



# Judging System

# Technical Panel Handbook

Single Skating

2019/2020

July 23, 2019

## Calling procedure

In both Short Program and Free Skating whenever possible we should call the elements really performed and not the elements that are required.

Any wrong elements will receive an “\*” that will result in “No Value”.

## General

Any element in Short Program and Free Skating started after the required time (plus the ten (10) seconds allowed) must not be identified by the Technical Panel and will have no value.

Falls in elements and in any part of the program must be reviewed with normal speed.

# Step Sequences

## Rules

<b>General</b>	<p>All step sequences should be executed according to the character of the music. Short stops in accordance with the music are permitted. <u>Step Sequences must fully utilize the ice surface.</u></p> <p>Turns and steps must be balanced in their distribution throughout the sequence.</p>
<b>Short Program</b>	<p>Short Program for <b>Senior &amp; Junior Men</b> and for <b>Senior &amp; Junior Ladies</b> must include one Step Sequence fully utilizing the ice surface.</p> <p>May include any unlisted jumps.</p>
<b>Free Skating</b>	<p>A well balanced Free Skating program must contain one Step Sequence fully utilizing the ice surface.</p> <p>Jumps can also be included in the step sequence. Step sequences too short and barely visible cannot be considered as meeting the requirements of a step sequence.</p>

## Level features

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 different combinations of 3 difficult turns on different feet executed with continuous flow within the sequence. Only the **first combination** attempted on each foot can be counted.

## Clarifications

<b>Pattern</b>	<p>There is no longer a required pattern, but a step sequence must fully utilize the ice surface. The Step Sequence must be visible and identifiable and should be performed by using the full ice surface (e.g. straight line, serpentine, circle, oval or similar shape). Failure to achieve the above description will result in no value. In features 2 and 3 "pattern" means the pattern actually executed by the skater.</p>
<b>Beginning and End of the pattern</b>	<p>This is when a skater actually starts or concludes the sequence.</p>
<b>Definition of Turns and Steps</b>	<p>Turns: twizzles, brackets, loops, counters, rockers, three turns. Steps: toe steps, chasses, mohawks, choctaws. change of edge, cross rolls.</p>
<b>Definition of choctaw</b>	<p>Choctaw is a step from one foot to the other in which the curve of the exit edge is opposite to that of the entry edge. The change of foot is directly from outside edge to inside edge or vice versa and from forward to backward or vice versa.</p>
<b>Definition of Difficult Turns and Steps</b>	<p>Difficult Turns and Steps: twizzles, brackets, loops, counters, rockers, choctaws. Turns and Steps must be executed on <u>clean edges</u>.</p> <p>If a turn is "jumped", it is not counted as performed.</p>

<b>Minimum Variety</b>	Must include at least <b>5</b> difficult turns and steps, none of the types can be counted more than twice.
<b>Simple Variety</b>	Must include at least <b>7</b> difficult turns and steps, none of the types can be counted more than twice.
<b>Variety</b>	Must include at least <b>9</b> difficult turns and steps, none of the types can be counted more than twice.
<b>Complexity</b>	Must include at least <b>11</b> difficult turns and steps. None of the types of turns and steps can be counted more than twice.  5 types of turns and steps must be executed in both directions ( <u>the direction means body rotating to the left or to the right during the turn</u> ).
<b>No minimum variety, only minimum variety, only simple variety, only variety</b>	<ul style="list-style-type: none"> <li>– If a skater does not perform a minimum variety of steps and turns, the Level cannot be higher than Basic.</li> <li>– If a skater performs only minimum variety of steps and turns, the Level cannot be higher than 1.</li> <li>– If a skater performs only simple variety of steps and turns, the Level cannot be higher than 2.</li> <li>– If a skater performs only variety (but not complexity) of steps and turns, the Level cannot be higher than 3.</li> </ul>
<b>Distribution</b>	Turns and Steps must be distributed throughout the sequence. There should be no long sections without Turns or Steps. If this requirement is not fulfilled, the Level cannot be higher than Basic.
<b>Rotations in either direction</b>	This feature means that a skater rotates with any listed and unlisted turns and steps 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 (clockwise and anti-clockwise) or over the length of the step sequence the skater is rotating with any listed and unlisted steps and 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 (clockwise and anti-clockwise).  “Full body rotation” means one complete rotation. The skater should not just turn half a revolution back and forth.
<b>Use of body movements</b>	<b>Use of body movements</b> 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, and/or head and/or torso and/or hips and/or legs that have an effect on the balance of the main body core. Having an effect on the balance of main body core can also be understood as having an effect on the balance of the body as a whole and influencing the balance on the blade.
<b>Two combinations of 3 difficult turns on different feet</b>	Difficult turns are rockers, counters, brackets, twizzles, loops.  <b>In the combinations</b> <ul style="list-style-type: none"> <li>• Three turns, change of edge, a jump/hop, changes of feet are not allowed;</li> <li>• At least one turn in the combination must be of a different type than the others.</li> <li>• The exit edge of a turn is the entry edge of the next turn.</li> <li>• <u>The free foot must not touch the ice.</u></li> <li>• The combination must be executed with <u>continuous flow</u> within the sequence.</li> </ul> <p>Only the <b>first combination</b> attempted on each foot can be counted. There is no maximum number of turns but there must be three (3) consecutive difficult turns successfully performed to count.</p>

**Jumps with more than half a revolution executed in the step sequence**

Unlisted jumps, independent of their number of revolutions can be included in the step sequence without a deduction or any other consequence.

