



# **Judging System**

# **Technical Panel Handbook**

**Single Skating**

**2009/2010**

Version as of 20.07.2009

# Step Sequences

## Rules

<b>Short Program</b>	<p>Short Program for <b>Senior &amp; Junior Men</b> must include two Step Sequences of a different nature (pattern). Short Program for <b>Senior &amp; Junior Ladies</b> must include one Step Sequence.</p> <p>Shape of the Step Sequence:</p> <ul style="list-style-type: none"> <li>- Straight Line Step Sequence: commences at any place of the short barrier and goes to any place of the opposite short barrier keeping the approximate shape of the straight line or</li> <li>- Circular Step Sequence: skated on a complete circle or oval utilizing the full width of the ice surface or</li> <li>- Serpentine Step Sequence: commences at the end of the ice surface and progresses in at least two bold curves and ends at the opposite end of the ice surface.</li> </ul> <p>May include small jump-like movements with not more than half a revolution. Short stops in accordance with the music are permitted. Retrogressions are not prohibited.</p>
<b>Free Skating</b>	<p>A well balanced Free Skating program must contain two Step Sequences of a different nature for <b>Senior Men</b> and one Step Sequence for <b>Senior Ladies &amp; Junior Men &amp; Ladies</b>.</p> <p>The competitors have complete freedom in selecting the kind of step sequence they intend to execute. Jumps can also be included in the step sequence. However the step sequence must fully utilize the ice surface. Step sequences too short and barely visible cannot be considered as meeting the requirements of a step sequence.</p>

## Level features

- 1) Simple variety (Level 2), variety (Level 3), complexity (Level 4) of turns and steps throughout **(compulsory)**
- 2) Rotations (turns, steps) in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction
- 3) Moderate (full for Level 4) use of upper body movement
- 4) Quick changes of rotational direction executed with turns and steps

## Clarifications

<b>Pattern</b>	<p><b>Straight Line</b> - Short barrier to short barrier.  <b>Serpentine</b> – Two or three bold curves. Skater skates from short barrier to short barrier.  <b>Circular</b> – A skater completes a circle using the width of the ice surface.  <u>A Step Sequence will only receive a Level if at least 50% of the sequence pattern is performed.</u></p>
<b>End of the pattern</b>	<p>In <b>Short Program</b> the end of the of the Step sequence is either the moment when the skater reaches the opposite short barrier (Straight Line or Serpentine step sequence) or closes the circle (Circle step sequence) or the moment when the skater concludes the Sequence (if this happens earlier).  In <b>Free Skating</b> however the pattern of the Step sequence is unlimited; <u>the call will be according to the pattern of the first part of the sequence.</u></p>

<b>Definition of Turns and Steps</b>	Types of Turns: three turns, twizzles, brackets, loops, counters, rockers. Types of Steps: toe steps, chasses, mohawks, choctaws. change of edge, cross rolls, <u>running steps</u> . Turns must be executed on one foot. Steps must be executed on one foot whenever possible. If a turn is “jumped”, it is not counted as performed.
<b>Simple Variety</b>	Must include at least 6 turns and 4 steps, none of the types can be counted more than twice.
<b>Variety</b>	Must include at least 8 turns and 4 steps, none of the types can be counted more than twice.
<b>Complexity</b>	Must include at least 5 different types of turns and 3 different types of steps all executed at least once in both directions. “Both directions” refers to rotational direction. Skating forward and skating backward is not a change of rotational direction.
<b>Balance</b>	Turns and steps must be balanced in their distribution throughout the sequence. If there is no balance, the Level cannot be higher than 1.
<b>No simple variety, only simple variety, only variety</b>	If a skater does not perform a simple variety in steps and turns throughout the sequence, the Level cannot be higher than 1. If a skater performs only simple variety in steps and turns throughout the sequence, the Level cannot be higher than 2. If a skater performs only variety (but not complexity) in steps and turns throughout the sequence, the Level cannot be higher than 3.
<b>Rotations in either direction</b>	This feature means that a skater rotates continuously in one direction for at least 1/3 of the sequence and then continuously for at least 1/3 of the sequence in the opposite direction or over the length of the step sequence the skater is performing turns for at least 1/3 of the sequence in total (not continuous) in one rotational direction and at least 1/3 of the sequence in total (not continuous) in the opposite direction. “Full body rotation” means one complete rotation. The skater should not just turn half a rev. back and forth.
<b>Modest upper body movement</b>	The upper body consists of arms, head and torso. “Modest” means the visible use of two of these three parts of the upper body together <u>while doing steps/turns/free skating movements (3 or more times distributed through the sequence)</u> .
<b>Full upper body movement</b>	“Full” means the visible use of all three parts of the upper body together <u>while doing steps/turns/free skating movements (3 or more times distributed through the sequence)</u> .
<b>Quick changes of rotational direction executed with <u>turns and steps</u></b>	There must be quick changes of rotational direction (left, right). These changes must be done with listed turns and steps. Such changes must be executed at least 3 times for a Level feature.
<b>Jump with more than half a revolution executed in the step sequence</b>	The jump has to be called in <b>Free Skating</b> . In <b>Short Program</b> such a jump is ignored (but reflected by the Judges in their GOE reduction). In any case it does not influence the determination of Level of difficulty of the Step sequence.

