).	
If both partners do not change feet simultaneously in a Combo Spin, should this be reflected in the Level?	No. But the Judges should reflect this error in their GOE	
Is any turn allowed to change the direction of rotation between two parts of Combo Spin?	It is permitted as long as there is a continuous rotation and no additional touch down by the other foot, but the foot can be changed only once and the center of rotation should be on the same spot as the first part of the Combo Spin.	No re-centering is allowed, except in Combo Spin with different direction of rotation in both parts

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Category: **Ice Dance**
 Subject: **Spins Clarifications and Calling Specifications**

DANCE SPIN	ADDITIONAL CLARIFICATIONS (Questions & Answers)	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
If one or both partners do not change foot between spins in Combo Spin will it be called as a simple Spin?	<u>YES</u> . It will be called a Spin Level 1	
SPIN – only 1 different difficult variation from the same Basic Positions for each partner is performed	If only 1 different difficult variation from 1 Basic Position is performed the Spin will receive Level 2	
SPIN – only 2 different difficult variations from 2 different Basic Positions are performed	If only 2 different difficult variations in 2 of 3 different Basic Positions are performed (for less than 5 rotations) and there is an attempt to perform a 3 rd difficult variation but it is not executed to the requirements of difficult variations, the Spin will be given Level 2. This Spin could get Level 3 if 5 rotations in a fully established position are performed.	
SPIN – one of the difficult variations is short on rotations	If one (1) of the difficult variations is short on rotations (more than 1 rotation but less than 2) and 3 different difficult variations from 3 different types of Basic Position are performed for 2 rotations , the Spin will receive Level 3 . <u>Otherwise, if 3 different difficult poses are performed but 1 Basic Position is missing the Spin will receive Level 2</u>	
SPIN – two (2) of the difficult variations are short on rotations	If two (2) of the difficult variations are short on rotations (more than 1 rotation but less than 2) and all other requirements for Level 4 are met, it means that the requirements only for Level 2 are met .	
SPIN – only 5 rotations in total are performed	If only 5 total rotations are performed but all other requirements for Level 4 are met, the Spin will receive Level 3 because of total number of rotations .	

Category: **Ice Dance**

Subject: **Spins Clarifications and Calling Specifications**

DANCE SPIN	ADDITIONAL CLARIFICATIONS <i>(Questions & Answers)</i>	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
SPIN – 3 different difficult variations are performed from only 2 different Basic positions	If 3 different difficult variations are performed from only 2 different Basic positions and 2 of different difficult variations are done for 5 rotations, the Spin will receive Level 3 . If 3 different difficult variations (for less than 5 rotations) are performed from only 2 different Basic positions the Spin will be given Level 2 .	
A couple is doing a Spin or Combo Spin with one of the holds being close together, then they open up the hold to Hand-in-hand position with fully extended arms, and the spinning motion continues uninterrupted and then they return to a close hold. What parts of the Spin (or Combo Spin) will be included to determine the level?	All parts of the Spin (or Combo Spin) will be considered for determining the level because the spinning movement was not interrupted.	
If a couple on the entrance to the Spin or Combo Spin is skating <u>on one foot</u> around the same axis in Hand-in hand position with fully extended arms and performs one or more rotation in this position and then the couple pushes into the Spin, will it be considered as a part of the Spin or just an entrance to the Spin?	If less than three rotations is performed by both partners on one foot around a common axis in any position it will be considered as an entrance to the Spin or Combo Spin; but if three or more rotations are performed it will be considered as a part of the Spin or Combo Spin :	
If a Spin Level 2 was performed with errors (e.g. it was started by both partners on two feet) which required reduce its Level by 2 levels, is it correct that this element should be call as “Spin No Level”?	No, this Spin should be called Level 1 (if requirements for Level 1 are fulfilled). If a mistake worth a two Level downgrading penalty is performed on an element graded Level 2 by all other criteria, the resulting Level is Level 1, provided all other provisions to grade this element as Level 1 are met. An element should be called “No Level” in the following cases only: - if the element is identified but requirements for Level 1 are not fulfilled due to a fall or other errors;	

Category: **Ice Dance**

Subject: **Spins Clarifications and Calling Specifications**

DANCE SPIN	ADDITIONAL CLARIFICATIONS <i>(Questions & Answers)</i>	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
In a Spin one partner performs 2 difficult different variations in 2 different types of basic positions, and the other partner 1 difficult variation in the third basic position. All difficult variations are for 3 rotations. Is it enough to get level 3?	YES , because three difficult different variations in three different types of basic positions in total were performed.	
Does a change of direction of rotation for both partners during Spin count as one of the features?	YES, a change of direction during the Spin counts as one of features for the Level 4 only as long as at least 2 rotations in other direction is done by both partners	2 rotations are required for all features
What should be the call if a couple does 3 different difficult variations from 2 Basic Positions (each difficult variation for at least 2 rotations in a fully established position) and they both change direction of rotation during Spin?	If 3 different difficult variations (for less than 5 rotations) are performed from only 2 different Basic positions even there is a change of direction of rotation, the Spin will be given Level 2 .	
What should be the call for a Spin if a couple does 3 different difficult variations from 3 Basic Positions in one direction of rotation (each difficult variation for at least 2 rotations in a fully established position) and then they both change direction of rotation for additional 2 rotations?	This Spin will be called Level 4	
<u>What should be the call for a Combo Spin if a couple does 3 different difficult variations from 3 different types of Basic Positions (each difficult variation for at least 3 rotations in a fully established position) and at least 3 rotations are completed on each foot.</u>	<u>This Combo Spin will be called Level 3</u>	