Listed jumps with more than half revolution will be ignored in SP as an element, but will force the Judges to reduce GOE by 1 grade for "Listed jumps with more than ½ rev. included". Listed jumps can be included in the step sequence of the FS, will be identified and will occupy jumping boxes.

In any case these jumps do not influence the determination of Level of difficulty of the Step sequence.

# Choreographic Sequences

## Rules

<b>Free Skating</b>	<p>A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible.</p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>The Choreographic Sequence is included in Senior Free Skating. This element has a fixed base value and will be evaluated by the judges in GOE only.</p>
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## Clarifications

<b>How to call the Choreographic Sequence</b>	The call should be "Choreo Sequence confirmed" (if the Sequence will be counted) or "Choreo Sequence no value" in the opposite case.
<b>Listed single and double jumps</b>	Listed single and double jumps included in the Choreographic Sequence will not be called and will not occupy an element's box.
<b>Jumps with more than 2 revolutions</b>	A jump with more than 2 revolutions is called and counted. The Choreo Sequence ends the moment this jump is executed.
<b>Spins</b>	Any spin included in the Choreographic Sequence will not be called and will not occupy an element's box.
<b>Pattern</b>	Any pattern is allowed, however the Sequence must be clearly visible.
<b>Order of Step and Choreographic Sequences</b>	In Senior Single Free Skating the order of the Step Sequence and the Choreographic Sequence is optional.