# Spiral Sequence (Ladies)

## Rules

<b>General</b>	Consists primarily of spirals. Pattern of the Spiral Sequence can be any combination of curves (on edges). Only the first three (3) attempted positions are to be considered for Level features. The minimum hold to be counted as a spiral position is three (3) seconds. For a possible higher Level at least one of the spiral positions should be maintained without any assistance of the hand or arm. Pushes in order to gain speed are permitted. Connecting steps (including spread eagles and two footed movements with one leg extended and the other bend, or "Ina Bauer"), turns, small jumps are permitted at any point in the sequence. Except during such pushes, steps, turns and small jumps, the competitor must be primarily in a spiral position, that is with the free leg higher than the hip level. Any variations of the position are permitted, including holding the knee or skate blade and the position of the free leg is otherwise free.
<b>Short Program</b>	Short Program for <b>Senior and Junior</b> Ladies must include one Spiral Sequence. There must be at least three (3) spiral positions and at least one change of foot. Change of foot and unsupported spiral position must also be among the first three (3) positions.
<b>Free Skating</b>	A well balanced Free Skating program for <b>Senior</b> Ladies must contain one Spiral Sequence. There must be at least two (2) spiral positions.

## Level features

### Spirals on each foot, forward & backward, inside & outside mandatory for Levels 3-4

- 1) 1 difficult variation of position
- 2) A difficult variation on a different foot significantly different from the first variation
- 3) Change of edge in a spiral
- 4) Unsupported change of free leg position or direction of skating maintaining the spiral (3 seconds hold before and after the change)
- 5) Free leg in a total split position, one or both arms hold possible
- 6) Holding spiral position (without any interruption) for 6 or more seconds without changes in position/variation

## Clarifications

<b>Definition</b>	A Spiral is a position with one blade on the ice and the free leg (including knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (outside, inside), direction (forward, backward) and position of the free leg (backward, forward, sideways).
<b><u>Free leg drops</u></b>	<u>When the free leg drops at the hip level (or lower) this is considered the end of the concerned spiral position. If the free leg, after the drop, comes back to the allowed position (higher than the hip level), this continuation should be ignored and not counted as a new position by the Technical Panel.</u>
<b><i>Simple variation (of position)</i></b>	A spiral position with limited leg and arm movement, e.g. bending of free leg, bending of skating leg, changing arm position, turning of head (all of these not affecting the main body core position and independent from skating edge or direction). A simple variation does not increase the Level.

<b>Difficult variation (of position)</b>	These are variations that affect the main body core position and balance, e.g. twisting the upper body, bending or pulling the upper body towards the skating leg, obtaining the Biellmann position. Only these variations can increase the Level.
<b>Second difficult variation</b>	Second difficult variation is counted as a Level feature only when it is on a different foot and significantly different in its main structure from the first variation. Examples of such different variations: Biellmann position, position with the free leg lifted forward, diving with upper body position, ring position of the free leg, position with twisting of the upper body etc.
<b>Change of foot</b>	In <b>Short Program</b> , if there is no change of foot at all or if there is a change of foot, <u>but there is no spiral position before or after the change at least 3 sec. duration, the Sequence will have no Level and no value.</u> In <b>Free Skating</b> the change of foot is not compulsory, it's a mandatory requirement for Levels 3-4.
<b>Duration of position</b>	All positions or features in a Spiral Sequence must be performed for a minimum of 3 seconds to achieve the appropriate feature. If this minimum hold is not fulfilled, the position will not count for Level features, but will count in the number of positions' attempts.
<b>Only one or none long enough position(s)</b>	If there is only one spiral position (three seconds long) or there are no long enough spiral positions at all, the Level and therefore any value will not be awarded.
<b>Only two long enough positions (Short Program)</b>	If there are only two long enough positions and the 3 <sup>rd</sup> position is too short or does not exist at all, the Sequence will have Level 1 if the two long enough positions are on different feet and will have no Level if they are on the same foot.
<b>"Extended" spiral position</b>	Holding spiral position (without any interruption) for 6 or more seconds counts as a feature only when there are no changes in position/variation.
<b>Supported spiral position</b>	Hand or any part of the arm supporting the free leg position. Supported position could be simple or difficult according to definition.
<b>Unsupported position</b>	Unsupported position means no help with a hand/arm hold, a bend of a knee, a movement of the body etc. Unsupported spiral position is considered a Level feature only when it is a difficult variation of position (the skater twists or seriously moves the body core).
<b>No unsupported position</b>	If there is no unsupported position(s) 3 seconds long, the Level cannot be higher than 1.
<b>Change of direction</b>	The skating direction in a spiral sequence means forward and backward. Change of direction means going from forward to backward or vice-versa.
<b>Unsupported change of free leg position or direction of skating</b>	The first position needs to be maintained for at least 3 sec. The unsupported change of position or direction needs to be made with no time limit <u>with the free leg staying higher than the hip level</u> and the position after the change must again be maintained for a min. of 3 sec. Unsupported means to perform a change of position or direction only with the weight of the body or with the muscles. If the above requirements are not fulfilled, the corresponding Level feature will not be given.