FOR OTHER DEDUCTIONS BY JUDGES AND REFEREES CONSULT APPROPRIATE SHEETS

Category: **Ice Dance**
 Subject: **Steps Rules and Requirements**

STEP SEQUENCES	RULES AND REQUIREMENTS <i>(Technical Rules for Ice Dance and Communication 1610 and 1621)</i>
RULE (Rule 603 paragraph 3)	<p>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.</p> <p>Step Sequence – a series of prescribed or un-prescribed steps, turns and movements in a Short and Free Dance. There are the following types of Step Sequences for Short and Free Dances which may be skated either in hold or not-touching as it is specified by the IDTC for the season.</p> <p>Step Sequences in hold must be skated in any known dance holds or variation thereof (unless otherwise specified by the Technical Committee). Any separation to change a hold must not exceed one measure of music.</p> <p>Not Touching Step Sequence must incorporate mirror and/or matching footwork. Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa. The partners should remain as close together as possible, but they must not touch. The distance between the skaters should generally not be more than 2 arms length apart, except for short distances when the skaters are performing required edges and turns in opposite directions</p> <p>All Step Sequences are divided into two (2) following groups A and B:</p> <p>Group A: Straight Line Step Sequences</p> <ul style="list-style-type: none"> a) Midline: skated along the full length of the centre (long) axis of the ice surface; b) Diagonal: skated as fully corner to corner as possible). <p>Group B: Curved Step Sequences (may be skated in clockwise or anti-clockwise direction)</p> <ul style="list-style-type: none"> 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 centre (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 centre (long) axis of the opposite end of the rink (pattern utilizing the full width of the ice surface).
Holds:	<p>Either Step Sequence (except Not Touching) should 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 (one measure of Waltz is up to 6 beats and for all other rhythms up to 4 beats). However, at least a minimum number of basic types of dance holds or variations thereof and changes of hold required for the levels must be included in the step sequence in order to increase the levels of difficulty.</p>
Extra Features:	<p>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.</p>

Category: **Ice Dance**
 Subject: **Steps Rules and Requirements**

STEP SEQUENCES	RULES AND REQUIREMENTS <i>(Technical Rules for Ice Dance and Communication 1610 and 1621)</i>
<u>Other Requirements:</u>	<p><u>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</u></p> <ol style="list-style-type: none"> 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). 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.) 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. 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. 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. 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. <u>If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called No Level!</u>
<u>REQUIREMENTS 2010-2011</u> <u>SHORT DANCE</u>	<p><u>One (1) Midline Not Touching Step Sequence (NOT incorporating the Sequential Twizzles)</u> <u>The Not Touching Step Sequence must incorporate mirror and/or matching footwork. Both partners may cross each other’s tracing(s) and may switch from matching footwork to mirror and vice versa. The partners should remain as close together as possible, but they must not touch. The distance between the skaters should generally not be more than 2 arms length apart.</u></p>
<u>REQUIREMENTS 2010-2011</u> <u>FREE DANCE</u>	<p><u>TWO (2) DIFFERENT STEP SEQUENCES (IN HOLD)</u> ONE Step Sequence selected from group A) and ONE selected from group B): Group A) Straight Line Step Sequences: 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</p>

Category: **Ice Dance**
Subject: **Steps Rules and Requirements**

STEP SEQUENCES	RULES AND REQUIREMENTS <i>(Technical Rules for Ice Dance and Communication 1610 and 1621)</i>
	<p>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 Level 1, if the requirements for Level 1 are fulfilled.</p> <p>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.</p>
	<p><u>100% of steps/turns required for level 4 must be done clearly on correct edges. All other steps/turns must be clean</u></p>

Category: **Ice Dance**

Subject: **Steps Clarifications and Calling Specifications**

STEP SEQUENCES	CLARIFICATIONS and CALLING SPECIFICATIONS	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
BASIC REQUIREMENTS	For calling Step Sequence level 1 - at least 50% of the footwork sequence must be completed by both partners, <u>and at least requirements for Level 1 are fulfilled</u>	
CALLING SPECIFICATIONS & MISTAKES		
Difficult steps NOT clean	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. "Flat - No Edge" (straight, two edges, etc) before or after turn (or both) makes the turn count as a simple step(s) The DEPTH of EDGES must be assessed by the Judges in the GOE and credited accordingly
% of difficult steps	All steps need to be included for a level to be called and the footwork must be distributed over 75% of the chosen pattern. Otherwise, the level will be reduced accordingly by one Level. <u>100% of steps/turns required for level 4 must be done clearly on correct edges. All other steps/turns must be clean</u>	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 .
Do the types of difficult steps done in one foot section have to be repeated?	If included in one foot section, it is not necessary to repeat such turns elsewhere in the pattern.	
If the couple performs a Double Twizzle but also performs single Twizzles in the step sequence, do these single twizzles count as "nothing" steps (for the 75%)?	Single Twizzle will be counted by the Technical Panel among the "difficult" steps to be distributed over at least 75% of the chosen pattern.	
What happens if a Twizzle is performed on the spot inside any Step Sequence?	The Technical Panel will not count it as a twizzle (difficult step) for percentage purposes.	Will reduce the percentage of distribution of difficult steps and may lower the level.