# Spins

## Rules

<b>General</b>	<p>A Spin that has no basic position with 2 revolutions will receive no Level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin.</p> <p>The minimum number of revolutions required in a position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted. Variations of positions of the head, arms or free leg, as well as fluctuations of speed are permitted.</p> <p><b>Positions:</b> There are 3 basic positions:</p> <ul style="list-style-type: none"><li>– camel (free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright spins),</li><li>– sit (the upper part of the skating leg at least parallel to the ice),</li><li>– upright (any position with skating leg extended or slightly bent which is not a camel position).</li></ul> <p>Any position which is not basic is a non-basic position.</p> <p><b>Layback Spin</b> is an upright spin in which head and shoulders are leaning backwards with the back arched. The position of the free leg is optional.</p> <p><b>Sideways Leaning Spin</b> is an upright spin in which head and shoulders are leaning sideways and the upper body is arched. The position of the free leg is optional.</p> <p><b>In any spin</b> change of edge can be counted only if done in a basic position.</p> <p>The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled the spin will be “No Value” in Short Program and marked with a “V” in Free Skating.</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>If the spinning centers (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), only the part before the change of foot will be called and considered for Levels features.</p> <p><b>Spin combinations:</b> Must include a minimum of two different basic positions with 2 revolutions in each of these positions anywhere within the spin: the number of revolutions in positions that are non-basic is counted in the total number of revolutions. Changing to a non-basic position is not considered as a change of position. A 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> <p><b>Spin in one position and Flying spin (means a spin with a flying entrance and no change of foot and position):</b> positions that are not basic are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.</p>
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	<p>In spins in one position and flying spins, the concluding upright position at the end of the spin (<u>final wind-up</u>) is not considered to be another position independent of the number of revolutions, <u>as long as in such a final wind-up no additional feature is executed (change of edge, variation of position etc.)</u></p> <p>When the spin is commenced with a jump, no previous rotation on the ice before the take-off is permitted and a step over must be considered by the Technical Panel in the Base Value and by the Judges in the Grade of execution.</p>
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<b>Short Program</b>	<p>The Short Program of the season <u>2019 – 2020</u> includes the following 3 spins:</p> <ul style="list-style-type: none"> <li>– Flying spin: <ul style="list-style-type: none"> <li>○ <b>Seniors:</b> Flying spin with landing position different than in the Spin in one Position;</li> <li>○ <b>Juniors:</b> Flying <u>sit</u> spin, any air position allowed</li> </ul> </li> <li>– Spin in one position <ul style="list-style-type: none"> <li>○ <b>Senior Men:</b> Camel/Sit spin (position different from the landing position of the Flying spin) with only one change of foot;</li> <li>○ <b>Senior Ladies:</b> Layback/sideways leaning spin or sit/camel spin without change of foot; (position different from the landing position of the Flying spin);</li> <li>○ <b>Junior Men:</b> Camel spin with only one change of foot;</li> <li>○ <b>Junior Ladies:</b> Layback/sideways leaning spin or <u>Camel</u> spin without change of foot.</li> </ul> </li> <li>– Spin combination with only one change of foot.</li> </ul> <p>The spins must have a required minimum number of revolutions:</p> <ul style="list-style-type: none"> <li>– eight (8) for the flying spin, the layback spin and a sit/camel spin without change of foot,</li> <li>– six (6) 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.</li> </ul> <p>In the spin combination the change of foot is required.</p> <p>Except flying spins, spins cannot be commenced with a jump.</p>
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### 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 (backwards and/or sideways). If in this “Biellmann Spin” the skater changes edge, clearly increases the speed and/or executes (8) revolutions without any changes, additional level features can be awarded.</p>
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<b>Men: spin in one position with change of foot</b>	<p><b>Senior &amp; Junior:</b> The spin must include only one change of foot, which may be executed by a step or a jump.</p> <p><b>Senior:</b> The skater must choose the camel or the sit position, but this position must be different from the landing position of the Flying spin.</p> <p><b>Junior:</b> Only the prescribed sit or camel position is permitted.</p> <p><b>Senior &amp; Junior:</b> The spin must have at least 3 revolutions before and after the change of foot.</p>
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<p><b>Spin combination with change of foot</b></p>	<p>Must have a minimum of two different basic positions with 2 revolutions in each of these positions anywhere within the spin. To receive full value, a Spin combination must include all three basic positions. The number of revolutions in positions that are non-basic are counted in the total number of revolutions. Changing to a non-basic position is not considered as a change of position.</p> <p>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 or a jump. The change of foot and the change of position may be made either at the same time or separately.</p>
<p><b>Flying spin</b></p>	<p>The name of the flying spin corresponds to its landing position.</p> <ul style="list-style-type: none"> <li>- <b>Senior:</b> Any type of flying spin is permitted with landing position different than in the Spin in one position.</li> <li>- <b>Junior:</b> Only the prescribed flying spin is permitted.</li> <li>-</li> </ul> <p>Senior and Junior: A step over must be considered by the Judges in the Grade of Execution.</p> <p>The flying position may be different from the landing position. A minimum of eight (8) revolutions in the landing position.</p> <p>No previous rotation on the ice before the take-off is permitted. The required eight (8) revolutions can be executed in any variation of the landing position.</p>
<p><b>Flying spin and the spin in one position</b></p>	<p>If in Senior Men and Ladies the landing position of the Flying spin is the same that in the Spin in one position, the last performed of these two spins will not be counted but will occupy a spin box.</p>
<p><b>Free Skating</b></p>	<p>A well balanced Free Skating program for <b>Men &amp; Ladies (Senior &amp; Junior)</b> must contain max of 3 spins:</p> <ul style="list-style-type: none"> <li>- one of which must be a spin combination</li> <li>- one a flying spin or a spin with flying entrance</li> <li>- one a spin with only one position.</li> </ul> <p>All Spins must be of a different character. Any Spin with the same character (abbreviation) as the one executed before will not be counted (but will occupy a spinning box).</p> <p>If no performed spin has a flying entrance, or if there is no spin in one position, or no spin combination, the wrong executed spin will be automatically deleted by the computer.</p> <p>The spins must have a required minimum number of revolutions:</p> <ul style="list-style-type: none"> <li>- six (6) for the flying spin and the spin with only one position</li> <li>- ten (10) for the spin combination,</li> </ul> <p>the lack of which must be reflected by Judges in their marking. This minimum number of required revolutions must be counted from the entry of the spin until its exit (except final wind-up in Spins in one position and Flying spins).</p> <p>In the spin combination and spin in one position the change of foot is optional. The number of different positions in the spin combination is free.</p>

## Level features

- 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 into a spin
  - 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 the second foot
  - 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)
  - 11) Difficult variation of flying entry in flying spins/spins with a flying entrance (see Clarifications)
- Additional features for the Layback spin:**
- 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)

**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 favor of the skater).**

**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).**

**In any spin with change of foot the maximum number of features attained on one foot is two (2).**

## Clarifications

### Positions

<b>Spin with no change of position</b>	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 ( <u>final wind-up</u> ) is not considered to be another position independent of the number of revolutions, <u>as long as in such a final wind-up no additional feature is executed (change of edge, variation of position etc.)</u>
<b>Spin combination with less than 2 revolutions in basic positions</b>	In Short Program a spin combination executed with only 1 basic position with not less than 2 revolutions and in all other positions less than 2 revolutions will receive “no value.”  In Free Skating a clear visible attempt of a spin combination which results in a spin with only 1 basic position with not less than 2 revolutions will be called by the Technical Panel as a spin combination “no value”.
<b>Spin combination with all 3 basic positions executed on the second foot</b>	In the spin combination, in order to be counted as a Level feature, all three basic positions must be executed on the second foot. This feature can be awarded only if its execution is not interrupted by a change of foot and cannot be awarded after the second change of foot.
<b>Spin combination with only two basic positions</b>	A spin combination with and without change of foot which includes only 2 basic positions with not less than 2 revolutions will have a lower base value in comparison with a spin combination with all 3 basic positions with not less than 2 revolutions. The corresponding base values are listed in the SOV in the “V” column.

