



Judging System

Technical Panel Handbook

Pair Skating

2019/2020

23 July 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".

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.

Step Sequence

Rules

<p>General: Short Program</p>	<p>The Step Sequence is included in the Short Program every season; there is no Step Sequence in the Free Skating program.</p> <p>All step sequences should be executed according to the character of the music. Step sequence should be executed together or close together and may include any unlisted jumps. Short stops in accordance with the music are permitted. <u>Step sequences must fully utilize the ice surface.</u> Turns and steps must be balanced in their distribution throughout the sequence.</p> <p>Credit will be given to a pair which changes places and holds or uses difficult skating moves together during a step sequence. The workload between both partners must be even to be taken into account for a possible higher Level.</p>
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Level features

- 1) Minimum variety (Level 1), simple variety (Level 2), variety (Levels 3–4) of difficult turns and steps of both partners 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) Changes of position (crossing at least three times while doing steps and turns) for at least 1/3 of the sequence, but not more than 1/2 of the sequence The partners must maintain not more than approximately three meters distance between each other throughout the crossing feature **or** not separating at least half of the pattern (changes of holds are allowed).
- 5) Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) executed by both partners with continuous flow within the sequence

Clarifications

<p>Pattern</p>	<p>There is no prescribed pattern of the Step Sequence, however it 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.</p> <p>In features 2 – 5 “pattern” and “sequence” means the pattern actually executed by the skater.</p>
<p>Beginning and end of the pattern</p>	<p>This is when the skaters actually start and conclude the Sequence.</p>
<p>Definition of Turns and Steps</p>	<p>Turns: twizzles, brackets, loops, counters, rockers, three turns. Steps: toe steps, chasses, mohawks, choctaws. change of edge, cross rolls.</p>
<p>Definition of choctaw</p>	<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>
<p>Definition of Difficult Turns and Steps</p>	<p>Difficult Turns and Steps: brackets, loops, twizzles, counters, rockers, choctaws. Turns and Steps must be executed on <u>clean edges</u>. If a turn is “jumped”, it is not counted as performed.</p>
<p>Minimum variety</p>	<p>Must include at least 5 difficult turns and steps, executed by both partners, none of the types can be counted more than twice.</p>

Simple variety	Must include at least 7 difficult turns and steps, executed by both partners, none of the types can be counted more than twice.
Variety	Must include at least 9 difficult turns and steps, executed by both partners, none of the types can be counted more than twice.
Complexity	Not applicable for Pair Skating.
No minimum variety, no simple variety, only simple variety	If skaters (or one of the partners) does not perform a minimum variety in steps and turns throughout the sequence, the Level cannot be higher than Basic. If skaters (or one of the partners) does not perform a simple variety in steps and turns throughout the sequence, the Level cannot be higher than 1. If one or both skaters perform only simple variety in steps and turns throughout the sequence, the Level cannot be higher than 2.
Balance & workload	Turns and steps must be balanced in their distribution throughout the sequence. The workload between both partners must be even. If one or both of these requirements are not fulfilled, the Level cannot be higher than Basic.
Rotations in either direction	This feature means that the skaters rotate 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 skaters are 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 skaters should not just turn half a rev. back and forth.
Use of body movement	Use of body movements means the visible use by both skaters 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.
Two combinations of difficult turns	Difficult turns are rockers, counters, brackets, twizzles, loops. In the combinations: - three turns are not allowed; - changes of edges are not allowed; - a jump/hop is not allowed; - changes of feet are not allowed; <u>- the free foot must not touch the ice.</u> - at least one turn in the combination must be of a different type than the others. The exit edge of a turn is the entry edge of the next turn. The combination must be executed by both partners with <u>continuous flow</u> within the sequence.
A combination of difficult turns executed by both partners	A combination of difficult turns can consist of turns that are not the same for Man and Lady but must be done by the partners at the same time.
What makes the combinations same or different	Two combinations of difficult turns are considered to be the same if they consist of the same turns done in the same order, on the same edges and the same foot.

<p><i>Jump with more than half a revolution executed in the step sequence</i></p>	<p>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". In any case this does not influence the determination of Level of difficulty of the Step sequence.</p>
<p><i>Changes of positions (crossing)</i></p>	<p>Before and after the cross partners must clearly separate while each performing steps and/or turns. There must be at least 3 crosses. The distance from the first cross to the third cross must be more than 1/3, but not more than 1/2 of the sequence. The partners must maintain not more than <u>approximately</u> three meters distance between each other throughout the crossing feature.</p>
<p><i>Not separating at least half of the pattern</i></p>	<p>"Not separating at least half of the pattern" presumes that the skaters do not separate without any breaks for at least half of the sequence pattern. Changes of holds are allowed which may include a brief moment when partners are not touching as they change holds.</p>
<p><i>Changes of positions or not separating</i></p>	<p>If the requirements are fulfilled, skaters can get one of these two features, but not both.</p>

Choreographic Sequences

Rules

Free Skating	<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, small lifts 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).</p> <p>The Choreographic Sequence is included in Free Skating. The Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.</p>
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Clarifications

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

Solo Spin Combination

Rules

General	<p>The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.</p> <p>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>Variations of positions of the head, arms or free leg, as well as fluctuations of speed are permitted.</p> <p>The Solo Spin combination must have a minimum of two different basic position with 2 revolutions in each of these positions by both partners anywhere within the spin. To receive full value, a Spin combination must include all three basic positions by both partners 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>The spin must have a required minimum number of revolutions, the lack of which must be reflected by the Judges in their marking, however a spin with less than three (3) rotations is considered as a skating movement and not a spin.</p> <p>Solo Spin combinations may be commenced with a jump.</p>
Short Program – Solo Spin combination with only one change of foot	<p>The solo spin combination in the Short Program must have at least two (2) revolutions in two basic positions (to receive full value, a Spin combination must include all three basic positions by both partners). Minimum of five (5) revolutions on each foot. The change of foot may be executed in the form of a step over or a jump and the change of foot and the change of position may be made either at the same time or separately.</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 6 rev. without changes in pos./variation, foot and edge (camel, layback, difficult variation of any basic or non-basic position)

If 6 revs are executed on both feet, any one of these executions can be taken in favour of the skaters. Features 2 to 10 and any category of difficult spin variation count only once per program (first time attempted).