Category: **Ice Dance**

Subject: **Steps Clarifications and Calling Specifications**

STEP SEQUENCES	CLARIFICATIONS and CALLING SPECIFICATIONS	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
Bearing in mind that all turns to be included in Step Sequences should be performed on correct edges, what will be taken into consideration by the Technical Panel in order that these turns will be properly identified?	The following are the part of a turn: For the turns performed on one foot (bracket, rocker, counter), there are the correct entry edge, turn itself and the correct exit edge; For the Twizzle there is the required number of rotation skated on one foot moving across the ice. For the turns performed with transition from one foot to the other foot (Mohawk, Choctaw), there the correct entry edge, the proper placement of the free foot for the turn and correct exit edge.	All edges required for the particular turn must be identifiable and skated on one foot and the turn must be performed without jump otherwise the Technical Panel will consider this turn as a “simple” step. The Judges will assess the depth and quality of the performed edges in GOE ₂
Both skaters NOT at the same level	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 .	e.g.: If lady is Level 3 and man is Level 1 it will receive Level 1.
Holds required for levels	The 3 basic Dance Holds or variations thereof taken into consideration for level purposes are : Kilian , Waltz (or Tango) and Foxtrot. 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.	e.g. Kilian and Kilian variation are not different basic Dance Holds. Tango and Foxtrot are different basic Dance Holds Skating in Hand-in Hand hold in the sustained position with fully extended arms by both partners is not permitted during the required Step Sequences (in hold) and will be penalized by the Judges in GOE
Change of Hold required for Levels	Change of Hold must be distinct 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	e.g.: from Waltz hold to Foxtrot or from Waltz to Kilian or Foxtrot to Tango – OK but NOT from Waltz to Tango or from Waltz to Hand-to-Hand – facing each other. If a separation to change a hold exceeds one measure of music (except to perform Twizzles simultaneously), the Judges should deduct accordingly in the GOE.
If a couple includes Hand in Hand hold (not sustained) between Kilian and Tango holds, does it count for two changes of hold?	NO. It counts for 1 change of hold. Only changes from one of the 3 following dance holds (or variations thereof): (Kilian, Waltz or Tango, Foxtrot) to another of these 3 dance holds are counted for purpose of Level 2, 3 or 4 but not the change from one of the above mentioned holds to the Hand in Hand hold (not sustained) or vice versa. Hand in Hand hold (not sustained) is considered as a transition from one Dance Hold to the other.	

Category: **Ice Dance**

Subject: **Steps Clarifications and Calling Specifications**

STEP SEQUENCES	CLARIFICATIONS and CALLING SPECIFICATIONS	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
Must Extra Features be included in Step Sequence?	NO- Up to 2 extra feature for each partner MAY be included in Step Sequence Only the first 2 "Extra Feature" 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 Feature" 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.
Duration of Extra Feature	The duration of each "Extra feature" must not exceed one (1) measure of music One measure of Waltz is up to 6 beats and for all other rhythms up to 4 beats.	If the duration of either permitted "Extra Feature" for each skater exceeds one measure of music, 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
Illegal Element inside a Step Sequence?	Technical Panel is responsible for deducting for illegal elements. If the illegal element is included in either step sequence (e.g. jump of more than one rotation, lying on the ice) , <u>the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called No Level.</u>	
Chosen pattern of a Step Sequence is incomplete (e.g. started late, or finished early, or both)	If a couple does not cover the full pattern of a Step sequence (e.g. not from corner to corner in diagonal) then it will have an impact on the % of steps in the sequence.	Can reduce the level Also judges will take a pattern deduction.
Jump of 1 rotation as an extra feature included in any Step Sequence	The Technical Panel will NOT make the deduction for this jump as it is not illegal because it is not more than 1 rotation according to Rule 609, paragraph 3 (Short Dance) and Rule 610 paragraph 3 (Free Dance).	Judges must reduce the GOE by 1 grade according to Marking Guide for GOE published in Communication for inclusion in the required Step Sequence a jump of more than ½ rotation
Jump of MORE than 1 rotation or jumps of 1 rotation performed by both partners simultaneously included as an extra feature in any Step Sequence	The Technical Panel will make the deduction for the jump of more than 1 rotation (or for the jumps of 1 rotation performed by both partners simultaneously) as it is illegal according to Rule 609, paragraph 3 (Short Dance) and Rule 610 paragraph 3 (Free Dance), and the entire step sequence will get Level 1 if the requirements for Level 1 are fulfilled.	

Category: **Ice Dance**

Subject: **Steps Clarifications and Calling Specifications**

STEP SEQUENCES	CLARIFICATIONS and CALLING SPECIFICATIONS	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
SHORT DANCE		
Calling of Midline Not-Touching	At the beginning (right when they start) call "Midline Not-Touching Steps "so data operator can start the box. Then at the end of the whole step sequence call the level of steps by saying "steps level #"	Season 2010-2011 Midline Not Touching Step Sequence NOT incorporating the Sequential Twizzles
Midline Not-Touching Double Threes as an Extra Feature	If performed will be NOT counted among those steps/turns that will be considered for required 75 % of distribution of the chosen pattern	
Midline Not-Touching If Extra Feature could be different for each partner?	Extra Features could be different for each skater but must be performed simultaneously	
Free Dance		
Double Threes as an Extra Feature in Step Sequences in hold	If Double Threes are included in Step Sequences in hold, they must be skated simultaneously in dance hold , they will be counted among those steps/turns that will be considered for required 75 % of distribution of the chosen pattern	If "Double Threes executed together" are chosen as the Extra Feature - it means that both partners have each completed their one permitted Extra Feature.
Can the Extra Feature be different for each partner?	Up to two extra Features may be performed by each partner and could be different and (with the exception of the Double Threes) they do not have to be performed simultaneously .	The duration of each "Extra feature" must not exceed one (1) measure of music . One measure of Waltz is up to 6 beats and for all other rhythms up to 4 beats.
Diagonal Step Sequence Do steps performed in the retrogression count to determine the level?	No retrogression is permitted in either step sequence (unless otherwise announced by the Technical Committee for the season)	If pattern retrogression is included in either Step Sequence in the Free Dance the judges should deduct accordingly for the inclusion of not permitted element.

Category: **Ice Dance**

Subject: **Steps Clarifications and Calling Specifications**

STEP SEQUENCES	CLARIFICATIONS and CALLING SPECIFICATIONS	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
<u>Is it enough to have steps distributed on 50% to get level 1?</u>	<u>NO.</u> Minimum requirements for Level 1 have to be met	
<u>For Level 4 Step Sequences, it says all Steps/Turns must be clean. What does this mean?</u>	<u>It means that all steps are distinct and all turns are on correct edges.</u> The result of this is that there is no change from the calling specifications from Season 2009/10.	