<b>Abbreviation and Calling procedure</b>	For a spin combination with and without change of foot with 3 or 2 basic positions (e.g. Level 4) the abbreviation will be CCoSp4 and CoSp4 or CCoSp4 V and CoSp4 V in case of 3 or 2 basic positions and the call will be “Spin combination with/without change of foot, Level 4 or Spin combination with/without change of foot, Level 4 V”.
<b>Difficult change of position on the same foot</b>	Change from a basic position to a different basic position without establishing a non-basic position, requiring significant strength, skill and control and having an impact on the ability to execute the position change. Continuous movement must be performed throughout the change. May not include a jump to execute the change. The basic positions before and after the change must be held for 2 revolutions.
<b>Change considered difficult</b>	<b>not as</b> If a change of position is not considered as “difficult” by the Technical Panel, it may be awarded in a later spin.
<b>Change from basic position to non-basic position in spin in one position</b>	<u>If the skater executes a basic position and after that changes to a non-basic position, this is not considered as a change of position and the spin does not become a spin combination. If a skater executes a difficult variation of non-basic position, this feature will not be counted in this spin (for example a skater executes a camel spin where the feature of windmill (NBP) is included.</u>
<b>Clear change of position backwards-sideways or visa-versa (layback spin)</b>	The feature will be awarded only if this change is done while maintaining the layback or sideways leaning position. Two (2) revolutions in each of these positions are required.

### Entrance of the spin

<b>Difficult entrance</b>	<p>“Entrance into a spin” is defined as the preparation immediately preceding a spin and may include the beginning phase of a spin. The entrance must have a significant impact on the balance, control and execution of the spin and must be performed on the first spinning foot.</p> <p>The intended basic spin position must be reached within the first 2 revolutions. This position can be basic or (for spin combinations only) non-basic.</p> <p>A regular backward entry is not considered as a difficult entry.</p> <p>If the entrance of a spin is not considered by the Technical Panel as “difficult”, it is considered as a transition and the “difficult entrance” feature can still be awarded in a later spin.</p>
<b>Difficult and flying entrance</b>	<p>If the entrance is “difficult” and “flying” at the same time, only the “flying” feature can be awarded.</p> <p>Difficult entrance to a regular flying camel is not counted as a Level feature and “difficult entrance” in this case is not considered as used.</p>
<b>Difficult variation of flying position in flying spins/spins with a flying entry</b>	<p>The feature for the flying entry can be granted only if there is a clear visible jump and if the flying position is really difficult. The intended basic position must be reached within the first two (2) revolutions after the landing.</p> <p>The difficulty fly may include but is not limited to: in a flying sit spin/ entry: total sit position in the air (with height and total movement control) or open butterfly position in the air taking sit position immediately after landing; in a flying camel spin/entry: clear butterfly entrance or almost split position in the air. Normal flying camel entry does not block a possibility of counting a difficult flying entry as a feature.</p>

### Variations

<b>Simple variation</b>	<p>A simple variation of position is a movement of a body part, leg, arm, hand or head, which does not have an effect on the balance of the main body core.</p> <p>A simple variation does not increase the Level.</p>
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<b>Difficult variation</b>	<p>A difficult variation is a movement of a body part/leg/arm/hand/head, which requires more physical strength or flexibility and has an effect on the balance of the main body core.</p> <p>Any difficult variation must be held for two (2) revolutions to be counted.</p> <p>Only these variations can increase the Level.</p>
<b>Categories of difficult variations</b>	<p>There are 11 categories of difficult variations:</p> <ul style="list-style-type: none"> <li>- <b>CAMEL POSITION</b> there are 3 categories based on direction of the shoulder line: <ul style="list-style-type: none"> <li>- (CF) Camel Forward: shoulder line parallel to the ice</li> <li>- (CS) Camel Sideways: shoulder line twisted to a vertical position</li> <li>- (CU) Camel Upward: shoulder line twisted more than to a vertical position</li> </ul> </li> <li>- <b>SIT POSITION</b> there are 3 categories based on position of free leg: <ul style="list-style-type: none"> <li>- (SF) Sit Forward: free leg forward</li> <li>- (SS) Sit Sideways: free leg sideways</li> <li>- (SB) Sit Behind: free leg behind</li> </ul> </li> <li>- <b>UPRIGHT SPIN</b>:there are 3 categories based on position of torso: <ul style="list-style-type: none"> <li>- (UF) Upright Forward: torso leaning forward</li> <li>- (US) Upright Straight or Sideways: torso straight up or sideways</li> <li>- (UB) Upright Biellmann: in Biellmann position</li> </ul> </li> <li>- <b>LAYBACK POSITION</b> there is 1 category <ul style="list-style-type: none"> <li>- (UL) Upright Layback</li> </ul> </li> <li>- <b>NON-BASIC POSITIONS</b> there is 1 category (NBP)</li> </ul>
<b>Crossfoot spin</b>	<p>A Crossfoot Spin must be executed on both feet with equal weight distribution. It is considered as a difficult variation of upright position (US) and will receive, if correctly executed, a feature awarded to the foot before the cross.</p> <p>It is not required to stay on one foot for three revolutions before the cross.</p>
<b>Biellmann position</b>	<p>Biellmann position is a difficult variation of an upright position (UB) 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. Like other categories of difficult spin variations, Biellmann position counts once per program (Short or Free) – first time it's attempted.</p> <p>In free skating a spin that starts with layback position (at least 2 revs) and continues with Upright Biellmann variation is still called a layback spin.</p>
<b>Sit Side</b>	<p>The Sit Side position must also include a difficult variation which is a movement of a body part/leg/arm/hand/head, which requires more physical strength or flexibility and has an effect on the balance of the main body core.</p>
<b>Windmill</b>	<p>Windmill (Illusion) is considered as a difficult variation of non-basic position (NBP). This must be done at least 3 times in a row to be counted as a Level feature.</p> <p>Windmill (illusion) can be considered as a Level feature for difficult variation of non-basic position or difficult entry or difficult change of position only the first time it's attempted. This movement must show physical strength or flexibility and has an effect on the balance of the main body core.</p>
<b>Repetitions</b>	<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>
<b>Features in repeated variations</b>	<p>For Short Program and Free Skating once a difficult spin variation has been attempted and a difficult variation of the same category is executed, the variation cannot be counted, but any additional feature in this difficult variation can still be counted.</p>