<b><i>Split position</i></b>	A split position can be performed either sideways or forwards or backwards; one or both arms hold is possible. The split position must be at least 170°; <u>A split position counts only once as a feature. However if a total split is performed more than once, a split position can be considered as a “difficult variation” feature if done in a different spiral position than the first split.</u>
<b><i>“Biellmann” position</i></b>	The skaters free leg is pulled from behind to a position higher than and towards the top of the head, close to the skating axis of the skater.
<b><i>Change of position and Biellmann position</i></b>	A change regular Spiral (free leg back) into a Biellmann or vice versa is not a change of position, according to definition position stays the same (same direction of skating, same edge, same position of the free leg – backwards).
<b><i>Change of edge</i></b>	To achieve a feature “Change of edge in a Spiral” the skater does not need to stay full 3 seconds before and after the change without any movement, there should be no movement during the actual change of edge and no change of the basic position for 3 seconds before and after the change of edge. If the duration before and/or after the change is shorter, the change of edge will not count as a feature.
<b><i>Length of change of edge</i></b>	Change of edge in Spirals requires that the distance used for the change is no longer than 1 meter. If more, the feature is not to be given.
<b><i>Spiral positions on a flat</i></b>	<u>Such a position is counted as one of the first 3 attempted positions, but no Level features will be given for this position. If a skater starts a spiral position this way and then goes on an edge, the counting for the length of the spiral starts only when the skater is on the edge.</u>
<b><i>Losing the edge during a spiral position</i></b>	<u>When during a spiral position the skater is losing the edge, going on flat or to the other edge without a purpose of a change of edge, this is considered the end of the concerned spiral position. If the skater after that comes back to the allowed edge, this continuation should be ignored and not counted as a new position by the Technical Panel.</u>
<b><i>Supported change of edge definition</i></b>	Using any movement of any part of the body to assist the change of edge. Level feature for such a change is not given.
<b><i>Unsupported change of edge definition</i></b>	Shifting the weight of the body just enough to change the edge. <u>Level feature is given only for such a change.</u>
<b><i>Change of edge and free leg position or direction of skating</i></b>	A change of edge and of free leg position or direction of skating can not be done at the same time in order to be counted as Level features.

# Spins

## Rules

<b>General</b>	<p>The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.</p> <p>A spin with less than three rotations is considered as a skating movement and not a spin.</p> <p>If the skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.</p> <p>In spins in one position and flying spins the concluding upright position at the end of the spin (final wind-up) is not considered to be another position if it does not exceed 3 revolutions and the revolutions executed in this position are not to be counted in the required number of revolutions.</p> <p>Variations of positions of the head, arms or free leg, as well as fluctuations of speed are permitted.</p> <p>In spin combinations during a change of position a difficult variation of position can be executed (<u>which means that a difficult change of position is counted as a difficult spin variation</u>).</p>
----------------	---

<b>Short Program</b>	<p>The Short Program of the season 2009 – 2010 includes the following 3 spins:</p> <ul style="list-style-type: none"> <li>- <b>Seniors:</b> Flying spin; <b>Juniors:</b> Flying sit spin;</li> <li>- <b>Senior Men:</b> Camel/Sit spin with only one change of foot; <b>Junior Men:</b> Camel spin with only one change of foot;</li> <li>- <b>Senior &amp; Junior Ladies:</b> Layback/sideways leaning spin;</li> <li>- Spin combination with all three basic positions and only one change of foot.</li> </ul> <p>The spins must have a required minimum number of revolutions: eight (8) for the flying spin and the layback spin, six (6) revolutions on each foot in the spin with a change of foot and the spin combination, the lack of which must be reflected by the Judges in their marking. In the spin combination the change of foot is required.</p> <p>Except flying spins, spins cannot be commenced with a jump.</p>
----------------------	---

### Specific elements in Short Program:

<b>Ladies: layback/sideways leaning spin</b>	<p>Any position is permitted, as long as the basic layback or sideways leaning position is maintained for eight (8) revolutions without rising to an upright position. The position of a "Biellmann Spin" can only be taken and considered as a feature to increase the Level after having successfully rotated these required 8 revolutions in the layback-position (backward and/or sideways).</p>
--	--

<b>Men: spin with only one change of foot</b>	<p><b>Senior &amp; Junior:</b> The spin must consist of only one change of foot, which may be executed in the form of a step over or a jump with not less than six (6) revolutions on each foot.</p> <p><b>Senior:</b> The competitor is free to choose either the camel position or the sit position to be executed.</p> <p><b>Junior:</b> Only the prescribed sit or camel position is permitted to be executed.</p>
---	--

<b>Spin combination with change of foot</b>	<p>The spin combination must include all three basic positions (sit, camel, upright or any variation thereof) and only one change of foot with not less than six (6) revolutions on each foot. The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately.</p>
---	--