Any category of difficult spin variation counts only once per program (first time it is attempted). In any spin with change of foot the maximum number of features attained on one foot is two (2).

All features must be performed by both skaters at the same time in order for the feature to be awarded (e.g. for Feature 1, both skaters must perform the same difficult variation at the same time).

Clarifications

Positions

<i>Basic Positions</i>	<p>There are 3 basic positions: camel, sit and upright positions. Non-basic positions are all other positions.</p> <p>Camel: 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>Sit: the upper part of the skating leg at least parallel to the ice.</p> <p>Upright: any position with extended or slightly bent skating leg which is not a camel position.</p>
<i>Non-basic positions</i>	<p>All the other positions not fulfilling the requirements of any basic positions. The number of revolutions in non-basic positions is counted in the total number of revolutions; non-basic positions can be considered as difficult variations in accordance with the definition of such 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>
<i>Positions at the same time</i>	<p>Both skaters must do the same basic or non-basic position at the same time in order for the position to count.</p>
<i>Less than 2 revolutions in every basic position</i>	<p>If any spin does not have at least 2 continuous revolutions in a basic position, no Level has to be given.</p>
<i>Less than 2 revolutions in basic positions</i>	<p>A spin combination executed with only 1 position with at least 2 revolutions by both partners (according to requirements) and in all other positions less than 2 revolutions (not according to requirements) receives no Level in the Short Program.</p>
<i>All 3 basic positions executed on the second foot</i>	<p>In the spin combination, in order to be counted as a Level feature, all three basic positions must be executed by both partners on the second foot. This feature can be awarded only if its execution is not interrupted by a change of foot</p>
<i>Only two basic positions</i>	<p>A spin combination with and without change of foot which includes only two basic positions with not less than 2 revolutions will have a lower base value in comparison with a spin combination with all three basic positions with not less than 2 revolutions. The corresponding base values are listed in the SOV.</p>
<i>Abbreviation and Calling procedure</i>	<p>For a spin combination with and without change of foot with 2 or 3 basic positions (e.g. Level 4) the abbreviation will be CCoSp4V and CoSp4V or CCoSp4 and CoSp4 in case of 2 or 3 basic positions and the call will be "Solo spin combination with/without change of foot, Level 4, V (if only 2 positions)".</p>
<i>Difficult change of position on the same foot</i>	<p>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.</p>

Entrance of the spin

Difficult entrance	“Entrance into a spin” is defined as the preparation immediately preceding a spin and may include the beginning phase of a spin. This includes a difficult flying entry. The entrance must have a significant impact on the balance, control and execution of the spin. The intended spin position must be reached within the first two revolutions. This position can be basic or non-basic. A regular flying camel and backward entry is not considered as a difficult entry.
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Variations

Simple variation	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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Difficult variation	A difficult variation is a movement of a body part, leg, arm, hand or head, which requires more physical strength or flexibility and has an effect on the balance of the main body core. Only these variations can increase the level. All difficult variations rules for singles also apply to pairs. Difficult variations relate to both partners.
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Categories of difficult variations	<p>There are 11 categories of difficult variations:</p> <p>For CAMEL POSITION there are 3 categories based on direction of the shoulder line:</p> <ul style="list-style-type: none"> - (CF) Camel Forward: shoulder line parallel to the ice - (CS) Camel Sideways: shoulder line twisted to a vertical position - (CU) Camel Upward: shoulder line twisted more than to a vertical position <p>For SIT POSITION there are 3 categories based on position of free leg:</p> <ul style="list-style-type: none"> - (SF) Sit Forward: free leg forward - (SS) Sit Sideways: free leg sideways - (SB) Sit Behind : free leg behind <p>For UPRIGHT POSITION there are 3 categories based on position of torso:</p> <ul style="list-style-type: none"> - (UF) Upright Forward: torso leaning forward - (US) Upright Straight or Sideways: torso straight up or sideways - (UB) Upright Biellmann: in Biellmann position <p>For LAYBACK POSITION there is 1 category</p> <ul style="list-style-type: none"> - (UL) Upright Layback <p>For NON-BASIC POSITIONS there is 1 category (NBP)</p>
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Crossfoot spin	“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 (US) and will receive, if correctly executed, a feature. It is not required to stay on one foot for three revolutions before the cross.
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Sit Side	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.
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Biellmann position	“Biellmann position” is a difficult variation of the Upright position (UB) when the skaters’ 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 skaters.
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Windmill	“Windmill (Illusion)”: is considered a difficult variation of a non-basic position (NBP), it must be done at least 3 times in a row to be counted as a Level feature.
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Repetitions	Any category of difficult spin variation in a basic position and a difficult variation in a non-basic position counts only once (first time it is attempted).
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Features in repeated variations	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.
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What is an attempt?	A difficult variation is considered as attempted when this variation is clearly visible, independent of the fact this variation was counted or not.
Similar variations in basic and in non-basic positions	If a difficult variation in a non-basic position 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.
Free leg drops	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.
Too long to reach basic position	The reduction will also be applied if it takes a long time for the skater(s) to reach the necessary basic position in spins in one position.
Jump on the same foot within a Spin	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. 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”. 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 Short Program .
Increase of speed	For camel, sit, layback or Biellmann positions, once the position has been established, a clear increase of speed by both partners will be considered as a Level feature. 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.

Edges & directions

Clear change of edge	A clear change of edge by both partners can only be counted as a feature in Sit from backward inside to forward outside edge, Camel, Layback and Biellmann position. 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.). 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). A change of edge within an upright or non-basic position does not count as a feature. The change of edge counts as a feature that can increase the Level only once in a spin of the Short Program.
Spinning in both directions	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. A spin executed in both directions (clockwise & counter clockwise) is considered as one spin.