<b>What is an attempt?</b>	A difficult variation is considered as attempted when this variation is clearly visible, independent of the fact this variation was counted or not.
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<b>Similar variations in basic and in non-basic positions</b>	If a difficult variation in a non-basic position of a spin combination is quite similar to one of the executed difficult variation in a basic position, the last performed of these two variations will not be counted as a Level feature.
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<b>Free leg drops</b>	If the free leg drops down for a long time while preparing for a difficult camel variation, the corresponding Level feature is still awarded, but the Judges will apply the GOE reduction.
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<b>Too long to reach basic position</b>	The reduction will also be applied if it takes a long time for the skater to reach the necessary basic position in spins in one position.
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**Jump on the same foot and Increase of speed**

<b>Jump on the same foot within a Spin</b>	<p>In any spin a clear jump started and landed on the same foot will be counted as a feature only if the skater reaches the basic position within the first 2 revolutions after the landing.</p> <p>This jump has no requirements to the air position, but there must be a clear jump. The jump is considered as a Level feature only when it “requires significant strength”.</p> <p>This jump can be performed even before the required minimum number of revolutions in a spin in order to be considered as a feature in both Short Program and Free Skating.</p>
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<b>Increase of speed</b>	<p>For camel, sit, layback or Biellmann positions, once the position has been established, a clear increase of speed will be considered as a Level feature.</p> <p>Increase of 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.</p>
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**Edges and directions**

<b>Clear change of edge</b>	<p>A clear change of edge can only be counted as a feature in:</p> <ul style="list-style-type: none"> <li>- Sit position from backward inside to forward outside edge</li> <li>- Camel position</li> <li>- Layback position</li> <li>- Biellmann position</li> </ul> <p>Any other attempt of a change of edge will be ignored, not blocking the possibility to credit it elsewhere. Not considered as an attempt of a change of edge is the short phase following a landing of a fly or a step-in (mostly from flat to edge, or executing a three turn, etc.).</p> <p>A clear change of edge can only be counted as a feature, if there are at least 2 continuous revolutions on one edge followed by at least 2 continuous revolutions on the other edge in the same position (sit, camel, Layback or Biellmann).</p> <p>A change of edge within an upright or non-basic position does not count as a feature.</p> <p>The change of edge counts as a feature that can increase the Level only once in a spin of the Short Program and once in a spin of Free Skating Program.</p>
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<b>Spinning in both directions</b>	Spinning in both directions (clockwise & counter clockwise or visa-versa) in sit or camel position or in a combination of the two immediately following each other can be counted as a feature. A minimum of 3 revolutions in each direction is required <u>and the position before and after the change of direction must be held for at least 2 revolutions.</u> A spin executed in both directions (clockwise & counter clockwise) is considered as one spin.
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### Number of Revolutions

<b>8 revolutions</b>	At least 8 revolutions without changes in position/variation, foot or edge count as a feature 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 by the Technical Panel in favor of the skater. The 8 revolutions to be counted as feature must be performed in: <ul style="list-style-type: none"> <li>- camel, layback, difficult variation of any basic position – for all spins;</li> <li>- difficult variation of non-basic position – for combinations only.</li> </ul>
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### Change of foot