<b>Flying spin</b>	<p><b>Senior:</b> Any type of flying spin is permitted. A minimum of eight (8) revolutions in the landing position which may be different from the flying position.</p> <p><b>Junior:</b> Only the prescribed "Flying" position or its variation is permitted. A minimum of eight (8) revolutions in the landing position which must be the same as the flying position. In the flying sit spin changing foot on landing is permitted.</p> <p><b>Senior &amp; Junior:</b> No previous rotation on the ice before the take-off is permitted. A step over must be considered by the Judges in the Grade of Execution. The flying position must be attained in the air. The required eight (8) revolutions can be executed in any variation of the landing position.</p>
<b>Free Skating</b>	<p>A well balanced Free Skating program for <b>Men and Ladies (Senior and Junior)</b> must contain maximum of 3 spins, one of which must be a spin combination, one a flying spin and one a spin with only one position. All Spins must be of a different character (must have different abbreviations). Any Spin with the same abbreviation as one executed before will be deleted by computer (but will occupy a spinning box). If no one of the performed spins has a flying entrance, or if no one is a spin in one position, or no one is a spin combination the third executed spin will be automatically deleted by the computer. The spins must have a required minimum number of revolutions: six (6) for the flying spin and the spin with only one position and ten (10) for the spin combination, the lack of which must be reflected by Judges in their marking. These minimum number of required revolutions must be counted from the entry of the spin until its exit. In the spin combination the change of foot is optional and the number of different positions is free.</p>

## Level features

- 1) 1 difficult variation in a basic or (for spin combinations only) in an intermediate position
- 2) Another difficult variation in a basic position which must be:
  - spins in one position without change of foot and flying spins – different than the first one
  - all other spins – on different foot and/or in different position than the first one
- 3) Difficult change of foot
- 4) Backward entrance/Difficult variation of flying entrance/Landing on the same foot as take-off or changing foot on landing in a Flying Sit Spin
- 5) Clear change of edge in the same basic position (in any spin counts only once)
- 6) All 3 basic positions (for spins with change of foot – on each foot)
- 7) Both directions immediately following each other
- 8) At least 8 rev. without changes in pos./variation, foot or edge (camel, sit, layback, difficult upright), counts twice if repeated on another foot

### Additional features for the Layback spin:

- 9) One change of position backwards-sideways or reverse, at least 3 rev. in each position (counts also if the Layback spin is a part of a spin combination)
- 10) Biellmann position after layback spin (SP – after 8 revolutions in layback spin)

**For Spin Combinations with change of foot all 3 basic positions are mandatory for Levels 2 – 4 in Short Program and for Level 4 in Free Skating.**

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

## Clarifications

### Positions

<b>Basic Positions</b>	<p>There are 3 basic positions: camel, sit and upright positions. Intermediate positions are all other positions.</p> <p><b>Camel:</b> free leg backwards with the knee higher than the hip level, however Layback, Biemann and similar variations are still considered as upright spins.</p> <p><b>Sit:</b> bottom of the buttocks not higher than the top of the skating knee, the upper part of the skating leg at least parallel to the ice.</p> <p><b>Upright:</b> any position with extended or almost extended skating leg (a slight bend of the knee is allowed) which is not a camel position.</p>
<b>Intermediate positions</b>	<p>All the other positions not fulfilling the requirements of any basic position.</p> <p><b>Spin Combination:</b> The number of revolutions in intermediate positions is counted in the total number of revolutions; intermediate positions can be considered as difficult variations in accordance with the definition of such positions, but going to one of these positions is not considered as a change of position which can only be from one basic position to another basic position.</p> <p><b>Spin in one position and Flying Spin:</b> Intermediate positions are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.</p>
<b>Spin with no change of position</b>	<p>A “spin with no change of position”, in which another basic position is executed with more than two (2) revolutions, does not fulfil the requirements of a spin with “no change of position” and will be identified as a “spin combination”. However, the concluding upright position at the end of the spin (final wind-up) is not considered to be another position if it does not exceed three (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions.</p>
<b>Less than 2 revolutions in every basic position</b>	<p>If a spin does not have at least 2 continuous revolutions in some basic position, no Level has to be given.</p>
<b>Less than 2 revolutions in basic positions (spin combination)</b>	<p>A spin combination executed with only 1 position with not less than 2 revolutions (as to the requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.</p>
<b>Less than 3 basic positions (spin combination Short Program)</b>	<p>If a skater performs less than the required 3 basic positions (upright, sit, camel) with not less than 2 revolutions, the Level of the spin combination can not be more than 1 and the Judges will also reduce the GOE.</p>
<b>Spin with one basic position and one intermediate position</b>	<p>The Technical Panel will have the right to decide if a spin is a spin combination or a spin in one position or a flying spin with the following guideline: if the spin contains two positions that are quite far from each other, it's a combination.</p>
<b>Wind-up revolutions in camel and sit spin</b>	<p>Only for sit and camel spins the wind-up revolutions are not counted till maximum of 3 revolutions. If the wind-up revolutions exceed the maximum number of three (3), the spin will be called as a “spin combination”. The wind-up becomes an upright position.</p>

