



# **Judging System**

# **Technical Panel Handbook**

**Single Skating**

**2010/2011**

Version as of 17.07.2010

# Step Sequences

## Rules

<b>Short Program</b>	<p>Short Program for <b>Senior &amp; Junior Men</b> and for <b>Senior &amp; Junior Ladies</b> <u>must include one Step Sequence.</u>            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 any <u>unlisted jumps</u>. 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>            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.  <u>For Senior Men the second (in the order of execution) step sequence will always be awarded a fixed Base value, called a choreographic step sequence and evaluated by Judges in GOE only. This sequence can have any pattern while fully utilizing the ice surface.</u></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) Use of upper body movement
- 4) At least half a pattern on one foot only
- 5) Combination of difficult turns (rockers, counters, brackets, twizzles) quickly executed in both directions (at least twice within the sequence)

## Clarifications

<b>Pattern</b>	<p><b>Straight Line</b> - Short barrier to short barrier.  <b>Serpentine</b> – 2 or 3 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.            A Step Sequence will only receive a Level if at least 50% of the sequence pattern is performed. <u>The choreographic step sequence will receive no value if it definitely does not fully utilize the ice surface.</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 (Circular 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; the call will be according to the pattern of the first part of the sequence.</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, running steps. 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 <b>7</b> turns and 4 steps, none of the types can be counted more than twice.
<b>Variety</b>	Must include at least <b>9</b> 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>No simple variety, only simple variety, only variety</b>	If a skater does not perform a simple variety of steps and turns, the Level cannot be higher than 1. If a skater performs only simple variety of steps and turns, the Level cannot be higher than 2. If a skater performs only variety (but not complexity) of steps and turns, the Level cannot be higher than 3.
<b>Distribution</b>	Turns and/or 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 1.
<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>Use of upper body movement</b>	<b>Use of upper body movements</b> means the visible use for a combined total of at least 2/3 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.
<b>Half a pattern on one foot</b>	"At least half a pattern on one foot only" presumes that the skater stays on one foot without any breaks for at least half of the sequence pattern.
<b>Combination of difficult turns</b>	"Combination of difficult turns (rockers, counters, brackets, twizzles) quickly executed in both directions" presumes that: a) <u>at least 2 different types of difficult turns must be executed;</u> b) <u>in each direction at least 2 turns must be executed;</u> c) <u>bullets a) and b) above must be completed twice;</u> d) <u>the number of times any type of difficult turns can be used during this combination is unlimited, however only 2 turns of the same type will be counted for "variety";</u> e) <u>the combination must be executed quickly.</u>
<b>Jump with more than half a revolution executed in the step sequence</b>	Any unlisted jumps can be executed in both the <b>Short Program</b> and <b>Free Skating</b> . A listed 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.
<b>How to call the Choreographic Step Sequence</b>	The call should be "Steps confirmed" (if the Sequence will be counted) or "Steps no Value" in the opposite case.

# Spiral Sequence (Ladies Senior)

## Rules

<b>Short Program</b>	In Short Program a performed Spiral Sequence will be evaluated in <u>"Transitions"</u> .
<b>Free Skating</b>	The spiral sequence will always be awarded a fixed Base Value, called a <u>choreographic spiral sequence</u> and evaluated by Judges in GOE only. In this sequence there must be at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long. In case this requirement is not fulfilled, the spiral sequence will have <u>no value</u> .

## Clarifications

<b><i>Definition</i></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><i>Free leg position</i></b>	Free leg: knee and foot higher than the hip level.
<b><i>Free leg drops</i></b>	When the free leg drops at the hip level (or lower), this is considered the end of the concerned spiral position.
<b><i><u>Order of the counted spiral positions</u></i></b>	The two (2) or one (1) long enough spiral positions mentioned in the Rules above are not necessarily the first ones in the sequence.
<b><i><u>How to call the Choreographic Spiral Sequence</u></i></b>	The call should be <u>"Spirals confirmed"</u> (if the Sequence will be counted) or <u>"Spirals no Value"</u> in the opposite case.