<b>Staying on the same foot</b>	A change of foot in a spin means spinning on each foot. Any spin in which the skater remains spinning on the same foot is not considered as a change of foot spin.
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<b>Simple change of foot</b>	A simple change of foot, e.g. a step or a small hop does not require significant strength and skill and does not increase the Level.
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<b>Change of foot executed by jump</b>	Such change of foot can be counted as a feature only if the skater reaches the basic position within the first 2 revolutions after the landing.  This jump has no requirements to the air position, but there must be a clear jump. The jump is considered as a Level feature only when it “requires significant strength”.
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<b>Toe Arabian as change of foot</b>	This change of foot is allowed, will be considered as a change of foot executed by jump and will count as a feature <b>only in Free Skating</b> .  If performed in <b>Short Program</b> , such change of foot will be considered as an error and 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.
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<b>Spin with a second change of foot</b>	The second change of foot (if attempted) in a spin with change of foot is not allowed in <b>Short Program</b> (wrong element) and does not count as a feature for a higher Level in <b>Free Skating</b> .
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<b>Spinning centers too far apart (spin in one position and spin combination)</b>	If, in a spin with change of foot, there is a curve of exit after the first part and a curve of entry into the second part, the consequences are as follows: <ul style="list-style-type: none"> <li>- <b>Short Program</b> - the spin is not fulfilling the requirements and no value will be given;</li> <li>- <b>Free Skating</b> - the second part of the spin will be ignored and the element becomes a spin in one position with no change of foot or a spin combination with no change of foot.</li> </ul> If there is only a curve of exit after the first part or the curve of entry into the second part, this will result in GOE reduction for “Change of foot poorly done” (this reduction does not relate to change of foot together with change of direction).
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<b>Number of features on one foot for spins with a change of foot</b>	The maximum number of features that a skater can get on one foot is 2.  The features for difficult entry will be counted in the quota of the foot before the change.  The features “Change of foot executed by jump,” Spinning in both directions” and “All 3 basic positions on the second foot” will be counted in the quota of the foot after the
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	change. The feature for a crossfoot spin will be counted in the quota of the foot on which the cross position was started.
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<b>Spin in one position with change of foot: less than 2 revolutions in a basic position on one foot</b>	If a spin in one position with change of foot is executed with a basic position with not less than 2 revolutions on one foot <b>only</b> and <b>no</b> basic position with not less than 2 revolutions on the other foot, it will receive: <b>In Short Program "no value".</b> <b>In Free Skating it will be marked with sign "V".</b>
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**SOV**

<b>"V" sign</b>	<p>"V" sign can be awarded only in 4 situations:</p> <ol style="list-style-type: none"> <li>1) In Flying spin only: for stepping over and no clear visible jump;</li> <li>2) In Spin Combination: for only two basic positions;</li> <li>3) In any change foot spin with less than 3 revolutions on one foot (Free Skating only).</li> <li>4) In Spin in one position with change of foot: less than 2 revolutions in a basic position on one foot (Free Skating only).</li> </ol> <p>If in a CCoSp there are only 2 basic positions and less than 3 revolutions on one foot or in Spin in one position with change of foot there are less than 2 revolutions in a basic position and less than 3 revolutions on one foot "V" sign will be awarded. <u>These cases of multiple errors will be reflected by the judges in GOE. In case the skater has chosen to execute only 2 positions, this is not regarded as an error in GOE by the judges.</u></p>
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## CAMEL POSITIONS

# CF

CAMEL FORWARD



# CS

CAMEL SIDEWAYS



# CU

CAMEL UPWARD



## SIT POSITIONS

# SF

SIT FORWARD



# SS

SIT SIDEWAYS



# SB

SIT BEHIND



## UPRIGHT POSITIONS

# UF

UPRIGHT FORWARD



# US

UPRIGHT  
STRAIGHT AND  
SIDEWAYS



# UB

UPRIGHT  
BIELLMANN



# UL

UPRIGHT LAYBACK



## NON-BASIC POSITIONS

# NBP

NON-BASIC  
POSITIONS



# Jump Elements

## Rules

### Solo jump

<p><b>Short Program</b></p>	<p>Short Program of the season <u>2019 – 2020</u> must include 2 solo jumps:</p> <ul style="list-style-type: none"> <li>– double or triple Axel for Senior &amp; Junior Men and for Senior Ladies, double Axel for Junior Ladies;</li> <li>– <u>a solo jump</u>:</li> <li>– <b>Senior Men</b> - any triple or a quadruple jump;</li> <li>– <b>Senior Ladies</b> - any triple jump;</li> <li>– <b>Junior Men and Ladies</b> - <u>double or triple Loop</u></li> </ul> <p>For Senior Men when a quadruple jump is executed in a jump combination, a different quadruple jump can be included as a solo jump.</p> <p>For Senior &amp; Junior Men and for Senior Ladies, when the triple Axel is executed as an Axel jump, it cannot be repeated again as a solo jump or in the jump combination.</p> <p>Solo jumps must be different from the jumps included in the combination.</p>
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<p><b>Free Skating</b></p>	<p>Jumping elements are solo jumps, jump combinations and jump sequences.</p> <p>A well balanced Free Skating program must contain: 7 jumping elements for <b>Senior &amp; Junior, Men &amp; Ladies</b> one of which must be (or must include) an Axel type jump.</p> <p>Solo jumps can contain any number of revolutions.</p> <p>Any double jump (including double Axel) cannot be included more than twice in total in a Single's Free Program (as a Solo Jump or a part of Combination / Sequence).</p> <p>Of all triple and quadruple jumps only two (2) can be executed twice. Of the two repetitions only one (1) can be a quadruple jump. If at least one of these executions is in a jump combination or a jump sequence, both executions are evaluated in a regular way.</p> <p>If both executions are as solo jumps, the second of these solo jumps will be marked with the sign "+REP" and will receive 70% of its original Base Value.</p> <p>Triple and quadruple jumps with the same name will be considered as two different jumps.</p> <p>No triple or quadruple jump can be attempted more than twice.</p>
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### Jump combination