## Entrance of the spin

<b>Flying entrance</b>	Deathdrop, butterfly or any variation of another flying entrance (except the regular flying camel) can be considered as a Level feature. In case the regular flying camel or an obvious “step over” (instead of a jump) is performed, this entrance cannot be considered as a Level feature.
------------------------	---

<b>Backward entrance</b>	A backward entrance includes (but not limited to) a forward-inside three turn in a spin. In order to be counted as a Level feature backward entrance requires <u>the first 2</u> revolutions on a backward outside edge. <u>The Backward entry counts as a feature that can increase the Level in only one spin in both the Short Program and the Free Skating; while doing that, the first attempt is taken into account.</u>
--------------------------	---

## Variations

<b>Simple variation</b>	A simple variation of position is a movement of a body part, leg, arm, hand or head, which enhances but does not change the basic position of the main body core. A simple variation does not increase the Level.
-------------------------	---

<b>Difficult variation</b>	A difficult variation is a movement of a body part, leg, arm, hand or head, which requires more physical strength or flexibility and that has an affect on the balance of the main body core. Only these variations can increase the Level.
----------------------------	---

### Difficult variation are:

<b>Broken leg</b>	“Broken leg” is a difficult variation of a sit position, changing the weight distribution by bending the leg to the side or behind the main body core.
-------------------	--

<b>Doughnut spin</b>	“Doughnut” spin is considered as a difficult variation of the camel position; body arched where head and free foot are almost touching.
----------------------	---

<b>Upside down camel position</b>	Upside down position it is considered as a difficult variation of the camel position with the upper body turned upwards <u>at least 170°</u> .
-----------------------------------	--

<b>Upside down upright position</b>	A position where from the hips to the skating foot it is straight and the upper body is bent down towards to ice is considered as a difficult variation of the upright position.
-------------------------------------	--

<b>Biellmann position</b>	Biellmann position is a difficult variation of an <b>upright position</b> when the skater’s free leg is pulled from behind to a position higher than and towards the top of the head, close to the spinning axis of the skater. Biellmann position counts as a feature that can increase the Level only <u>in one spin both in the Short Program and in the Free Skating; while doing that, the first attempt is taken into account.</u>
---------------------------	---

<b>“Similar” to Biellmann position</b>	“Similar” means a position with the free leg higher than the head, but not above it which you can reach from an upright position. This position (like Biellmann) is considered as a difficult variation of an upright position. If, however, a skater reaches such a position from a camel by grabbing the free leg, this is considered as a difficult variation of a camel (and not an upright variation).
--	--

<b>Windmill</b>	<u>Windmill (illusion) is considered a difficult variation of an upright position (must be done at least 3 times in a row to be counted as a Level feature).</u>
-----------------	--

<b>Increase of speed</b>	For camel, sit and layback positions, once the position has been established, a clear increasing of speed will be considered as a difficult variation. Increasing speed counts only in a basic position or while going within a basic position into its variation; it is not valid as a feature if the increase of speed happens while going from one basic position to another basic position.
--------------------------	---

<b>Crossfoot Spin</b>	A Crossfoot Spin must be executed on both feet with the weight equally divided on both feet. A Crossfoot Spin is to be considered as a difficult variation for an Upright Spin and will receive, if correctly executed, one feature.
-----------------------	--

<b>Jump within a Spin</b>	In any spin a clear jump within a spin started and landed on the same foot (at least 2 revolutions before and after the jump) will be considered as a difficult variation. This jump must be done from a basic position into the same basic position and can be performed even before the required minimum number of revolutions in order to be considered as a difficult variation (both SP & FS).
---------------------------	--

<b>Two difficult variations in a spin in one position without change of foot &amp; flying spin</b>	Both these variations will be counted as Level features if they both are in the basic position with at least 2 revolutions duration and different from each other.
--	--

<b>Two difficult variations in a spin combination</b>	Difficult variations count not more than twice. One of the two variations can be in an intermediate position, the other one must be in a basic position. The two variations must be on different feet and/or in different positions.
---	--

---

### **Edges and directions**

<b>Spinning on both edges</b>	Spinning on both edges in order to be counted as a feature for a Level requires at least 2 full rev. on one edge followed by at least 2 full rev. on another edge in the same basic position (sit, camel, upright). A change of edge within an intermediate spinning position does not count for a feature. In any spin a change of edge may count only once as a Level feature.
-------------------------------	--

<b>Spinning in both directions</b>	Execution of spins in both directions (clockwise and counter clockwise) that immediately follow each other will be rewarded by counting this as an additional feature in all Levels. A minimum of 3 revolutions in each direction is required. A Spin executed in both directions (clockwise and counter clockwise) as above is considered as one Spin.
------------------------------------	---

---

### **Change of foot**

<b>Change of foot (spin in one position and spin combination)</b>	To be considered, a change of foot in a spin requires at least three (3) revolutions before and after the change (these revolutions can be in any positions, including intermediate positions). If there are not three (3) revolution before or after the change, this results in the following: <b>Short Program</b> - the spin is not fulfilling the requirements and no Level and value will be given; <b>Free Skating</b> - the second part of the spin will not be called and will not be valid for Level features; the element becomes a spin in one position with no change of foot or a spin combination with no change of foot.
---	--