# Spins

## Rules

<p><b>General</b></p>	<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.  A spin with less than three rotations is considered as a skating movement and not a spin.  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.  In spins in one position and flying spins (<i>which means a spin with a flying entrance and no change of foot and position</i>) the concluding upright position at the end of the spin (final wind-up) is not considered to be another position <u>independent of the number of revolutions, as long as in such a final wind-up no additional feature is attempted (any change of edge, variation of position ect..)</u> and the revolutions executed in this position are not to be counted in the required number of revolutions.  Variations of positions of the head, arms or free leg, as well as fluctuations of speed are permitted.  In spin combinations during a change of position a difficult variation of position can be executed (which means that a difficult change of position is counted as a difficult spin variation).</p>
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<p><b>Short Program</b></p>	<p>The Short Program of the season 2010 – 2011 includes the following 3 spins:  <b>-Seniors:</b> Flying spin <u>with landing position different than in the Spin in one Position</u>;  <b>Juniors:</b> Flying camel spin;  <b>-Senior Men:</b> Camel/Sit spin (<u>position different from the landing position of the Flying spin</u>) with only one change of foot;  <b>Junior Men:</b> Sit spin with only one change of foot;  <b>-Senior &amp; Junior Ladies:</b> Layback/sideways leaning spin;  -Spin combination with all three basic positions and only one change of foot.  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.  Except flying spins, spins cannot be commenced with a jump.</p>
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### Specific elements in Short Program:

<p><b>Ladies: layback/sideways leaning spin</b></p>	<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>
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<p><b>Men: spin with only one change of foot</b></p>	<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.  <b>Senior:</b> The competitor <u>can</u> choose either the camel position or the sit position to be executed, <u>but this position must be different from the landing position of the Flying spin</u>;  <b>Junior:</b> Only the prescribed sit or camel position is permitted to be executed.</p>
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<p><b>Spin combination with change of foot</b></p>	<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>
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<b>Flying spin</b>	<p><b>Senior:</b> Any type of flying spin is permitted <u>with landing position different than in the Spin in one Position</u>; 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>
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<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 or a spin with flying entrance and one a spin with only one position.</p> <p>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).</p> <p>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.</p> <p>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 numbers of required revolutions must be counted from the entry of the spin until its exit (<u>except final wind-up in Spins in one position and Flying spins</u>). In the spin combination the change of foot is optional and the number of different positions is free.</p>
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## Level features

- 1) A 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 significantly different from the first one and:
  - spin in one position with change of foot – on different foot than the first one
  - spin combination without change of foot – in different position than the first one
  - spin combination with change of foot – on different foot and in different position than the first one
- 3) Change of foot executed by jump
- 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 sit (only from backward inside to forward outside) or camel
- 6) All 3 basic positions on both feet
- 7) Both directions immediately following each other in sit or camel spin
- 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 any other spin)
- 10) Biellmann position after layback spin (SP – after 8 revolutions in layback spin)

**Backward entry, change of edge and any type of difficult spin variation count as features that can increase the Level only once per program (in the first spin they are attempted);**

**The following requirements are mandatory for Levels 2 – 4 both in Short Program and Free Skating:**

- a) **for Spin Combinations with change of foot all 3 basic positions;**
- b) **for Spins with change of foot at least one basic position on each foot.**

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

## 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, Biellmann and similar variations are still considered as upright spins.</p> <p><b>Sit:</b> 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 <u>independent of the number of revolutions, as long as in such a final wind-up no additional feature is executed (change of edge, variation of position etc.)</u>, 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 (<u>with any number of revolutions</u>) that are quite <u>different</u> from each other, it's a combination.</p>
<b><u>All three basic positions executed</u></b>	<p><u>In the spin combination, in order to be counted as a Level feature, all three basic positions must be executed on both feet.</u></p>
<b>Entrance of the spin</b>	
<b>Flying entrance</b>	<p>Deathdrop, butterfly or any variation of another flying entrance (except the regular flying camel) can be considered as a Level feature.</p> <p>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.</p>

<b><i>Flying Spin: flying entry - position not attained in the air</i></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><i>Flying Sit Spin: landing on the same foot</i></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><i>Backward entrance</i></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 the first 2 revolutions on a backward outside edge. 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.