SYNCHRONIZED TWIZZLES	RULES and REQUIREMENTS <i>(Technical Rules for Ice Dance and Communication 1610 and 1621)</i>
RULES	<p>Twizzle – A travelling turn on one foot with one or more rotations which is quickly rotated with a continuous (uninterrupted) action. The skaters must travel across the ice during the turns (if the travelling action stops during the execution, the Twizzle, it becomes Solo Spin).</p> <ul style="list-style-type: none"> ▪ The four (4) different types of entry edges for Twizzles are as follows: <ul style="list-style-type: none"> • Forward Inside (FI), • Forward Outside (FO), • Backward Inside (BI), • Backward Outside (BO). ▪ All sets of Twizzles are comprised of 2 twizzles. Each twizzle shall be at least one <u>full</u> rotation on one foot performed simultaneously (at the same time) by both partners. For example: <ul style="list-style-type: none"> – side by side in the same direction (matching) – or side by side in opposite directions (mirror) – or following one another (one skating forward and/or backward and the other skating forward and/or backward) ▪ Both partners must skate the same number of rotations for each Twizzle; ▪ No stops are permitted before the first or second Twizzles; ▪ More Sets of Twizzles may be added but the first Set of twizzles only will be considered for the Level. ▪ Series of Synchronized Twizzles - at least two twizzles for each partner with up to 3 small steps between; ▪ Series of Sequential Twizzles – at least two twizzles for each partner with up to 1 step* between; <p>*A “step between Twizzles” means stepping onto the other foot to perform one “intermediate/transition” step or one- foot turn (e.g. bracket, counter) to enable the couple to perform the second twizzle on the same foot as the first twizzle should they wish to do so.</p>

Category: **Ice Dance**
 Subject: **Twizzles Rules and Requirements**

SYNCHRONIZED TWIZZLES	REQUIREMENTS 2010-2011 <i>(Technical Rules for Ice Dance and Communication 1610 and 1621)</i>
SHORT DANCE (OUT OF the Midline Not-Touching Step Sequence)	One (1) Set of Sequential Twizzles. <u>The Set of Twizzles (two twizzles skated simultaneously with up to one step in between twizzles).</u> The Set of Twizzles may be skated anywhere in the program except required “Non-touching Step Sequence”.
FREE DANCE SENIOR and JUNIOR	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.
	<p>There are two following OPTIONS for skating of Set of Synchronized Twizzles or Set of Sequential Twizzles:</p> <p style="padding-left: 40px;">Option 1*: The twizzles are skated with change of foot or with step(s) between twizzles;</p> <p style="padding-left: 40px;">Option 2**: Both twizzles are skated without change of foot (on the same foot).</p> <p>* There's only 1 step in the <u>Short</u> Dance and only up to 3 steps in total permitted between twizzles in the Free Dance, 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).</p> <p>**The Set of Twizzles “without change of foot” must be skated continuously on one foot with up to two of the following movements/turns between Twizzles: change of edge, rocker, counter, three turn, and bracket. These movements / turns may be used in order to change entry edge and direction of rotation.</p> <p>To receive Level 2, 3 or 4, a Set of Twizzles must be skated with “additional features” according to the requirements published in <u>Communication 1610 and</u></p>

**SYNCHRONIZED
TWIZZLES**

REQUIREMENTS 2010-2011
(Technical Rules for Ice Dance and Communication 1610 and 1621)

Calling Specifications for Set of Twizzles:

Basic Requirement for calling a Set of Twizzles (Sequential or Synchronized Twizzles) Level 1 is that both partners complete 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.

SYNCHRONIZED TWIZZLES	REQUIREMENTS 2010-2011 <i>(Technical Rules for Ice Dance and Communication 1610 and 1621)</i>
<p><u>Additional Features</u> Some Examples of Additional Features: (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>Group A: Upper body and hands</p>	<ul style="list-style-type: none"> • 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). • Significant continuous motion of arms during required number of rotations. • Core of body is shifted off of vertical axis. • Hands clasped behind back & extended away from the body. • <u>Straight arms clasped in front & extended away from the body (between the waist and chest level and lower than the level of shoulder)</u> • <u>Executing twizzles with the head bent all the way back with the face to the ceiling</u>
<p>Group B: Skating leg and free leg</p>	<ul style="list-style-type: none"> • Free leg crossed behind above the knee. • Free leg extended to the side or backward at least 45 degree angle from the vertical. • Sit position (at least 90 degrees between the thigh and shin of the skating leg). • Evident changing the level of the skating leg (knee) during rotations with a continuous motion. • Coupee in front or behind with free foot at least at the top of the calf and hip in fully open position. • Attitude front, behind or to the side in at least 45 degrees, with free leg bent or extended. • Holding the blade or boot of the free foot.
<p><u>Group C</u></p>	<ul style="list-style-type: none"> • <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> • <u>Clear change of side - both partners cross pattern at least once during the rotation.</u> • <u>Set of Twizzles performed side by side in opposite direction (mirror).</u> • <u>Set of Twizzles performed following one another face to face</u> • <u>Set of Twizzles performed following one another back to back</u> • <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>

Category: **Ice Dance**

Subject: **Twizzles Rules and Requirements**

SYNCHRONIZED TWIZZLES	REQUIREMENTS 2010-2011 <i>(Technical Rules for Ice Dance and Communication 1610 and 1621)</i>
	<p>For Level 2 OPTION 1 and for Level 3 OPTION 2 – Two (2) different additional features (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.</p> <p>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.</p> <p>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.</p> <p>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, and bracket. These movements / turns may be used in order to change entry edge and direction of rotation.</p> <p>The Set of Synchronized Twizzles (Option 1 and Option 2) performed without additional feature(s) will be called Level 1, <u>provided that one rotation in each of two Twizzles is done both partners.</u></p> <p>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).</p>

Category: **Ice Dance**

Subject: **Twizzles Clarifications and Calling Specifications**

SYNCHRONIZED TWIZZLES	CLARIFICATIONS and CALLING SPECIFICATIONS 2010-2011 <i>(Technical Rules for Ice Dance and Communication 1610 and 1621)</i>
CALLING SPECIFICATIONS & MISTAKES	<p>Basic Requirement for calling a set of Synchronized Twizzles Level 1 is that <u>both</u> partners complete at least one full rotation for both twizzles.</p> <p>The Technical Panel determines the level of Twizzles according to the present criteria. If any part of the Twizzle becomes a spin <u>or checked three turns</u> it affects the level. If 1 or 2 of the 4 Twizzles are spins <u>or checked three turns</u>, the Twizzles are downgraded by one level. If 3 or 4 Twizzles are spins <u>or checked three turns</u>, the Twizzles are downgraded by two levels.</p> <p>A set of Synchronized Twizzles will be identified but given no level when both partners skate only 1 Twizzle each.</p> <ol style="list-style-type: none">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 <u>if the features from groups A and B are used</u>: 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. <u>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.</u>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.