<p><b>General</b></p>	<p>In a jump combination the landing foot of a jump is the take off foot of the next jump. One full revolution on the ice between the jumps (free foot can touch the ice, but no weight transfer) keeps the element in the frame of the definition of a jump combination.</p> <p>An Euler, when used in combinations between two listed jumps, becomes a listed jump (1Eu) with the value indicated in the SOV.</p> <p><u>Single Euler (1Eu) missing half a revolution or more will be considered as downgraded. In this case the judges will apply the reduction for a downgraded jump (&lt;&lt;).</u></p> <p><u>If the Single Euler is missing less than half a revolution, it will not be considered as under-rotated (&lt;) by the technical panel. If the Single Euler is not clearly jumped or it is executed as a step over, the judges will apply a reduction in GOE.</u></p> <p>If in the opinion of the TP the intended Waltz jump (Axel) is used only as the</p>
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	preparation to the next jump, this Waltz jump will not be called. The TP has the authority not to call a single jump which is more similar to a hop than a jump that is a result of a bad landing of the previous jump. The Judges will reflect the mistake in the GOE.
<b>Short Program</b>	Short Program must include a Jump Combination consisting of two jumps: <ul style="list-style-type: none"> <li>– <b>Senior Men:</b> double and triple or two triples or quadruple and a double or triple;</li> <li>– <b>Senior Ladies and Junior Men:</b> double and triple or two triples;</li> <li>– <b>Junior Ladies:</b> combination of two double jumps is also permitted.</li> </ul> <p>For <b>Senior Men</b> the jump combination may consist of the same jump or another double, triple or quadruple jump. When a quadruple jump is executed as a solo jump, a different quadruple jump can be included in the jump combination.</p> <p>For <b>Senior Ladies, Junior Men and Ladies</b> the jump combination may consist of the same jump or another double or triple jump. However, for all categories the jumps included must be different than the solo jump.</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 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
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#### General

<b>Short Program</b>	<b>Jumps which do not satisfy the requirements</b> (including wrong number of revolutions) 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.
<b>Free Skating</b>	If any jump/s in a combination/sequence is not according to the requirements, only the jump/s not according to requirements will be deleted.

### Clarifications

<b>Calling under-rotated or downgraded jumps</b>	The TP must call the attempted jump even if it is clear that it is under-rotated or will be downgraded. Both under-rotated and downgraded jumps will count as the intended jump in the application of Well Balanced Program regulations.  The quarter/half mark of landing are the border lines to identify cheated jumps. 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.  In all doubtful cases the Technical Panel should act to the benefit of the skater.
<b>Under-rotated jumps</b>	A jump will be considered as “ <b>Under-rotated</b> ” if it has missing rotation of $\frac{1}{4}$ revolution or more, but less than $\frac{1}{2}$ revolution. An under-rotated jump will be indicated by the Technical Panel to the Judges and in the protocols with a “<” symbol after the element code. Jumps identified as under-rotated will receive reduced base values which are listed in the designated row of the SOV.

<b>Downgraded jumps</b>	<p>A jump will be considered as “<b>Downgraded</b>” if it has “missing rotation of ½ revolutions or more”. A downgraded jump will be indicated by the Technical Panel to the Judges and in the protocols with a “&lt;&lt;” symbol after the element code.</p> <p>A jump identified as downgraded will be evaluated using the scale of values (SOV chart) for the element of one rotation less (i.e. a downgraded triple will be evaluated with the scale of values for the corresponding double).</p>
<b>Over-rotated jumps</b>	<p>If a jump is over-rotated more than a quarter revolution, it is called as a jump with the higher revolution. For example 2T with more than a quarter revolution will be called as 3T downgraded (&lt;&lt;) by the technical panel.</p>
<b>Cheated take-off</b>	<p>A clear forward (backward for Axel type jump) take-off will be considered as a downgraded jump. The toe loop is the most commonly cheated on take-off jump. The TP 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>Flip take-off is from a backward inside edge, Lutz take-off is from a backward outside edge. If the take-off edge is not clean correct, the TP indicates the error to the Judges using the signs “e” (edge) and “!” (attention).</p> <p>The TP may watch the replay in slow motion.</p> <p>The TP uses the sign “e” if the take-off edge is definitely wrong.</p> <p>The Base values of the jumps with the sign “e” are listed in the designated row of the SOV. The TP uses the sign “!” if the take-off edge is not clear. In this case the Base value is not reduced. Both mistakes are reflected in the GOE of the Judges.</p>
<b>Under-rotated jumps taken off from wrong edge (Flip/Lutz)</b>	<p>If both signs “e” and “&lt;” are applied for the same jump, the Base value is indicated in the designated row of the SOV.</p>
<b>Popped listed jumps</b>	<p>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”.</p>
<b>Non-listed jumps</b>	<p>Jumps that are not listed in the SOV (e.g. Walley, split jump, Inside Axel with any number of revolutions taking off from the forward inside edge 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 Transitions.</p> <p>A Toe Walley, however, will be called and counted as a Toe loop.</p>
<b>Landing on another foot</b>	<p>In combinations/sequence all jumps with more than one revolution, except the last one may be landed on either foot.</p>
<b>Landing on the incorrect edge</b>	<p>The call will not change if a jump is landed on the incorrect edge. However Judges will reflect this in their GOE.</p>
<b>Spin and jump back to back</b>	<p>If a skater performs a spin, immediately followed by a jump or vice versa, the two elements are called separately with credit given to difficult take off/entry (GOE).</p>
<b>Attempted Jump</b>	<p>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.</p> <p>In some cases, which need to be decided by the TP, 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</p>