### Variations

<b><i>Simple variation</i></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.
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<b><i>Difficult variation</i></b>	A difficult variation is a movement of a body part/leg/arm/hand/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.
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<b><u>Categories of difficult variations</u></b>	<p>There are 13 categories of difficult variations:</p> <p><b>For CAMEL POSITION</b> there are 3 categories based on direction of the belly button:</p> <ul style="list-style-type: none"> <li>- (CF) Camel Forward: with belly button facing forward</li> <li>- (CS) Camel Sideways: with belly button facing sideways</li> <li>- (CU) Camel Upward: with belly button facing upward</li> </ul> <p><b>For SIT POSITION</b> there are 3 categories based on position of free leg:</p> <ul style="list-style-type: none"> <li>- (SF) Sit Forward: with leg forward</li> <li>- (SS) Sit Sideways: with leg sideways</li> <li>- (SB) Sit Behind : with the leg behind</li> </ul> <p><b>For UPRIGHT POSITION</b> there are 3 categories based on position of torso:</p> <ul style="list-style-type: none"> <li>- (UF) Upright Forward: with torso leaning forward</li> <li>- (US) Upright Straight or Sideways: with torso straight up or sideways</li> <li>- (UB) Upright Biellmann: in Biellmann position</li> </ul> <p><b>For LAYBACK POSITION</b> there is 1 category</p> <ul style="list-style-type: none"> <li>- (UL) Upright Layback</li> </ul> <p><b>For INTERMEDIATE POSITION</b> there is 1 category (IP)</p> <p><b>For INCREASE OF SPEED</b> there is 1 category (IS)</p> <p><b>For JUMP IN A SPIN</b> there is 1 category (JS)</p>
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<b><i>Crossfoot spin</i></b>	“Crossfoot Spin” must be executed on both feet with the weight equally divided on both feet. A Crossfoot Spin is considered as a difficult variation of the Upright position <u>US</u> and will receive, if correctly executed, one feature. <u>It is not required to stay on one foot for three revolutions before the cross.</u>
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<b><i>Biellmann position</i></b>	“Biellmann position” is a difficult variation of the Upright position <u>UB</u> 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.
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<b><i>Windmill</i></b>	“Windmill (Illusion)”: is considered a difficult variation of an intermediate position <u>IP</u> , it must be done at least 3 times in a row to be counted as a Level feature.
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<b><i>Jump on the same foot within a Spin (JS)</i></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 <u>or another</u> 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).
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<b><i>Increase of speed (IS)</i></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.
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<b><i>Repetitions</i></b>	<u>Both in Short Program &amp; in Free Skating, if a difficult spin variation of the same category is repeated, this repetition can be counted only when the distribution of the body weight or core is significantly different from the first variation.</u> <u>Once the skater attempts two difficult variations within an above category, he will not receive credit for a further attempt within that category (even if executed on a different foot).</u>
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<b><i>What is an attempt</i></b>	<u>A difficult variation is considered as attempted when this variation is clearly visible, independent of the fact this variation was counted or not (on whatever grounds).</u>
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<b><i>Definition of Types of difficult variations (reference comm. 1611)</i></b>	<u>Two difficult variations are considered to be of different types if they are from different categories (as defined above) or from same category, but with significantly different body weight or core distribution.</u>
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<b><i>Two difficult variations in a spin in one position without change of foot &amp; flying spin</i></b>	Both these variations will be counted as Level features if they both are in basic positions with at least 2 revolutions and fulfill the criteria described above in "Repetitions".
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<b><i>Two difficult variations in a spin combination</i></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, in different positions and fulfill the criteria described above in "Repetitions".
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### ***Edges and directions***

<b><i>Clear change of edge</i></b>	<u>Clear change of edge can be counted as a Level feature only in Sit (only from backward inside to forward outside edge) or Camel position.</u> <u>Any attempted execution of change of edge other than in camel position or from backward inside to forward outside in sit position will be ignored, not blocking the possibility to credit it elsewhere.</u> <u>The change of edge counts as a feature that can increase the Level only once per Short Program and once per Free Skating Program; while doing that, the first attempt is taken into account.</u> Clear change of edge 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 or camel). A change of edge within an <u>upright</u> or intermediate spinning position does not count for a feature.
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<b><i>Spinning in both directions</i></b>	Execution of spins in both directions (clockwise and counter clockwise) ( <u>in sit, camel or combination of the two</u> ) 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.
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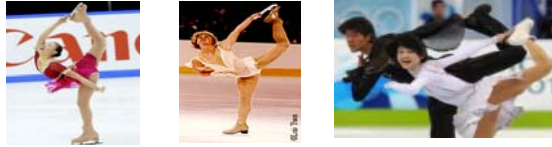
## Change of foot