Category: **Ice Dance**

Subject: **Twizzles Clarifications and Calling Specifications**

SYNCHRONIZED TWIZZLES	CLARIFICATIONS and CALLING SPECIFICATIONS <i>(Questions & Answers)</i>	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
Should only full rotations count?	Yes.	If the twizzle starts forward, the blade (not just the body) must be fully rotated to forward again to count for a full rotation.
If there is a two foot entry?	If skater is on two feet when starting rotation of the twizzle, count the entry edge and rotations from the moment he/she is on one foot (skating foot)	This might change the number of full rotations.
If there is a Touch down of the free foot during the twizzle?	If a skater touches down with free foot, count the rotations until the touch down occurs.	It may lower the level depending on the number of clean rotations
One of the partners doesn't complete one full rotation on one of the Twizzles.	If one partner doesn't do a one full rotation in the twizzle for any reason (touch down or fall or doesn't even start second twizzle) and the other partner has at least one rotation in both twizzles then it will receive No Level .	<u>Basic Requirement for calling a Set of Twizzles (Sequential or Synchronized Twizzles) Level 1 is that both partners complete at least one full rotation for both twizzles.</u>
If both partners don't complete one full rotation on either twizzle?	If both partners don't complete one full rotation on either twizzle for any reason (touch down or fall) it will be called Twizzles -No Level	No Level because non of the partners did two Twizzles with at least one full rotation, so there is no Set of Twizzles. <u>A set of Synchronized Twizzles will be identified but given No Level when both partners skate only 1 Twizzle each.</u>
If Synchronized Twizzles (in Free Dance) and Sequential Twizzles (in Short Dance) as Required Elements are performed on the spot?	The Technical Panel determines the level of Twizzles according to the present criteria. If any part of the Twizzle becomes a spin it affects the level. If 1 or 2 of the 4 Twizzles are spins, the Twizzles are downgraded by one level. If 3 or 4 Twizzles are spins, the Twizzles are downgraded by two levels. <u>But 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.</u>	Judges must lower GOE as well.
If there are more than the required number of steps between Twizzles in Short Dance or in Free Dance?	If there is more than 1 step between Twizzles in the <u>Short Dance</u> or more than 3 steps in the Free Dance 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.	

Category: **Ice Dance**

Subject: **Twizzles Clarifications and Calling Specifications**

SYNCHRONIZED TWIZZLES	CLARIFICATIONS and CALLING SPECIFICATIONS <i>(Questions & Answers)</i>	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
When there are no features on either turn in Sets of Twizzles using Option 1, Levels 2, 3 and 4, would they get Level 1?	Yes, the Set of Synchronized Twizzles (Option 1 and Option2) performed without additional feature(s) will be called Level 1, no matter how many rotations were executed in either Twizzle (provided that the minimum requirements for Twizzle rotations had been achieved).	
If a couple does both Twizzles (Option 1) with 4 rotations and both partners crossed the free foot behind for 2 rotations, what level will be given for this Set of Twizzles?	It will be called Level 2 because the number of rotations with the additional feature was for Level 2 only.	
In the Set of Sequential Twizzles – If the first twizzle is finished on the right foot, then there is a step to the left foot and right foot leaves the ice and the second twizzle is skated also on the right foot. How many steps is this and is it permitted?	For Option 1 twizzles, one step has been performed and this is permitted as one “intermediate/transition” step allowed between twizzles. On this “intermediate/transition” step between it is even permitted to turn a bracket or rocker for example.	
In the Set of Sequential Twizzles – If both twizzles are skated on the same foot (right foot) which never leaves the ice, and there is a push with the other foot (left foot) between twizzles, how many steps will be counted?	It will be also considered as one step, because you step on the ice with the other foot between twizzles (even if it is a brief two foot position). And this Set of Twizzles will be considered as Option 1 twizzles and assessed according to the number of rotations and features included.	
In the Set of Synchronized Twizzles – is there a limit to the number of turns/movements between twizzles in Option 1 (skated with change of foot)?	There are only up to 3 steps in total permitted between twizzles in the Free Dance, 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.	
If a couple executes Twizzles with an evidently difficult feature but not from the list of Examples of Additional Features does a Technical panel consider this for the level?	Any additional features which evidently increase the difficulty of execution of Twizzles, even it isn't mention in the published list of Examples of “Additional Features” , will be considered by Technical Panel as a difficult feature to increase the Level of the performed Set of Twizzles.	