	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>Touch down with the free foot without weight transfer</b>	In case of a touch down with the free foot without weight transfer and up to 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).  In case of more than 1 full revolution on the ice the call will be the jumps performed prior to this revolution + all the next jumps with an * combo in Short Program and sequence in Free Skating.
<b>Jump Combination: first/second jump is a "non-listed" jump</b>	If the first/second jump of a two-jump combination fails and turns into a "non-listed jump", but the other jump is a listed jump, the unit will be considered as a jump combo with only the listed jump receiving value.
<b>Arrangement of non-listed and one listed jump</b>	In case one listed jump is followed or preceded by any non-listed jumps the call will be the solo listed jump only.

## Short Program

<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 combo of 3 jumps</b>	The third executed jump will receive no value.
<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 the same jump is executed twice as a solo jump and as a part of the jump combination, the second execution will not be counted (if this repetition is in a jumps combination, only the individual jump which is not according to the above requirements will not be counted).  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>Extra jump(s)</b>	If an extra jump(s) is executed, only the solo jump(s) which is not according to the requirements will have no value. All extra jumps are called and marked with an *. The jumps are considered in the order of execution.
<b>Fall/step out or touch down with free foot with weight transfer after a jump plus another jump</b>	If a skater falls or steps out of a jump and immediately after that executes another jump, the element will be called as follows: "First Jump + Combo + Second Jump*."
<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, the later jump element performed will be identified as the jump combination consisting of one jump only.



**Elements with no value or maximum Level B/1/2/3 in SINGLES SP & FS  
2019-2020**

Max. Level SP	Problem	Max. Level FS
<b>All elements with Levels</b>		
<b>No Value</b>	Wrong element	<b>N/A</b>
<b>Basic+ded.</b>	Illegal elements/movements (if Basic Level requirements are fulfilled); TP is responsible for illegal elements deduction	<b>Basic+ded.</b>
<b>Step Sequences</b>		
<b>No Value</b>	Does not fully utilize the ice surface	<b>No Value</b>
<b>Basic</b>	No minimum variety in steps & turns throughout the sequence	<b>Basic</b>
<b>1</b>	Only minimum variety in steps & turns throughout the sequence	<b>1</b>
<b>2</b>	Only simple variety in steps & turns throughout the sequence	<b>2</b>
<b>3</b>	Only variety (no complexity) in steps & turns throughout the sequence	<b>3</b>
<b>Basic</b>	No balance of steps and turns in their distribution through the sequence	<b>Basic</b>
<b>All Spins</b>		
<b>No Value</b>	Does not have at least 2 continuous revolutions in a basic position	<b>No Value</b>
<b>Spins with change of foot</b>		
<b>No Value</b>	Less than 3 revolutions before/after the change	<b>Any, V</b>
<b>No Value</b>	Spinning centers too far apart	<b>2nd part ignored</b>
<b>No Value</b>	Second change of foot	<b>Any</b>
<b>2</b>	All features executed on one foot	<b>2</b>
<b>3</b>	Only one feature executed on one of the feet	<b>3</b>
<b>Spin in one position with change of foot</b>		
<b>No Value</b>	No basic pos. on one foot for at least 2 revolutions	<b>Any, V</b>
<b>Spin combination without change of foot</b>		
<b>N/A</b>	Only one position with 2 revolutions	<b>No Value</b>
<b>N/A</b>	2 basic positions with 2 revolutions	<b>Any, V</b>
<b>Spin combination with change of foot</b>		
<b>No Value</b>	Only one position with 2 revolutions	<b>No Value</b>
<b>Any</b>	No basic pos. on one foot for at least 2 revolutions	<b>Any</b>
<b>Any, V</b>	2 basic positions with 2 revolutions	<b>Any, V</b>
<b>No Value</b>	Change of foot: less than 3 revolutions before/after	<b>Any, V</b>
<b>Layback</b>		
<b>No Value</b>	Less than 2 rev. + Biellmann	<b>Upright any Level</b>
<b>No Biellmann feature</b>	2 or more, but less than 8 rev. + Biellmann	<b>Layback any Level</b>
<b>Flying Spin</b>		
<b>Any, V, no flying feature</b>	Step over/no clear visible jump	<b>Any, V, no flying feature</b>
<b>Any, no flying feature</b>	Basic landing position not reached within the first 2 revs after landing	<b>Any, no flying feature</b>