Number of Revolutions

6 revolutions	At least 6 revolutions by both partners without changes in position/variation, foot or edge count as a feature only once; if 6 revs are executed on both feet, any one of these executions can be taken by the Technical Panel in favour of the skaters. The 6 revolutions to be counted as a feature must be performed in: camel, layback, difficult variation of any basic or non-basic position.
Change of foot	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 non-basic positions). If there are not three (3) revolutions before or after the change, this results in the following: Short Program - the spin is not fulfilling the requirements, no Level & value will be given.
Staying on the same foot	A change of foot in a spin means spinning on each foot. Any spin in which skaters remains spinning on the same foot is not considered as a change of foot spin.
Simple change of foot	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.
Change of foot executed by jump	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".
Toe Arabian as change of foot	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.
Spin with a second change of foot	The second change of foot (if attempted) in a spin with change of foot is not allowed in Short Program (wrong element).
Spinning centres too far apart	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), the second part of the spin will not be called and will not be valid for the Level features. That results in the following: Short Program - the spin is not fulfilling the requirements, no Level & value are given; 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 executed" (this reduction does not relate to change of foot together with change of direction).
Number of features on one foot for spin combinations with change of foot	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 change. The feature for a crossfoot spin will be counted in the quota of the foot on which the cross position was started.

Pair Spin Combination

Rules

General	<p>The pair spin combination must consist of at least one change of foot and one change of position (sit, camel, upright or any variation thereof) of both partners. The Pair spin combination must have a minimum of two different basic positions with 2 revolutions in each of these positions by both partners anywhere within the spin. To receive full value, a Spin combination must include all three basic positions by both partners.</p> <p>The pair spin combination should have not less than eight (8) revolutions in total. The lack of revolutions is penalized by the Judges in GOE.</p> <p>A spin combination executed with less than two (2) revolutions in all executed basic positions receives no Level and therefore no value.</p> <p>A spin with less than three (3) rotations is considered as a skating movement and not a spin.</p> <p>The rotation must be continuous and no stop is permitted, except a short stop when changing direction.</p> <p>If one or both skaters fall 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>
Free Skating	<p>A well balanced Free Skating program for Seniors & Juniors must contain one Pair Spin Combination.</p> <p>There must be at least one change of foot of both partners not necessarily executed by both partners at the same time. Spin can commence with a fly.</p>

Level features

- 1) 2 changes of basic positions of both partners
- 2) 3 difficult variations of positions of partners, two of which can be in non-basic position (each variation of each partner counts separately, each partner must have at least one difficult variation)
- 3) Difficult entrance or any flying entrance by one of both partners.
- 4) Difficult exit
- 5) Both directions immediately following each other.
- 6) At least 6 revolutions without any changes in position/variation and foot (camel, sit, difficult upright)

Clarifications

Positions	<p>There are 3 basic positions:</p> <p>Camel (free leg backwards with the knee higher than the hip level);</p> <p>Sit (the upper part of the skating leg at least parallel to the ice; if in a pair sit spin the Lady's free leg is behind and the Man's free leg is in front, her basic sit position is considered to be achieved, when her skating leg knee is bent 90 degrees or more);</p> <p>Upright (any position with extended or slightly bent skating leg which is not a camel position) and</p> <p>Non-basic positions (all positions that according to the above definitions are not camel, sit or upright).</p> <p>The number of revolutions in non-basic positions is counted in the total number of revolutions; non-basic positions can be considered as difficult variations in accordance with the definition, but going to one of these positions is not considered as a change of position.</p>
Less revolutions in a position/variation	<p>The minimum number of revolutions required in a position/variation is two (2). If one or both skaters perform less than two (2) revolutions in a position/variation, this position or variation will not be counted.</p>
Change of position	<p>A change of position is counted only when it is from one basic position to another basic position with a minimum of two (2) rev. of both partners in each of these positions.</p>
Change of foot	<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 non-basic positions). <u>If there are not 3 revolutions before or after the change of foot executed by both partners, the PCoSp will be marked with a "V".</u> <u>If there is no attempt of a change of foot by either partner or there are less than 3 revolutions on both feet by either partner, the spin will have "No Value".</u></p>
No change of foot and/or position	<p>If there is no change of foot or no change of position by one or both partners, the spin will be called a "Pair Spin Combination no Value."</p>
Number of changes of positions	<p><u>The first 2 changes of basic positions</u> of both partners (may be through non-basic positions) will be counted as one Level feature.</p>
Number of difficult variations executed	<p>Any difficult variation can be counted if it lasts for at least two (2) revolutions. Each variation of each partner is counted separately.</p> <p>For one Level feature the spin must contain 3 difficult variations (<u>two can be in a non-basic position</u>). Each partner must have at least one difficult variation.</p>
<u>Windmill as difficult variation</u>	<p><u>Windmill (illusion) is considered as a difficult variation of a non-basic position (NBP). This must be done at least 3 times in a row by both partners to be counted as a level feature.</u></p>
Definition of spin variations	<p>Related to both partners.</p>
Simple Variation	<p>A movement of a leg, arm, hand or head which enhances, but does not change the basic position of the main body core.</p> <p>A simple variation does not increase the Level.</p>
Difficult variation	<p>A movement of a leg, arm, hand or head which requires more physical strength or flexibility and that has an effect on the balance of the main body core.</p> <p>Only these variations can increase the Level.</p>
Both partners are in sit position with free legs extended forward	<p>This position is considered as a difficult variation only when the knees of the skating feet are in a very deep bent position with free legs fully extended.</p>

Difficult Entrance

<u>Fly/Jump entrance</u>	<u>Fly/Jump into spin can be executed by one or both partners. One partner can execute fly/jump and other partner can enter the spin in any position doesn't need to be difficult.</u>
Difficult Entrance	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. Must be executed by both partners.
Entrance from backward outside or inside edge	The skaters should skate both backward outside or both backward inside right before they begin rotating and enter the spin without assistance of free leg. There are no three turns or any other turns before skaters start the actual spin. The entrance from backward outside/inside edge requires the first two revolutions of each partner to be done on backward outside edge or the first two revolutions of each partner to be done on backward inside edge. Only such a backward entrance is counted as a Level feature.