Category: **Ice Dance**

Subject: **Twizzles Clarifications and Calling Specifications**

SYNCHRONIZED TWIZZLES	CLARIFICATIONS and CALLING SPECIFICATIONS <i>(Questions & Answers)</i>	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
In the Set of Twizzles both partners hold one arm over head level on the first Twizzle and in the second Twizzle they move both arms over the level of the head. Does the Technical Panel consider two different features in these Set of Twizzles for the Level?	The Technical panel will consider each of the above examples as difficult features from the same group A , but they are NOT two different additional features , and in this case the Technical Panel should consider just the first one to increase the Level	
If there is a full stop by one or both partners before the first Twizzle, and the second Twizzle is performed without any stop, has the Level to be downgraded by one Level?	YES , The Technical Panel downgrades such Set of Twizzles by one Level per stop of each partner.	
If there is a full stop by one or both partners before the Second Twizzle, and the first Twizzle is performed without any stop, has the Level to be downgraded by one Level?	YES , The technical Panel downgrades such Set of Twizzles by one Level per stop of each partner.	
If there is a full stop by one or both partners before the first Twizzle, and a full stop by one or both partners before the second Twizzle, has the Level to be downgraded by one Level?	NO , The technical Panel downgrades such Set of Twizzles by one Level per stop of each partner. However, the Set of twizzles cannot be downgraded below Level 1.	
If one of the partners after 2 rotations stops the continuous motion and then executes next 2 rotations does the Technical Panel counts total of 4 rotations for this TW?	NO. If in any part of the Twizzle a continuous rotation is stopped by one or both partners the level will be assessed in accordance with the number of rotations before the continuous rotation stops	
When does the Technical Panel reduce the level of a twizzle – when the whole twizzle becomes a spin or when any part of the twizzle becomes a spin?	The Technical Panel has to reduce the Level for any twizzle that becomes a spin at any time (in the beginning, in the middle or at the end). <u>But 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.</u>	

Category: **Ice Dance**

Subject: **Twizzles Clarifications and Calling Specifications**

SYNCHRONIZED TWIZZLES	CLARIFICATIONS and CALLING SPECIFICATIONS <i>(Questions & Answers)</i>	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
What is the requirement to achieve the feature "significant continuous motion of arms during required number of rotations"?	The word "significant" means that there should be a full range of motion. The movement has to be continuous and not stop at all during the rotations. They can not just move their arms to one position for two rotations and then to another position for two rotations. It is more about how much movement has to take place.	
To meet the requirement of "significant continuous motion of arms", can the skaters move just one arm at a time, as long as the other arm is continuously moving in a significant way (alternately)?	Yes, as long as there is always at least one arm of each skater moving with a large range of movement at any given time and both arms alternately move and there is no break in continuous motion	
Is it possible to combine the following additional features "holding the blade or boot of the free leg" and "Hands clasped behind back & extended away from the body" in one twizzle?	Yes. If both hands are extended behind and away from the body and at the same time they clasp the hands while holding the blade – The Technical Panel will consider this as 2 different features from two different groups. To combine two different additional features in one Twizzle is permitted provided that the requirements for each feature are fulfilled.	
Do the features for the twizzles have to start at the first rotation of the twizzles, or can they begin later?	To achieve the level with the additional features, up to 1/2 a rotation is permitted before the feature is fully achieved. This must be on the first rotation of the twizzles. If they are started later, then only the first 4 rotations will be counted to see how many rotations are completed with the features for the level	
<u>What is the requirement for Level 1 Twizzle?</u>	<u>Both partners complete at least one full rotation in each of two twizzles.</u>	
<u>For Level 4 Twizzle the features must be from 3 different groups?</u>	<u>YES. For Level 4 option 1 3 different additional features in total, for both partners chosen from the list (3 must be from 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.</u>	

Category: **Ice Dance**

Subject: **Twizzles Clarifications and Calling Specifications**

SYNCHRONIZED TWIZZLES	CLARIFICATIONS and CALLING SPECIFICATIONS (Questions & Answers)	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
<p>For the Group C Additional Features for the Twizzles it is written: <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)” Can the Jump of ½ rotation be a Half Lutz or Half Flip, which has a landing with a toe pick and then a gliding edge?</u></p>	<p><u>NO. As those types of jumps would have a toe landing into a push it does not fulfill the requirement of a landing edge. The jump must have a landing on a gliding edge only and not on toe pick followed by a push, because the landing edge of the jump must be the entry edge for the Twizzle.</u></p>	
<p><u>What happens if the jump into the Twizzle takes off on 2 feet?</u></p>	<p>The jump into the Twizzle with take off on 2 feet can be validated as a Group C Additional Feature but it must land on one foot without any touch down and that landing edge becomes the entry edge of the Twizzle</p>	
<p><u>When a jump into the Twizzle is used as a Group C Additional Feature, the jump must be of 1/2 rotation. What happens if the jump is slightly under-rotated or over-rotated?</u></p>	<p><u>This jump can be accepted if the "cheat" is less than 1/4 rotation.</u></p>	
<p>In the Additional Feature of arms behind the back with hands clasped do the arms have to be straight?</p>	<p>No, the arms need to be pulled away from the body but the arms do not have to be straight with the elbows locked</p>	
<p><u>Can standing on two feet or performing a Spread Eagle be considered as one step in the Sequential or Synchronized Twizzles?</u></p>	<p><u>YES. If the second Twizzle is performed without an additional push, standing on two feet or performing a Spread Eagle is considered as one step.</u></p>	
<p><u>If Group C Additional Feature “third Twizzle” is used, is it necessary to have the same number of steps between Twizzles number 1 and 2 and between Twizzles number 2 and 3?</u></p>	<p><u>NO, the "number of steps between all 3 twizzles must be equal" means that if a Couple skates Sequential Tw in the Short Dance there is only up to one step allowed between all 3 Twizzles and if a couple skates Synchronized Tw in the Free Dance there are up to 3 steps allowed between two consecutive Twizzles</u></p>	<p>For example, if the Synchronized twizzles are chosen, then the skaters could have 2 steps between twizzles 1 and 2, and 3 steps between twizzles 2 and 3.</p>