<b>Staying on the same foot</b>	A change of foot in spins means "spinning on each foot". A transition in either (air or ice) that uses each foot but the skater remains spinning on the same foot is not considered as a change of foot.
---------------------------------	--

<b>Simple change of foot</b>	Does not require significant strength and skill, e.g. a step over, a small hop, a <u>simple</u> hop/jump from or into an upright position. A simple change of foot does not increase the Level.
------------------------------	---

<b>Difficult change of foot</b>	Requires significant strength and skill, e.g. a clear jump over or a toe-Arabian or any form of a “butterfly” from sit or camel position directly into sit or camel <u>or upright</u> position. A difficult change of foot can increase the Level.
<b>Toe Arabian as change of foot</b>	This change of foot is allowed, will be considered as a difficult change of foot and will count as a feature only in Free Skating. If performed in Short Program, such change of foot will be considered as an error, will not count as a feature and the GOE will be reduced according to the ISU guidelines for touching the ice with the free foot.
<b>Spin with a second change of foot</b>	A second change of foot in a spin with change of foot is not allowed in Short Program (wrong element) and <b>does not</b> count as a feature for a higher Level in Free Skating.
<b>Spinning centres too far apart (spin in one position and spin combination)</b>	If the spinning centres (before and after the change of foot) are too far apart and the criteria of “two spins” is fulfilled (there is a curve of exit after the first part and the curve of entry into the second part), this results in the following: <b>Short Program</b> - the spin is not fulfilling the requirements and no Level and value will be given; <b>Free Skating</b> - the second part of the spin will not be called and will not be valid for Level features; the element becomes a spin in one position with no change of foot or a spin combination with no change of foot.
<b>Number of features on one foot</b>	<u>The maximum number of features that a skater can get on one foot is 3.</u> <u>The features got for backward entry or flying entry will be counted in the quota of the foot before the change.</u> <u>The features “Difficult change of foot” and “All 3 basic positions on each foot” will be counted in the quota of the foot after the change.</u>
<b>Flying Sit Spin: landing on the same foot</b>	In a flying sit spin “landing on the same foot as take off or changing foot on landing” is counted as a Level feature only when the sit position is attained in the air.
<b>Flying Spin: flying entry - position not attained in the air</b>	Flying entry is part of the character of the spin and is considered an additional feature except in the case of a flying camel. If an obvious “step over” (instead of a jump) is performed or the skater does not attain the position in the air, this entrance cannot be considered as a Level feature and in the Short Program the Level can not be more than 1. In Free Skating however just the corresponding Level feature will not be counted, but the other features can still be applied to arrive to a higher Level.
<b>Flying Sit Spin (Junior Short Program)</b>	<u>The wording “Only the prescribed “Flying” position or its variation is permitted. A minimum of eight (8) revolutions in the landing position which must be the same as the flying position” results in conclusion that for the season 2009-2010 butterfly &amp; deathdrop are not allowed as the “flying” part and if used will lead to “no Level” call.</u>
<b>Spin in one position with change of foot: less than 2 revolutions in a basic position on one foot</b>	<b>Short Program:</b> If there are 2 rev. on one foot in a basic position, but less than 2 rev. in a basic position on the other foot, <u>the Spin will have no Level and cosequently no value.</u> <b>Free Skating:</b> If a spin in one position with change of foot has no basic position on one foot, the features from the other foot may still be applied.

# Jump Elements

## Rules

### Solo jump

<b>Short Program</b>	<p>Short Program of the season 2009 – 2010 must include 2 solo jumps:</p> <ul style="list-style-type: none"> <li>- double or triple Axel for Men, double Axel for Ladies</li> <li>- a jump immediately preceded by connecting steps and/or other comparable Free Skating movements:</li> </ul> <p><b>Senior Men</b> - any triple or a quadruple jump;  <b>Senior Ladies</b> - any triple jump;  <b>Junior Men and Ladies</b> - double or triple Flip.</p> <p>For Senior Men when a quadruple jump is executed in a jump combination, a quadruple jump cannot be included again as a solo jump. For Senior and Junior Men when the triple Axel Paulsen is executed as an Axel jump, it cannot be repeated again as a solo jump or in the jump combination. Solo jumps must be different from the jumps included in the combination. A single spread eagle, spiral or Free Skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable Free Skating movements the lack of which must be considered by the Judges in the GOE.</p>
----------------------	--

<b>Free Skating</b>	<p>Jumping elements are individual jumps, jump combinations and jump sequences. A well balanced Free Skating program must contain 8 jumping elements for <b>Senior &amp; Junior Men</b> and 7 jumping elements for <b>Senior &amp; Junior Ladies</b> one of which must be (or must include) an Axel type jump. Individual jumps can contain any number of revolutions.</p> <p>Of all the triple and quadruple jumps only two (2) can be repeated and these repetitions must be in either a jump-combination or in a jump sequence. A Double Axel can not be included more than three times in total in a Single's Free Program (as a Solo Jump or a part of Combination/Sequence). Triple and quadruple jumps with the same name will be considered as two different jumps. A repeated triple or quadruple solo jump, not included into a jump combination or a jump sequence, will be considered as a part of a not successfully executed jump sequence and counted as a jump sequence with only one jump executed. If three (3) jump combinations or jump sequences (in total) have already been executed, the repeated solo jump will be treated as an additional element and therefore not considered and it will block a jumping box if still available. No triple or quadruple jump can be attempted more than twice.</p>
---------------------	---