<p><b>Change of foot (spin in one position and spin combination)</b></p>	<p>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.</p>
<p><b>Staying on the same foot</b></p>	<p>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.</p>
<p><b>Simple change of foot</b></p>	<p>Does not require significant strength and skill. e.g. a step over, a small hop, a simple hop or jump from or into an upright position. Such a change does not increase the Level.</p>
<p><b>Change of foot <u>executed by jump</u></b></p>	<p>Requires significant strength and skill. <u>It must be executed from sit or camel position directly into any basic position.</u>  <u>For example:</u> a clear jump over or a toe-Arabian or any form of a “butterfly”. Such a change can increase the Level.</p>
<p><b>Toe Arabian as change of foot</b></p>	<p>This change of foot is allowed, will be considered as a change of foot <u>executed by jump</u> 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.</p>
<p><b>Spin with a second change of foot</b></p>	<p>A second change of foot (if attempted) 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.</p>
<p><b>Spinning centres too far apart (spin in one position and spin combination)</b></p>	<p>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.</p>
<p><b>Number of features on one foot</b></p>	<p>The maximum number of features that a skater can get on one foot is <u>two (2)</u>. The features for backward entry or flying entry will be counted in the quota of the foot before the change.  The features “Change of foot <u>executed by jump</u>”, “<u>Both directions...</u>” and “All 3 basic positions on <u>both feet</u>” will be counted in the quota of the foot after the change.  <u>The feature for crossfoot spin will be counted in the quota of the foot on which the cross position was started.</u></p>
<p><b>Spin in one position with change of foot or spin combination: less than 2 revolutions in a basic position on one foot</b></p>	<p><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, the Spin will have no Level and consequently no value.  <b>Free Skating:</b> If a spin has no basic position on one foot, the features from the other foot may still be applied. <u>However the Level can not be higher than 1.</u></p>

## CAMEL POSITIONS

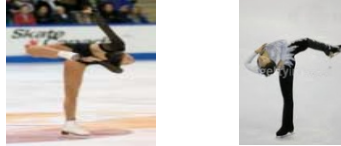
# CF

CAMEL FORWARD



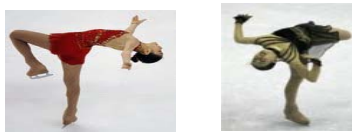
# CS

CAMEL SIDWAYS



# CU

CAMEL UPWARD



## SIT POSITIONS

# SF

SIT FORWARD



# SS

SIT SIDWAYS



# SB

SIT BEHIND



# JS

JUMP WITHIN A SPIN  
WITH LANDING ON THE  
SAME FOOT



Jump within a spin will be considered a difficult variation if done from a basic position to the same or another basic position. This variation can be counted twice per program as long as the two executions are with significantly different body weight or core distribution.

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## UPRIGHT POSITIONS

# UF

UPRIGHT FORWARD



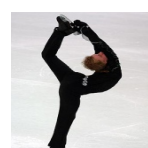
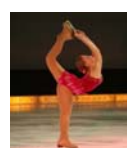
# US

UPRIGHT STRAIGHT and  
SIDEWAYS



# UB

UPRIGHT BIELLMANN



# UL

UPRIGHT LAYBACK



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## INTERMEDIATE POSITIONS

# IP

INTERMEDIATE  
POSITIONS  
(ALL)



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## INCREASE OF SPEED

# IS

For camel, sit and layback positions once the position has been established, a clear increase of speed will be considered a difficult variation. This variation can be counted twice per program as long as the two executions are with significantly different body weight or core distribution.