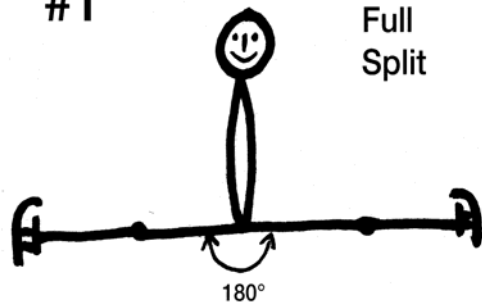
Category: **Ice Dance**

Subject: **Twizzles Clarifications and Calling Specifications**

SYNCHRONIZED TWIZZLES	CLARIFICATIONS and CALLING SPECIFICATIONS <i>(Questions & Answers)</i>	
QUESTION	ANSWER	CLARIFICATIONS (COMMENTS)
<u>If the first Twizzle is face-to-face, does the second Twizzle have to start face-to-face also, or can it start back-to-back?</u>	<u>When the first Twizzle starts face-to-face, it is possible to start the second Twizzle back-to-back.</u>	
<u>What level is given for the Set of Twizzles if there is a Fall?</u>	<u>If a fall occurs after an element has commenced and it meets the Basic requirements for Level 1 for the element, it shall be classified as Level 1 and shall occupy a box to enable the judges to apply a GOE</u> a) <u>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.</u> b) <u>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 Step Sequences</u> c) <u>If a fall by either partner occurs at the entrance to or during the first or second Twizzle so it does not meet requirements for any level and is immediately followed by another Twizzle this additional part will receive no value and will not occupy another spot</u>	
<u>For a 1-foot Set of Twizzles, if there is a touchdown with no transfer of weight in the first Twizzle for one of the partners, does this cause the Set of Twizzles to become Option 1 or is the case only if there is a transfer of weight?</u>	<u>For Twizzles Level 2, 3 & 4, Option 2 (1foot Set of Twizzeles) 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. This means that if there is a touchdown anywhere in the Twizzles or in-between , the Set of Twizzles is changed from Option 2 to Option 1.</u>	
<u>If the touchdown is during the movements between the Twizzles does this cause the Set of Twizzle to become Option 1?</u>	<u>YES</u> , <u>the touchdown in any part of the 1 foot Set of Twizzles (during rotation or between rotation) will be considered as an Option 1 type which requires Option 1 additional features to attain the same level.</u>	

Drawings

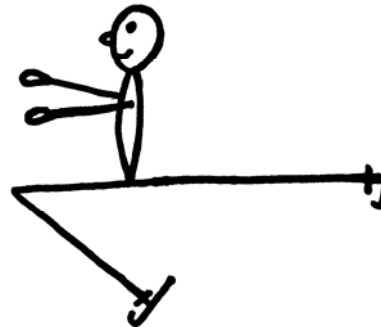
#1



Full Split

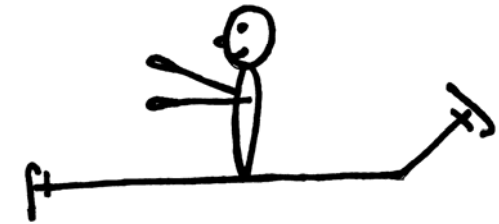
FULL SPLIT

#2



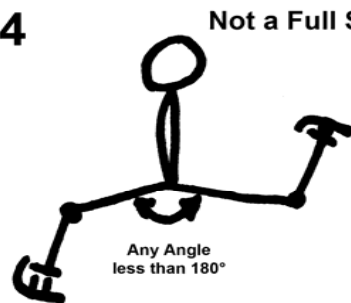
NOT A FULL SPLIT

#3



FULL SPLIT

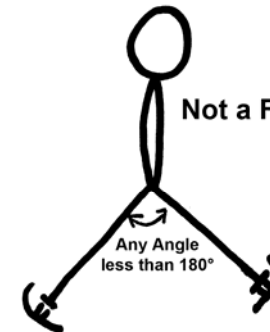
#4



Not a Full Split

NOT A FULL SPLIT

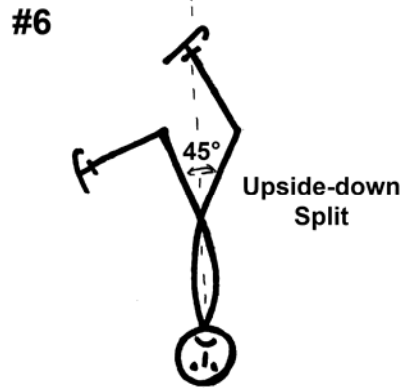
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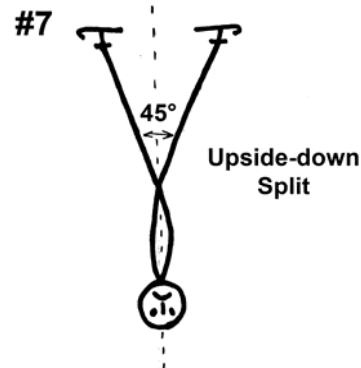
Not a Full Split

NOT A FULL SPLIT

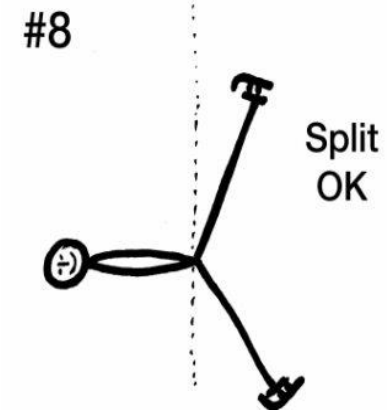
Drawings



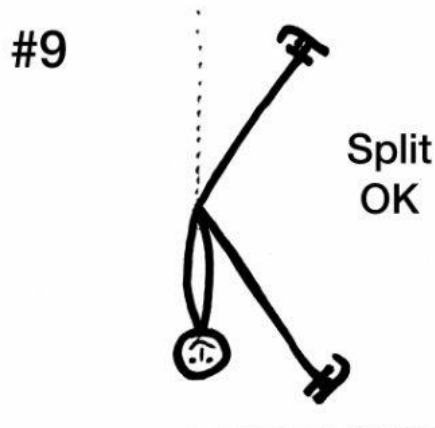
#6 UPSIDE DOWN SPLIT - OK
The angle between thighs is only 45 degrees that is permitted