<u>Difficult Exit</u>	<u>Exiting in a lift or spinning movement, an innovative move that makes the exit significantly more difficult.</u>
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Spinning in both directions	Execution of spins in both directions (clockwise and counter clockwise) that immediately follow each other will be rewarded by counting this as an additional feature in all Levels. 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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At least 6 revolutions	This feature can be granted only when there are at least 6 revolutions (executed simultaneously by both partners) without any changes in camel, sit or difficult upright position or its variation.
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Short stop	The rotation must be continuous, and no stop is permitted except a short stop when changing direction together with the change of foot. If there is a stop with the toe or blade, that will be the end of the spin.
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Spin combination with only two basic positions	A spin combination which includes only two basic positions by one or both partners with not less than 2 revolutions will have a lower base value in comparison with a spin combination with all three basic positions by both partners with not less than 2 revolutions. These base values are indicated in the SOV.
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Abbreviation and Calling procedure	For a PCoSp with 2 or 3 basic positions (e.g. Level 4) the abbreviation will be PCoSp4V or PCoSp4 and the call will be "Pair spin combination, Level 4" V (if only 2 positions).
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CAMEL	UPRIGHT	UPRIGHT	UPRIGHT
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Jump Elements

Rules

Short Program	Short Program for the season 2019-2020 must include one solo jump: - any double or triple for Seniors ; - <u>Double Loop or Double Axel</u> for Juniors .
Free Skating	A well balanced Free Skating program for Seniors & Juniors must contain - maximum of 1 Solo Jump and - maximum of 1 Jump Combination or Sequence. All jumps executed with more than 2 revolutions (double Axel and all triple and quadruple jumps) must be of different nature (different name), however the jump combination or sequence can include two same such jumps.
Short Program	Jumps which do not satisfy the requirements (including wrong number of revolutions) will have no value, but will block a jumping box, if one is empty.

Jump Combination

Free Skating	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. However (Euler) (landing backwards) when used in between two listed jumps in a combination is considered as a listed jump. When executed separately Euler stays as unlisted jump. <u>1Eu can only be downgraded by the technical panel. The judges will reflect 1Eu if there is a step over, no clear jump as a GOE reduction.</u> If in the opinion of the TP the intended Waltz jump (Axel) is used only as the 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.
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Jump Sequence

Free Skating	A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any 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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Clarifications

Calling under-rotated or downgraded jumps	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.
Under-rotated jumps	A jump will be considered as " Under-rotated " if it has missing rotation of a $\frac{1}{4}$, 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 SOV chart.

Downgraded jumps	<p>A jump will be considered as “Downgraded” if it has “missing rotation of ½ revolutions or more”.</p> <p>A downgraded jump will be indicated by the Technical Panel to the Judges and in the protocols with a “<<” 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>
Over-rotated jumps	<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 (<<) by the technical panel.</p>
Cheated take off	<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 Technical Panel may only watch the replay in regular speed to determine the cheat and downgrade on the take-off (more often in combinations or sequences).</p>
Taking off from wrong edge (Flip/Lutz)	<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). The TP may watch the replay in slow motion. The TP uses the sign “e” if the take-off edge is definitely wrong. The Base values of the jumps with the sign “e” are listed in the SOV chart. 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>
Under-rotated jumps taken off from wrong edge (Flip/Lutz)	<p>If both signs “e” and “<” are applied for the same jump, the Base value is indicated in the SOV chart.</p>
Popped listed jumps	<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>
Non-listed jumps	<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 count as a Toe loop.</p>
Attempted Jump	<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 Technical Panel, the preparation for the take off without leaving the ice might be also called an attempt, e.g. a loop-jump take off when the skater falls before leaving the ice, or a skater steps onto the forward take off edge of an Axel and pulls back the free leg and arms, starts the forward movement to jump into the air with the free leg and arms passing through forward, but at the last moment does not leave the ice, etc.</p>
Unequal number of revolutions	<p>In case of unequal number of revolutions of partners in a jump performed as a solo jump or part of a combo or a sequence, this jump will be called as a jump with lesser amount of revolutions executed by the partners. The Judges will reflect the mistake in their GOE.</p>
Different Jumps performed	<p>If the partners definitely perform different types of jumps, the result is no Value. The name of the jump will be “jump with a lesser value” without any signs. Only this jump will be blocked from repetition. Example: 3T by one partner, 3S by the other partner will result in 3T*.</p>

Spin and jump back to back	If skaters perform 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).
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Short Program

Element other than required	If a Junior Pair performs a different solo jump than required, the element will receive no value, but will block the jumping box.
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Free Skating

Repeated jump	A repeated jump with more than 2 revolutions of the same name and number of revolutions will occupy a jumping box but will be given no value. However, within the jump combination or jump sequence the two jumps may be the same. If any jump of a combination/sequence is not according to the requirements, only the jump not according with the requirements will be deleted and not the entire combination/sequence. Jumps are considered in the order of their execution.
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Second jump combination/sequence	If a second jump combination/sequence is executed, only the jump not according with the requirements will be deleted and not the entire combination.
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Two solo jumps	If both partners execute two (2) solo jumps during the program, the second jump will be marked with the sign "+REP" and will receive 70% Base Value with result rounded to two decimal places.
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Fall or step out after first jump	If one or both skaters fall/step out of the first jump and immediately after that execute another jump, this continuation will be ignored by the Technical Panel. The element will be identified as follows: If both skaters fall/step out, only the executed solo jump will be called. If one skater falls/steps out and the other executes a Jump Sequence, the call should be "First Jump + Sequence". If one skater falls/steps out and the other executes a Jump Combination, the call should be "First Jump + Combo".
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Touch down with free foot without weight transfer	The element remains a Jump Combination even when there are 2 three turns (or no three turns) between the jumps with a slight touch down (without weight transfer by both partners). In case of more than 1 full revolution on the ice the call will be the jumps performed prior to this revolution + combo/sequence the same way as above.
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Touch down with free foot with weight transfer	Touch down with free foot (with weight transfer) after the first jump and 2 three turns or no turns between the jumps. The element will be called by the Technical Panel as follows: "First jump + Combo/Sequence" depending on the other partner's execution (in other cases).
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Jump Combination: first/second jump is a "non-listed" jump	If the first/second jump by one or both partners 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 be considered as a jump combo with only the listed jump receiving value.
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One partner with combo, the other one with sequence	If one partner performs a jump combination, but the other partner a jump sequence, the jump sequence will be called.
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Throw Jumps

Rules

General	Throw jumps are partner assisted jumps in which the Lady is thrown into the air by the Man on the take-off and lands without assistance from her partner on a backward outside edge.
Short Program	Short Program for the season 2019-2020 must include one throw jump: - Any double or triple for Seniors - Double or triple <u>Toe Loop/Flip/Lutz</u> for Juniors
Short Program	Throw jumps which do not satisfy the requirements (including wrong number of revolutions) will receive No value and will block the corresponding box if one is empty.
Free Skating	A well balanced Free Skating program must contain maximum of 2 different Throw Jumps (different name and/or different number of revolutions).