### Jump combination

<b>General</b>	<p>In a jump combination the landing foot of the first jump is the take off foot of the second. The same applies to the third jump. If the jumps are connected with a not listed jump (e.g. half-loop), the element is called a jump sequence.</p>
<b>Short Program</b>	<p>Short Program must include a Jump Combination consisting of two jumps:</p> <p><b>Senior Men</b>- double and triple or two triple or quadruple and a double or triple;  <b>other</b> categories - double and triple or two triple;  <b>Junior Ladies</b> - double + double combination is also permitted.</p> <p>For Senior Men the jump combination may consist of the same jump or another double, triple or quadruple jump. For Senior Men when a quadruple jump is executed as the solo jump, a quadruple jump cannot be included again in the jump combination. For Senior Ladies, Junior Men and Ladies the jump combination may consist of the same jump or another double or triple jump. For all categories the jumps included must be different than the solo jump. No change of foot or turn is allowed at any time between the two jumps, which must directly follow one another (except for touching down the non-tracing foot in toe jumps).</p>

<b>Free Skating</b>	A jump combination may consist of the same or another single, double, triple or quadruple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) jumps, the other two up to two (2) jumps.
---------------------	---

## Jump sequence

<b>Free Skating</b>	A jump sequence consists of any number of jumps that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps (not even as an entry into a jump) during the sequence; there can be no crossovers or stroking. (Turns are three turns, twizzles, brackets, loops, counters, rockers. Steps are toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, running steps).
---------------------	---

## Clarifications

<b>Calling under rotated jumps</b>	The Technical panel must call the attempted jump even if it is clear that it is under rotated and will be downgraded (to be in accordance with the rule for the "repetition of jumps").
------------------------------------	---

<b>The ¾ mark landing</b>	<p>The quarter mark of landing is the border line to identify a cheated jump. There needs to be more than ¼ revolution missing.</p> <p>The Technical Specialist will identify any jump that is cheated by more than one quarter turn on the landing as the downgraded jump. For example, a triple Lutz that rotates 2.5 turns by the foot placement and 2.75 turns of the upper body will be called as a triple attempt and then downgraded.</p> <p>The camera angle is important to consider when deciding upon a cheated jump particularly when the jump is at the opposite end of the rink than the camera.</p> <p><u>In all doubtful cases the Technical Panel should act to the benefit of the skater. The sign "&lt;" will not be shown to the Judges. They will evaluate the GOE as they see it (without slow motion).</u></p>
---------------------------	---

<b>Cheated take off</b>	<p>A clear forward (<u>backward for Axel type jump</u>) take-off will be considered as a cheated jump.</p> <p>The toe-loop is the most commonly cheated on take-off jump. The Technical Panel may only watch the replay in <b>regular speed</b> to determine the cheat and downgrade on the take off (more often in combinations or sequences).</p>
-------------------------	---

<b>Taking off from wrong edge (Flip/Lutz)</b>	<p>In obvious cases of starting from wrong edge the Technical Panel will indicate the error to the Judges. <u>Usually the wrong edge take-off is identified without any review in slow motion which can be used only if the camera angle does not allow to see the take-off edge at normal speed.</u></p> <p>The Technical Panel will use the sign "e" (edge) for severe cases of wrong take-off edge (long wrong edge, no correct edge at all etc.). In these cases GOE of the Judges must be reduced by – 2 to – 3 and must be negative.</p> <p>The Technical Panel will use the sign "!" (attention) in cases when a wrong take-off edge is not so clear. <u>In these cases the GOE must be reduced by – 1 to – 2 and final negative GOE is not compulsory.</u></p>
---	--

<b>Popped listed jumps</b>	A popped listed jump with less than 3/4 revolution is not considered a completed single jump and a value of "0" will be given. The attempt will count as one jump element. However, a small hop or jump with up to one-half revolution performed as a kind of "decoration" is not to be considered as a jump and will be marked within the component "Transitions".
----------------------------	---

