

I. Updated Levels of Difficulty of Single/Pair Skating Elements (season 2022/23)

LEVELS OF DIFFICULTY, SINGLE SKATING

Number of features for Levels: 1 for Level 1, 2 for Level 2, 3 for Level 3, 4 for Level 4

Step Sequences	<ol style="list-style-type: none"> 1) Minimum variety (Level 1), simple variety (Level 2), variety (Level 3), complexity (Level 4) of difficult turns and steps throughout (compulsory) 2) Rotations in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction 3) Use of body movements for at least 1/3 of the pattern 4) Two combinations of 3 difficult turns on different feet executed with continuous flow within the sequence. <u>Only one difficult turn may be repeated in the two combinations.</u> Only the first combination attempted on each foot can be counted.
All Spins	<ol style="list-style-type: none"> 1) Difficult variations (count as many times as performed with limitations specified below) 2) Change of foot executed by jump 3) Jump within a spin without changing feet 4) Difficult change of position on the same foot 5) Difficult entrance 6) <u>Difficult exit</u> 7) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback, Biellmann or difficult variation of an upright position 8) Both directions immediately following each other in sit or camel spin 9) Clear increase of speed in camel, sit, layback, Biellmann or difficult variation of an upright position (except in crossfoot spin) 10) At least 8 rev. without changes in position/variation, foot or edge (camel, layback, difficult variation of any basic position or for combinations only non-basic position) 11) Difficult variation of flying entry in flying spins/spins with a flying entrance <p>Additional features for the Layback spin:</p> <ol style="list-style-type: none"> 12) One clear change of position backwards-sideways or reverse, at least 2 rev. in each position (counts also if the Layback position is a part of any other spin) 13) Biellmann position after Layback spin (SP – after 8 revolutions in layback spin for Junior/Senior and after 6 revolutions for Advanced Novice) <p>Features 2-9, 11-13 count only once per program (first time they are attempted). Feature 10 counts only once per program (in the first spin it is successfully performed; if in this spin 8 revs are executed on both feet, any one of these executions can be taken in favour of the Skater).</p> <p>Any category of difficult spin variation in a basic position counts only once per program (first time it is attempted). A difficult variation in a non-basic position counts once per program in spin combination only (first time it is attempted).</p> <p>In any spin with change of foot the maximum number of features attained on one foot is two (2).</p>

ELEMENTS REQUIREMENTS (see also changes and clarifications on the next page)

Jumps

1. Missing rotation: signs “q”, “<” and “<<” indicate an error. The sign “q” allows to keep full original base value of the jump. The base values of the jumps with a < sign are listed in the SOV table. The jump with a sign << is evaluated with SOV for the same jump one revolution less.

2. Correct take-off edge in F/Lz: signs “e” and “!” indicate an error. The base values of the jumps with the sign “e” are listed in the SOV table. The sign “!” allows to keep full original base value of the jump.

If both signs < and “e” are applied for the same jump, the base values are listed in the SOV table.

Spins

1. For flying spins (with no change of foot and only one position) of both Short Program and Free Skating the following is required: a clear visible jump. The sign “V” indicates that this requirement is not fulfilled. The base values of spins with the sign “V” are listed in the SOV table.

2. The base values of spin combinations with only 2 basic positions (at least 2 revolutions in each of these positions) are also listed in the SOV table.

3. All spins with change of foot must have 3 revolutions on each foot. In Short Program, if this requirement is not fulfilled, the spin will get “No Value”. In Free Skating the sign “V” indicates that this requirement is not fulfilled. The base values of spins with the sign “V” are listed in the SOV table.

4. Spin in one position with change of foot must have 2 revolutions in basic position on each foot. In Short Program, if this requirement is not fulfilled, the spin will get “No Value”. In Free Skating the sign “V” indicates that this requirement is not fulfilled. The base values of spins with the sign “V” are listed in the SOV table.

Changes and clarifications for Technical Elements for season 2022/23

Single Skating

Jumps:

Downgraded (<<): Missing rotation of half a revolution or more.

Underrotated (<): Missing rotation of more than a quarter revolution but less than half a revolution. The jump will receive 80% of the base value and Judges will reduce GOE.

Landed on the quarter (q): Technical panel will indicate this with a sign "q". The jump will receive full base value and Judges will reduce GOE.

Less than a quarter missing: No sign will indicate this. The jump will receive full base value and Judges will reduce GOE.

In Short Program jumps which do not satisfy the requirements (including wrong number of revs) will have no value, but will block a jumping box, if one is empty; if a combination of two double jumps is not allowed (Sr. Men & Ladies, Jr. Men), the jump with the lesser value after the consideration of signs <, <<, e will not count (e.g. 2Lz+2T*, 2T*+2Lo, 2Lz<+2T*, 2F<<+2T).

Definition of jump sequence ~~(pending congress decision)~~

A jump sequence consists of two or three jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value.

Spins:

To receive level 4 in any spin, one of these features must be counted:

Difficult change of position on the same foot

Difficult exit

Clear change of edge

Both directions immediately following each other in sit or camel spin

Clear increase of speed

Difficult variation of flying entry

Difficult entrance and Difficult exit are two different features. To get credit for both features they must be executed in two different spins and the movements must be of different nature.

Exit: The exit out of the spin is defined as the last phase of the spin and includes the phase immediately following the spin. **Difficult exit:** Any movement or jump that makes the exit significantly more difficult. The exit must have a significant impact on the balance, control and execution of the spin.

Windmill (illusion) is considered as a difficult movement for a feature only if it reaches close to a split position. It can be awarded as a feature for spins only once in a program.

Feature "3 basic positions on the second foot" is no longer a level feature.

Clear increase of speed is counted in camel, sit, layback, Biellmann or difficult variation of an upright position (except in crossfoot spin).

Step sequences:

Two combinations of 3 difficult turns on different feet executed with continuous flow within the sequence:

Only one difficult turn may be repeated once in the 2 combinations.

Example of correct combinations of turns:

First combination: Bracket, counter, loop. Second combination: Rocker, counter, twizzle. In this example only counter is repeated.

Example of incorrect combinations of turns:

First combination: Rocker, counter, twizzle. Second combination: Bracket, counter, twizzle. In this example 2 different turns are repeated (counter and twizzle) and loop is not used at all.

Choreographic sequences:

Definition of choreographic sequences: ~~(pending congress decision)~~

A Choreographic Sequence consists of at least two different movements like **steps, turns**, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc. **Steps and turns may be used to link the two or more different movements together.**