Clarifications

<i>Calling under-rotated or downgraded throw jumps</i>	The Technical Panel must call the attempted throw jump even if it is clear that it is under-rotated or will be downgraded. Both under-rotated and downgraded throw jumps will count as the intended jump in the application of Well Balanced Program regulations. The quarter and half mark of landing are the border lines to identify cheated throw jumps. The camera angle is important to consider when deciding upon a cheated throw 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.
<i>Under-rotated throw jumps</i>	A throw jump will be considered as " Under-rotated " if it has missing rotation of a $\frac{1}{4}$ revolution, but less than $\frac{1}{2}$ revolution. An under-rotated throw jump will be indicated by the Technical Panel to the Judges and in the protocols with a "<" symbol after the element code. Throw Jumps identified as under-rotated will receive reduced base values which are listed in the SOV chart.
<i>Downgraded throw jumps</i>	A throw jump will be considered as " Downgraded " if it has "missing rotation of $\frac{1}{2}$ revolutions or more." A downgraded throw jump will be indicated by the Technical Panel to the Judges and in the protocols with a "<<" symbol after the element code. A throw 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).
<i>Over-rotated throw jumps</i>	<u>If a throw jump is over-rotated more than a quarter revolution, it is called as a jump with the higher revolution. For example, 2TTh with more than a quarter revolution will be called as 3TTh downgraded (<<) by the technical panel.</u>
<i>Repetition (Free Skating)</i>	A repeated throw jump of the same number of revolutions and name (Junior or Senior), will occupy a throw box, but will be given no value, no GOE.
<i>Flip/Lutz Throw Jumps</i>	These two throw jumps are considered as the same for the purpose of a Well Balanced Free Skating program; these throws have the same Base value and the same GOE additions and reductions. If these two throws with the same

	number of revolutions are performed in a FS program, the second one will have no value.
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Lifts

Rules

General	<p>Pair lifts are classified as follows:</p> <p>Group One - Armpit Hold position <small>(Not required to have full extension lifting arm(s))</small></p> <p>Group Two - Waist Hold position <small>(Not required to have full extension lifting arm(s))</small></p> <p>Group Three - Hand to Hip or upper part of the leg (above the knee) position</p> <p>Group Four - Hand to Hand position (Press Lift type)</p> <p>Group Five - Hand to Hand position (Lasso Lift type)</p> <p>In any Group one hand hold may increase the difficulty of the lift.</p> <p><u>In Groups 3–5 full extension of the lifting arm(s) is mandatory.</u></p> <p>Minimum of one (1) revolution of the Man. Partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand to upper part of the leg (above the knee) grips. Changes of hold or of the Lady's position during the lift are permitted.</p>
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Short Program	<p>The Short Program of the season 2019-2020 must include:</p> <p>- Any <u>Lasso lift take off (Group Five) for Juniors and Seniors.</u></p> <p>Only the prescribed overhead lift take-off is permitted. The Lift in the Short Program can include a carry. If a carry is included it will not receive a level feature.</p>
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Free Skating	<p>A well balanced Free Skating program contains:</p> <ul style="list-style-type: none"> - maximum number of lifts allowed in the Senior Free Skating is 3, not all from the same Group. Must have different abbreviation. - maximum number of lifts allowed in the Junior Free Skating is 2, not all from the same Group. <p>Carry Lifts: Lifts that are just "Carries" consist of the simple carrying of a partner without rotation, only half a revolution of the Man is allowed on the take-off and/or exit. All holds in "Carry" lifts are unrestricted. The carrying of one partner by the other on the back, shoulders or knees is allowed in these lifts. Carry lifts shall not be counted in the number of overhead lifts. These lifts will be considered in the component "Transitions". They do not have a value and are not limited in number.</p>
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Level features

- 1) Senior: Difficult variation of the take-off and difficult landing variety
Junior: Simple variation of the take-off and simple landing variety
- 2) 1 change of hold and/or lady's position (1 rev. of the man before and after the change, counts twice if repeated)
- 3) Difficult variation of the lady (one full revolution)
- 4) Difficult (simple for juniors) carry (not for SP)
- 5) Seniors: Difficult one-hand-hold of the man (2 full revolutions in total not counting parts shorter than 1 rev.)

- Juniors: one-hand-hold of the man (2 full revolutions in total not counting parts shorter than 1 rev.)
- 6) Additional revolutions of the man with one-hand-hold after 2 revolutions in 5) (only in FS and only in one lift)
 - 7) Change of rotational direction by the man (one revolution before and after the change, counts only once per program)

Features 1), 2), 3) and 5) must be significantly different from lift to lift and if similar, will only count first time attempted.

All the features can be counted only if executed in the first 3.5 revs. For both take-off and landing feature there is an additional allowance of ½ rev. The additional ½ rev on take-off and landing (total 1 rev) allows the take-off/landing feature to be considered at any point up to 4.5 revs.