<b>Non-listed jumps</b>	Jumps that are not listed in the SOV (e.g. Valley's, Split Jump, Half Loop etc.) will not count as a jump element, but might be used as a special entrance to the jump to be considered in the mark for Transition. A Toe-Valley, however, will be called and count as a Toe-loop.
<b>Inside Axel jumps</b>	An Axel type jump taking off from the forward inside edge is a non-listed element and therefore does not receive any value and does not occupy an element box.
<b>Landing on another foot</b>	All jumps may be landed on either foot. The call goes for the jump, independent of the landing foot. Judges will evaluate the quality in their GOE.
<b><u>Landing on the other edge</u></b>	<u>The call will not change if a jump is landed on the other edge. However Judges will reflect this in their GOE.</u>
<b>Spin exited immediately into a jump</b>	If a skater performs a spin, immediately followed by a jump, the two elements are called separately. Credit is given to the difficult jump take-off (GOE).
<b>Attempted Jump</b>	What is an attempt? In principle, a clear preparation for a take-off for a jump, stepping to the entry edge or placing the toe pick into the ice and leaving the ice with or without a turn is considered an attempt of a jump, receives no value and blocks a box. In some cases, which need to be decided by the Technical Panel, the preparation for the take-off without leaving the ice might be also called an attempt, e.g. a loop-jump take-off when the skater falls before leaving the ice, or a skater steps onto the forward take off edge of an Axel and pulls back the free leg and arms, starts the forward movement to jump into the air with the free leg and arms passing through forward but at the last moment does not leave the ice, etc.
<b>Fall after first jump plus another jump</b>	If a skater falls on the first jump and immediately after that executes another jump, this continuation will be ignored by the Technical Panel. The element will be called as follows: <b>Short Program:</b> "First Jump + Combo"; <b>Free Skating:</b> "First Jump + Sequence".
<b>Step out or touch down with free foot with weight transfer after first jump plus another jump</b>	If a skater steps out on the first jump and immediately after that executes another jump, the element does not remain a jump combination and will be called as follows: <b>Short Program:</b> "First Jump + Combo"; the continuation will be ignored by the Technical Panel. <b>Free Skating:</b> "First Jump + Sequence" (or "First Jump + Second Jump + Sequence" if the definition of a sequence is still fulfilled). The same applies to a jump combination consisting of 3 jumps.
<b>Touch down with the free foot without weight transfer</b>	In case of a touch down with the free foot without weight transfer and 2 three turns or no turns between the jumps in a combination, the element remains a jump combination (however Judges will reduce the GOE because of error).
<b>Short Program</b>	
<b>Element other than required</b>	If a Junior skater performs a different jump than required, the element will receive no value but will block the "jumping box".
<b>Jump combination with 3 jumps</b>	The entire combination will be deleted, but will block the "combination box".

<b>Repetition of a jump</b>	A repeated jump of the same name with the same number of revolutions will be deleted, no value given, no GOE, but will occupy a jumping box; if executed in a jump combination, the jump combination in total will be deleted and no value given (but the corresponding box will be occupied). Only the jump combination can contain two same jumps. A repeated jump of the same name, but with different number of revolutions will receive credit.
-----------------------------	--

<b>No second jump in a jump combination</b>	If there is no second jump in a jump combination, the Technical Panel identifies the intended combination during or after the program. If there is no clear way to identify the combination or the solo jump preceded by steps (steps or no steps in both cases), the Technical Panel will decide which one is the solo jump and which one is the combination in favour of the skater.
---	--

### **Free Skating**

<b>First repetition of a triple/quad jump</b>	First repetition of a triple or quad jump of the same name and the same number of revolutions without one of them being in a jump combination/sequence: the last executed jump will be identified as a "sequence" (with one jump only) and will block a "combo/sequence box".
---	---

<b>Second/third repetition of a triple/quad jump</b>	Second/third repetition of a triple or quad jump of the same name and the same number of revolutions as a solo jump or in a jump combination/sequence will be treated as an additional element and therefore not considered (but will block the corresponding box).
--	---

<b>Second jump combination with 3 jumps</b>	The entire combination will be deleted, but blocks a box of the jump combination.
---	---

<b>Jump combination: first/second jump is a "non-listed" jump</b>	If the first/second jump of a two-jump combination fails to succeed and turns out into a "non listed jump", but the other jump is a listed jump, the unit will still be considered as a jump combination with only the listed jump receiving value.
---	---

<b>Jumps sequence: Reference to Rule</b>	From the moment the definition of a jump sequence is not fulfilled, the remainder of the jump sequence will be ignored and the element will be called the name of the first jump(s) plus the word "sequence". The Judges' GOE however will refer to the whole element performed.
--	--

<b>Jump sequence: half revolution or more on the ice</b>	In cases of half a revolution (or more) on the ice from the completion of one jump before the commencement of the other jump, the element will not be considered as a jump sequence. The continuation will be ignored by the Technical Panel. The element will be called "first Jump + sequence".
--	---

<b>Failed jump combination of three jumps</b>	<u>If in a planned combo of 3 jumps after the second jump the skater steps out, does a 3 turn or loses the rhythm and does the 3rd jump which in this case is not called, the element should be called as "first two jumps + SEQ" (to be in line with 2 jumps combination with the same error).</u>
---	---

<b>Jump sequence with only one listed jump</b>	A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered a jump-sequence, but will count as a solo jump. Example: Half loop + 2S SEQ is just 2S.
--	--

<b>Axel type jump in a sequence</b>	<u>If in a jump sequence an Axel type jump is the last performed jump, but the sequence has a mistake with the consequence that last performed jump will be ignored, the call will be "(first jump) + Axel no value + sequence". With this call the Axel would count as a required element in Free Skating, but no points would be given.</u>
-------------------------------------	---

<b>Axel type jumps in a row</b>	If an Axel type jump immediately follows any other jump (without any hops, mazurkas, unlisted jumps), this will also be considered as a jump sequence.
---------------------------------	--