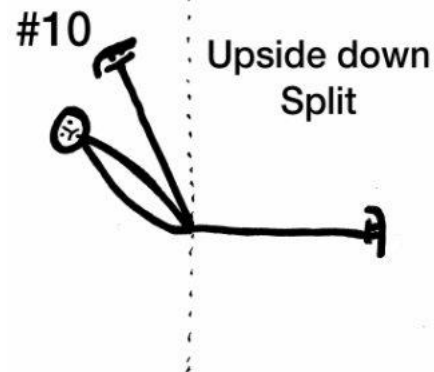
#7 UPSIDE DOWN SPLIT - OK
The angle between thighs is only 45 degrees or less



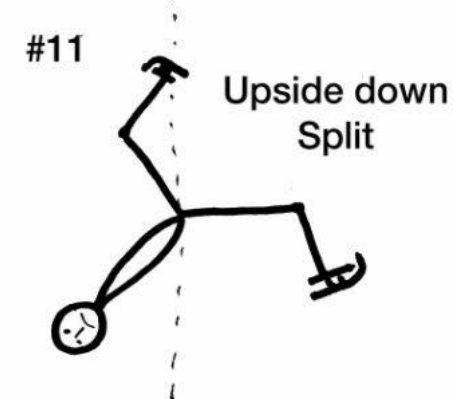
8 NOT AN UPSIDE DOWN SPLIT



9 NOT AN UPSIDE DOWN SPLIT

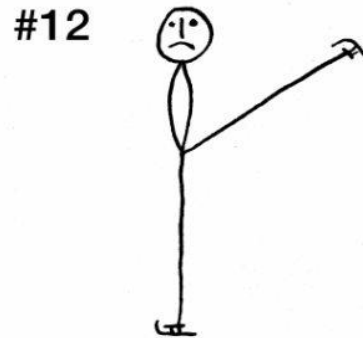


10 UPSIDE DOWN SPLIT

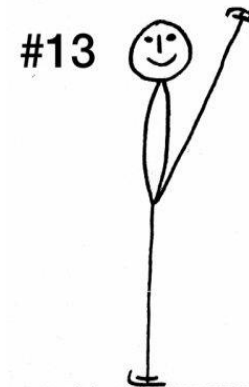


11 UPSIDE DOWN SPLIT

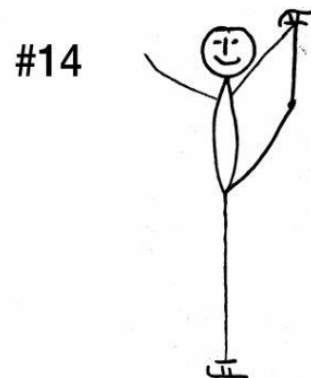
Drawings



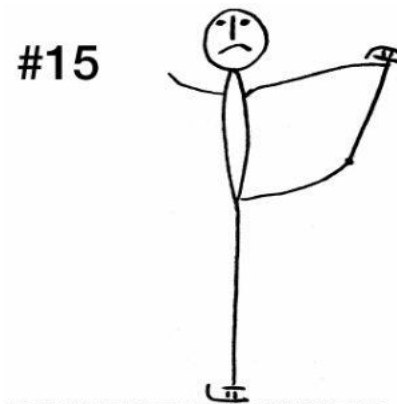
12 NOT A FULL SPLIT IN SPIN
The boot/skate of the free leg is **not** higher than the head.



#13 FULL SPLIT IN SPIN - OK
The boot/skate of the free leg is higher than the head.



#14 FULL BIELLMANN OK
The boot of the free leg is above and behind the level of the head.

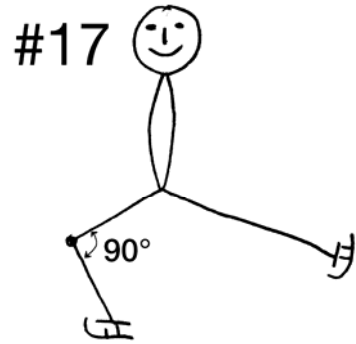


#15 NOT A FULL BIELLMANN
The boot of the free leg is **not** above the level of the head.



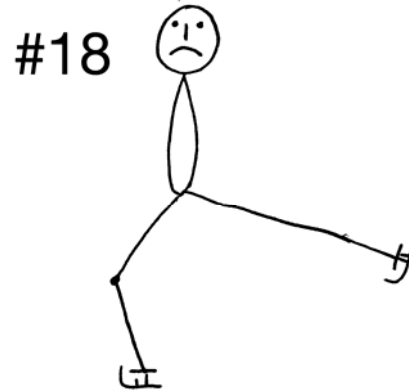
#16 FULL BIELLMAN - OK
The boot of the free leg is above and behind the level of the head.

Drawings



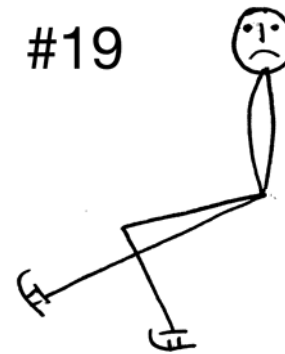
17 A FULL SIT POSITION
(LEG TO the SIDE)

The angle between thigh and shin of skating leg is 90 degrees or less-
OK



18 NOT A FULL SIT POSITION
(LEG TO the SIDE)

The angle between thigh and shin of skating leg is **more than 90** degrees-
NOT



19 NOT A FULL SIT POSITION
(LEG FORWARD)

The thigh of skating leg is **not**
parallel to the ice-**NOT**

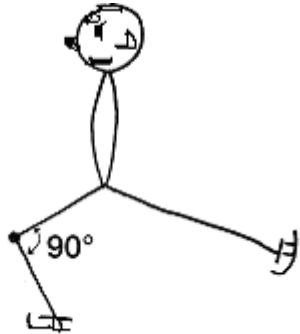


20 A FULL SIT POSITION
(LEG FORWARD)

The thigh of skating leg at least **parallel**
to the ice- **OK**

Drawings

21



#21 NOT A FULL SIT POSITION
(free leg backward)

22



#22 A FULL SIT POSITION
(free leg backward)

The angle between thigh and shin of skating leg is 90 degrees or less- NOT

Thigh of skating leg is parallel to the ice - OK