Clarifications

Basic holds, positions	<p>Holds – Hand-to-Armpit, Hand-to-Waist, Hand-to-Hip or upper part of the leg (higher than the knee), Hand-to-Hand.</p> <p>Positions – Upright (Lady’s upper body vertical), Star (Lady’s position sideways with upper body parallel to the ice) and Platter (Lady’s position flat, facing up or down with upper body parallel to the ice).</p> <p>If in a Lift the Lady’s position is changed from Upright (head up) to Upright (head down) or from Platter to Platter, Star to Star with half a rotation of the lady in any direction this also is considered as a change of position.</p>
Take off	<p>Simple – Includes but not limited to change of hand hold on ascent of lift;</p> <p>Difficult – Includes but is not limited to: somersault take off, dance lift going immediately into a Pair Lift take off without the lady touching the ice between the two lifts, one hand take off, spread-eagle, Ina-Bauer, spirals by one or both partners as the entry curve. Inside Axel take-off in 5ALi and 5SLi is considered as a difficult variation of the take-off.</p>
Landing	<p>Simple – Change of hold on descent; landing on the other foot is not automatically considered as a simple landing variety.</p> <p>Difficult – Variation of the difficult landing which includes, but is not limited to: somersaults, variation in holds, partner positions and/or direction of landing, one hand landing, spread-eagle position of the man during dismounting; this position of the Man is counted as a difficult variation of landing only if the spread eagle is long enough: from the moment the Man starts bending his arms till the moment the Lady is placed on the ice.</p>
Take-off and landing	<p>A Senior Pair Difficult variation of take-off and landing A Junior Pair Simple variation of take-off and landing This feature can be awarded in several lifts only if its execution is significantly different from lift to lift.</p>
One hand hold in the dismount	<p>One hand hold counts as a Level feature only when the Man uses one hand, the Lady uses either one hand or no hands and she is not touching the partner with any part of the upper body.</p> <p>This hold can be counted as “a difficult landing variety” only once per program.</p>
Carry	<p>Simple – Duration at least 3 sec.</p>

	<p>Difficult – includes at least one of the following features: during the carry the Man for at least 3 seconds</p> <ul style="list-style-type: none"> - skates on one foot; - holds the partner on one arm; - performs crossovers; - performs spread eagles or a similar move. <p>Allowed in both programs, but in SP does not count as a Feature and in FS counts only the first time executed.</p>
Break in rotation longer than 3 sec.	Any break in the continuous rotation longer than 3 sec. will be considered as a carry attempt.
Changes interrupted by carry	If a “change of hold/lady’s position/rotational direction” is interrupted by a carry, the corresponding level feature will not be awarded.
Identifying the lift Group	Groups are classified according to the take-off hold at the moment the Lady passes the Man’s shoulder.
Group 1 Lift	A Group 1 Lift is any Lift with Armpit hold position.
Group 2 Lift	<p><u>A Group 2 Lift is any Lift with Waist hold position.</u> <u>A waist hold with simple loop type take off with the lady vertical her head up facing either direction with no other variations will result in a group 2 lift. Any other position of the lady with the waist take off hold will result in a group 3 lift.</u></p>
Group 3 Lifts	A Group 3 Lift is any Lift with Hand to Hip or upper part of the leg (above the knee) hold position.
Group 4 Lift	A Group 4 Lift is any Lift with Hand to Hand hold position in which the Lady does not rotate around the Man/in relation to the Man during the lifting process, she can only rotate together with the Man.
Group 5 (Lasso) Lifts	<p>In a Lasso, or Group 5 Lift, the lady rotates around the man/in relation to the man during the lifting process between the take-off and the fully extended position. This rotation must be visible. During the lifting process one of the man’s hands must remain clearly above his shoulders. If not, the group is identified as group 4 lift the different Types of Group 5 Lifts can be identified by the take-off of the lady, the relative position of the partners at the moment of take-off, and the hand grip.</p> <p>Group 5 Toe Lift (5TLi) At the moment of take-off, partners are face to face with man skating forward and lady backward. Man holds lady's left hand with his left and holds her right hand with his right. Lady jumps from her toe.</p> <p>Group 5 Step Lift (5SLi) At the moment of take-off, partners are face to face with man skating backward and lady forward. Man holds lady's left hand with his left and holds her right hand with his right. Lady jumps from a forward edge.</p>

	<p>Group 5 Axel Lift (5ALi) At the moment of take-off, lady is at the man's side. Man, skates forward or sometimes in a spread eagle. Man holds lady's left hand with his left and holds her right hand with his right. Lady jumps from a forward edge.</p> <p>Group 5 Backward Lift (5BLi) At the moment of take-off both partners skate backwards. Lady's right hand is in the man's right hand and her left hand is in his left hand (same arm hold). The lady takes off backward using the blade or toe pick.</p> <p>Group 5 Reverse Lift (5RLi) At the moment of take-off both partners skate in the same direction, either backward or forward with the hand hold being right to left and left to right (opposite hand hold). The lady takes off using the blade or toe pick. The take-off can also include a hold where the man's arm (lifting arm) is between the lady's legs.</p>
Identifying the number of revolutions	<p>The revolutions of the Man are counted from the moment the Lady leaves the ice until the moment the Man's arm(s) begin to bend after full extension and consequently the Lady begins to descend.</p> <p>If during the Lady's take off the Man is in a spread-eagle or in some other position sideways, the rotation of the Man will be determined by the position of his front foot at the moment the Lady leaves the ice.</p>
Illegal Lift (illegal grip etc.)	<p>If the Pair executes an illegal grip, the Level cannot be higher than Base. The deduction for an illegal element will apply.</p>
Man starts bending the arm (s)	<p>When the Man begins to bend the arm after full extension, the lift is concluded (excluding while changing hold/position).</p> <p>Any part of the lift, executed after the new extension will be ignored for the Level features and also for the number of revolutions of the Man.</p>
Identifying the Level features	<p>Except features for take-off and landing, the lift Level features will be counted from the moment the Man's arm(s) are fully extended till the moment he starts bending the arm(s).</p>
Change of hold	<p>Change of hold requires one full revolution before and after this change. Change of hold means the Man's hands change from one lift group hold to another lift group hold. If the Man changes hold for less than one (1) revolution, it is not considered as a "change of hold". However, change from right arm hold to left arm hold or vice-versa with at least one (1) revolution in each of these holds is also considered as a change of hold.</p> <p>In order to avoid counting one feature twice going from a two-hand hold to a one hand hold or vice versa is not counted in the number of hold changes.</p>