# Jump Elements

## Rules

### Solo jump

<b>Short Program</b>	<p>Short Program of the season 2010 – 2011 must include 2 solo jumps:</p> <ul style="list-style-type: none"> <li>- double or triple Axel for Senior &amp; Junior Men <u>and for Senior Ladies</u>, double Axel for Junior 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 <u>loop</u>.</p> <p>For Senior Men when a quadruple jump is executed in a jump combination, <u>a different quadruple jump can be included as a solo jump</u>. For Senior &amp; Junior Men <u>and for Senior Ladies</u> when the triple Axel 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/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>
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<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 <u>two (2)</u> 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>
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### 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 non-listed jump, the element is called a jump sequence; <u>However half-loop (or "Euler") (landing backwards) when used in combinations/sequences is considered as a listed jump with the Value of a single loop. When executed separately, half-loop stays as unlisted jump.</u></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 categories</b> - 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 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.
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## 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).
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## Clarifications

<b><u>Calling under-rotated or downgraded jumps</u></b>	<p>The Technical panel must call the attempted jump even if it is clear that it is under-rotated <u>or</u> will be downgraded. <u>Both under-rotated and downgraded jumps will count as the intended jump in the application of Well Balanced Program regulations.</u></p> <p><u>The quarter and half mark of landing are the border lines to identify cheated jumps.</u></p> <p><u>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.</u></p> <p><u>In all doubtful cases the Technical Panel should act to the benefit of the skater.</u></p>
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<b><u>Under-rotated jumps</u></b>	<p><u>A jump will be considered as “Under-rotated” if it has missing rotation of more than ¼ revolution, but less than ½ revolution.</u></p> <p><u>An under-rotated jump will be indicated by the Technical Panel to the Judges and in the protocols with a “&lt;” symbol after the element code.</u></p> <p><u>A jump identified as under-rotated will receive a reduced base value - 70% of the base value of the intended jump rounded to one decimal place.</u></p>
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<b><u>Downgraded jumps</u></b>	<p><u>A jump will be considered as “Downgraded” if it has “missing rotation of ½ revolutions or more”.</u></p> <p><u>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.</u></p> <p><u>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).</u></p>
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<b><u>Cheated take off</u></b>	<p><u>The same criteria is applied to jumps cheated at the take off. A clear forward (backward for Axel type jump) take off will be considered as a <u>downgraded</u> jump.</u></p> <p><u>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).</u></p>
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<b><u>Taking off from wrong edge (Flip/Lutz)</u></b>	<p><u>In cases of <u>not taking off from the clean correct edge</u> the Technical will indicate the error to the Judges using the sign “e” (edge). 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><u>The Technical Panel will use the sign “<b>e</b>” (edge) for cases of wrong take-off edge.</u></p> <p><u>Each Judge will then decide himself/herself on the severity of the error (major or minor error) and the corresponding GOE reduction.</u></p>
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<b><i>Popped listed jumps</i></b>	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><i>Non-listed jumps</i></b>	Jumps that are not listed in the SOV (e.g. <u>Walley</u> , split jump 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. A <u>Toe-Walley</u> , however, will be called and counted as a Toe-loop.
<b><i>Inside Axel jumps</i></b>	An Axel type jump <u>with any number of revolutions</u> 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><i>Landing on another foot</i></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><i>Landing on the other edge</i></b>	The call will not change if a jump is landed on the other edge. However Judges will reflect this in their GOE.
<b><i>Spin exited immediately into a jump</i></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><i>Attempted Jump</i></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 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 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><i>Fall after first jump plus another jump</i></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><i>Step out or touch down with free foot with weight transfer after first jump plus another jump</i></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><i>Touch down with the free foot without weight transfer</i></b>	In case of a touch down with the free foot without weight transfer and <u>up to 2</u> 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). <u>In case of more than 2 three turns the call will be the jumps performed prior to three turns + combo in Short Program and + sequence in Free Skating.</u>
<b>Short Program</b>	
<b><i>Element other than required</i></b>	If a Junior skater performs a different jump than required, the element will receive no value but will block the “jumping box”.
<b><i>Jump combination with 3 jumps</i></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.
<b>Free Skating</b>	
<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 combo 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>Jump 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>	If in a planned combo of 3 jumps after the second jump the skater steps out, <u>puts foot on ice with weight transfer</u> , 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).
<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.
<b>Axel type jump in a sequence</b>	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.
<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.