

II. Updated Levels of Difficulty of Single/Pair Elements

LEVELS OF DIFFICULTY, SINGLE SKATING, SEASON 2013-2014

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) <u>Minimum variety (Level 1)</u>, 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) Use of upper body movements for at least 1/3 of the pattern 4) Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) quickly executed <u>with a clear rhythm</u> within the sequence
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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 variation of flying entrance/Landing on the same foot as take-off or changing foot on landing in a Flying Sit Spin 5) Backward entrance 6) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position 7) All 3 basic positions on both feet 8) Both directions immediately following each other in sit or camel spin 9) Clear increase of speed in camel, sit, layback or Biellmann position 10) At least 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) <p>Additional features for the Layback spin:</p> <ol style="list-style-type: none"> 11) One clear change of position backwards-sideways or reverse, at least 3 rev. in each position (counts also if the Layback spin is a part of any other spin) 12) Biellmann position after Layback spin (SP – after 8 revolutions in layback spin) <p>Features 2 – 9, 11, 12 count only once per program (first time they are attempted). Feature 10 counts only once per program (<u>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 favor of the skater</u>).</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> <p>For Spin Combinations with change of foot all 3 basic positions are mandatory for Levels 2 – 4 in both Short Program and Free Skating.</p> <p>For Spins with change of foot at least one basic position on each foot is mandatory for Levels <u>1 – 4 in both Short Program and Free Skating</u>.</p>
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CLARIFICATIONS: LEVELS OF DIFFICULTY SINGLES, season 2013-2014

STEP SEQUENCES

Types of turns (executed on one foot) : three turns, twizzles, brackets, loops, counters, rockers.

Types of steps (executed on one foot whenever possible) : toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, running steps.

Minimum variety must include at least **5** turns & **2** steps, none of the types can be counted more than twice.

Simple variety must include at least **7** turns & **4** steps, none of the types can be counted more than twice.

Variety must include at least **9** turns and **4** steps, none of the types can be counted more than twice.

Complexity must include at least **5** different types of turns and 3 different types of steps all executed at least once in both directions.

Use of upper body movements means the visible use for a combined total of at least 1/3 of the pattern of the step sequence any movements of the arms, head and torso that have an effect on the balance of the main body core.

Two combinations of difficult turns are considered to be the same if they consist of the same turns done in the same order, on the same edge and on the same foot.

SPINS

Positions. There are 3 basic positions: camel (free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright), sit (the upper part of the skating leg at least parallel to the ice), upright (any position with skating leg extended or slightly bent, which is not a camel position) and non-basic positions (all other positions formerly called as intermediate positions).

Spin combinations: the number of revolutions in non-basic positions is counted in the total number of revolutions; non-basic positions can be considered as difficult variations in accordance with the definition of such variations, but a change of position can only be from one basic position to another basic position.

Spin in one position and Flying Spin: non-basic positions are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.

Change of edge in order to be counted requires at least 2 full rev. on one edge followed by at least 2 full rev. on another edge in the same basic position.

Spin Variations.

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

Difficult: 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 effect on the balance of the main body core. Only these variations can increase the Level.

Flying spins/entrances: in case of a “step over” in Short Program Level cannot be more than 1, in Free Skating this does not count as a Level feature; 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 position is attained in the air.

In Free Skating normal flying camel entry does not block a possibility of counting a difficult flying entry as a Level feature.

Backward entrances: in order to be counted as a Level feature a backward entrance requires at least 2 rev. on a backward outside edge.

Spins in both directions: 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 for sit and camel basic positions. 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 to be considered requires at least 3 revolutions before and after the change.