Change of hold and of Lady's position	<p>If a change of hold and a change of Lady's position are executed at the same time, only one Level feature will be awarded.</p> <p>The feature for "change of hold and/or Lady's position" can be awarded in several lifts only if its execution is significantly different from lift to lift.</p> <p>There are various holds (hand-to-hand, hand-to-arm, hand-to body and hand to upper part of the leg (above the knee)) and lady's positions (Upright, Star and Platter. Rule 619 defines a change of hold/lady's position as going from one of these holds/positions to another hold/position.</p> <p>If the same two holds/ positions are executed more than once in the same order, these executions will be considered as similar. Any other types of changes are considered as "significantly different", including repetition of two same holds/positions in a different order.</p>
Difficult variation of Lady's position	<p>Only if the variation of the Lady significantly impacts the balance of the Lady in the lift or requires specific strength and/or flexibility, this variation will influence the Level. The feature "Difficult variation of the lady" can be awarded in several lifts only if the variations are significantly different from lift to lift.</p>
Change of rotational direction by the Man	<p>Requires one revolution before and after the change, counts only once per program (first time it's attempted)</p>
Wrong take-off (Short Program)	<p>If the take-off is of a different nature than the required take-off, the lift will receive no Level and no value.</p>
All lifts of Group 5 (Free Skating)	<p>If in a Free Skating program for Seniors or Juniors all Lifts are from Group 5, the last performed lift will be deleted.</p>
Definition of a "small lift"	<p>Any lift with a sustained/stabilized lady's position in which the man's hands remain not higher than his shoulder line. This lift can be with or without rotation.</p>
<p>One-hand-hold of the Man</p> <p>For Junior</p> <p>For Senior</p>	<p>Two rotations of the Man in total using one hand hold will count as a Level feature. The third revolution with one hand hold will not count as an additional Level feature in SP and will count as an additional Level feature only in one lift (the first time it is performed) in FS. Parts on one hand shorter than one revolution will not count.</p> <p>This feature is awarded only if the Lady does not use her arms or uses only one arm for support. It is not awarded if both arms of the Lady are touching the Man.</p> <p>Feature 5) Difficult one hand hold of the man means:</p> <ul style="list-style-type: none"> -any lift in which there is only one point of contact between the man and the lady and the lady is balancing without supporting herself on the man; -lifts with more than one point of contact which require exceptional balance and control. <u>The majority of the lady's weight must clearly be off the axis of the man's body core.</u>

Two Points of Contact

With exceptional balance and control



Without exceptional balance and control



Twist Lifts

Rules

General	The Lady must be caught in the air at the waist by the Man prior to landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. In the twist lift, a split position by the Lady, prior to rotating, is not mandatory, but will be one of the features that might increase the Level of this element.
Short Program	The Short Program must include one twist lift. A twist lift take-off is limited to a Lutz/Flip take-off by the Lady. The number of revolutions of the Lady rotating freely in the air is two (2) or three (3) for Seniors and Juniors.
Short Program	Twist lifts which do not satisfy the requirements (including wrong number of revolutions) will receive No value and will block the corresponding box if one is empty.
Free Skating	In Free Skating the take-off can be different from Lutz/Flip take-off by the Lady (toe loop, axel). The number of revolutions in the twist lift is not limited. For Seniors and Juniors , a Well Balanced Free Skating program must contain 1 twist lift.

Level features

- 1) Lady's split position (each leg at least 45° from the body axis and Lady's legs are straight or almost straight)
- 2) Catching the Lady at the side of the waist without her hand(s)/arm(s)/any part of upper body touching the Man
- 3) Lady's position in the air with arm(s) above the head (minimum one full revolution)
- 4) Difficult take-off
- 5) Man's arms sideways, being straight or almost straight, reaching at least shoulder level after release of the lady.

Clarifications

Cheating on landing	Twist Lifts with lacking intended rotation on the landing can be downgraded if they have "missing rotation of ½ revolutions or more". A downgraded Twist Lift will be indicated by the Technical Panel to the Judges and in the protocols with a "<<" symbol after the element code. The Technical Panel will identify any twist lift cheated by one half or more turn on the landing as the lift of the lower value. For example, if in a triple twist lift the Man is supporting the majority of the Lady's weight when her upper body turns only 2.5 revolutions, this will be called as a triple attempt and downgraded to a double twist lift. The camera angle is important to consider when deciding upon a cheated twist lift particularly when the twist lift is at the opposite end of the rink.
Lady's split position	This feature is awarded only if each Lady's leg, being straight or almost straight, is at least 45 degrees from her body axis.

<p><i>Catching the lady without her hand(s), arm(s) or any part of the upper body touching the Man</i></p>	<p>The feature is granted when:</p> <p>a) both Man's hands must be on the sides of the Lady's waist (catching the Lady by one or both hands on any other part of the body is a different catching position; no feature is given if there is no proper catch) and</p> <p>b) the Lady is not touching the Man at any point of the landing phase by any part of her arm(s) or upper body.</p> <p>When the Lady collapses on the Man (the Lady's body is supported by the Man's body prior to her blades touching the ice) or even just touches the Man when landing, the Level feature will not be granted even if she keeps her hand(s)/arm(s) off the Man.</p>
<p><i>Man's arms sideways, being straight or almost straight, reaching at least shoulder level after release of the lady</i></p>	<p>After the Man releases the lady, his arms must change position going to the side of his body at least as low as his shoulders before he catches the Lady in the air. The arms of the Man must be straight or almost straight. If the Lady is not caught in the air, the feature is not awarded. However, the feature will be awarded in case of any catch in the air (not necessarily at the waist).</p>
<p><i>Difficult take-off</i></p>	<p>The feature is awarded only when there is (are) movement(s) immediately preceding the take-off that really complicate the execution of the twist lift including steps executed by both partners immediately prior to the take-off_(with rhythm maintained); in case of a break, no feature will be granted.</p> <p>A small lift immediately preceding the twist lift will be considered as a difficult entry.</p>

Death Spirals

Rules

General	In the final position while the Lady is performing the actual death spiral, both the Man and the Lady must execute a minimum of one (1) revolution with the knees of the Man clearly bent and in full pivot position. For a possible higher Level, the Man should stay in a low pivot position. The Lady simultaneously must skate on a clean edge with her body and head close to the ice surface, however she must not touch the ice with her head or assist herself with the free hand or any part of the body. The Lady's body weight is supported by the force of the spiralling edge and the hold of the Man. The Man must be in a centred position with a fully extended arm. Any kind of position is counted as a feature if Skaters' hold lasts for at least one continuous revolution.
Short Program	<p>Types of Death Spirals:</p> <p>Death Spiral backward outside: Both partners are skating on a backward outside edge. The Man performs a pivot and holds the hand of the Lady with the same arm as his skating foot fully extended. The Lady is leaning backwards to the ice and her arm is fully extended as she circles around the Man in this position. Any variation of the Man's position is allowed as long as he keeps the pivot position as described and the Lady circles around him on an outside edge.</p> <p>Death Spiral forward inside: The Man is skating on a backward outside edge, and the Lady is skating on a forward inside edge. The Man performs a pivot and holds the hand of the Lady with the same arm fully extended as his skating foot. The Lady is leaning sideways to the ice and her arm is also fully extended as she circles around the Man in this position. Any variation of the Man's position is allowed as long as he keeps the pivot position as described and the Lady circles around him on an inside edge.</p> <p>Death Spiral backward inside: The same as for death spiral backward outside, but the Lady is leaning backwards or forwards to the ice and her arm is fully extended and she circles around the Man on a firm backward inside edge.</p> <p>Death Spiral forward outside: The same as for the death spiral forward inside, except that the Lady circles around the Man on a firm forward outside edge.</p> <p>For both Seniors & Juniors Short Program for the season 2019-2020 must include <u>Backward Inside</u> Death Spiral.</p>
Free Skating	For both Seniors & Juniors a Well Balanced Free Skating program must contain 1 Death Spiral. In Seniors this death spiral must be a different type from the Short Program. Variations of arm holds are possible.

Level features

- 1) Difficult entry (immediately preceding the death spiral) and/or exit
- 2) Full revolution(s) of the lady when both partners are in "low" positions (counts as many times as performed)

Clarifications

Positions	<p>Lady's "low position":</p> <ul style="list-style-type: none"> - for inside Death Spirals the lowest hip or buttock and head should not be higher than her skating knee; - for outside Death Spirals head should not be higher than her skating knee and bodyline between knee of skating leg and head should be flat or shallow arch. <p>Man's "low pivot position": buttocks not higher than the knee of his anchored foot.</p> <p>The Level of a death spiral without one full revolution in the described Man's and Lady's simultaneous position cannot be more than 1.</p>
Number of revolutions in "low" positions	Any part of the Death Spiral with a higher Lady's or Man's position than described above is not valid for Level features 2). The counting starts only when the Lady and the Man are in the actual low death spiral position.
Loss of "low" position (s)	In order to get features 2), the "low" position of both partners has to be continuous. If the "low" position is lost, features 2) can be counted only if performed prior to the loss.
Lady not in the prescribed position	If Lady's head (for all death spirals) and/or lowest hip (for inside death spirals) is (are) higher than skating leg knee, the Level cannot be higher than 1. If during the Death Spiral the lowest part of the Lady's head never reaches the level of her skating knee, the Death Spiral will have no value.
Execution of a different death spiral (Short Program)	In Short Program the death spiral is prescribed. If the Lady performs a different edge or direction, no Level and value will be given, but the box will be blocked.
Lady skates on boot	If the Lady loses the edge and goes to the boot or knee, this is considered as the conclusion of the death spiral and no other features will be considered. The TP must decide if this is a fall,
No pivot position or Man's knee not bent or his arm not fully extended	If the Man does not reach the pivot position at all or does not stay in this position for one revolution, or if the knee of his leg with toe pick in the ice is not clearly bent for one revolution, or if his holding arm is not fully extended for one revolution, there will be no Level called and the death spiral will have no value.
Man doesn't reach or hold low pivot position	<i>If the Man is not doing one full revolution in prescribed low pivot position (his buttocks are not higher than the knee of the anchored foot), the Level cannot be higher than 1.</i>
Change of pivot position	In Short Program only the traditional pivot position of the Man is allowed in which he skates on a backward outside edge, holding the hand of the Lady with fully extended arm with both knees clearly bent and in full pivot position. No variation of this pivot position is allowed element will receive no value. In Free Skating any death spiral will be considered as ended, once the Man changes the pivot position. Consequently, only that part, in which the Man is in

	the proper pivot position as to the text above, will be taken to determine the Level.
<i>Opposite hand-hold (entry of death spiral)</i>	The opposite hand-hold of the Man is not allowed in the Short Program , is allowed in Free Skating , but is not considered as a Level feature. Opposite hand-hold of the Lady is allowed both in Short Program and in Free Skating but is not considered as a Level feature.
Change of arm hold	In both SP and FS change(s) of arm hold of the Man and/or Lady is allowed at any moment but is no longer a Level feature.
<i>Whose revolutions are counted?</i>	For features 2) only the Ladies revolutions are counted. It is possible that the Man does less full revolutions in the low position than the Lady if the Lady passes behind the Man during the death spiral. This would require changes of hold.
<i>When does the death spiral start?</i>	Entry commences at the beginning of the entry curve when one partner is on one foot on the edge of the death spiral and the other partner is also on one foot or in a position such as spread eagle, shoot the duck etc.
<i>When does the exit start and end?</i>	The exit from the death spiral starts when the Man starts bending his "holding" arm in the elbow and ends when the Lady comes to the vertical position.
<i>When do the death spiral revolutions start and end?</i>	They begin when the Man's toe for the pivot is stationary (anchored) on the ice. They end when either the Man's pivot ends or when the Lady begins to rise in order to exit the death spiral. Whichever is first, will indicate the conclusion.
<i>Difficult *Entry, Exit</i>	Skater(s) must demonstrate positions that affect the main body core and balance. The difficult entry position must be performed while both partners are on the entry curve and the Lady and/or the Man are moving from a difficult entry position directly and without delay to a Death Spiral position. An example of a difficult exit: Lady exits immediately into a lift (dance or other) or into a jump. *The feature for the Entry is awarded only if the low position is reached by both partners within the first revolution after the man's toe is anchored in the ice.

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

Max. Level SP	Problem	Max. Level FS
	<i>Note: Pair team is awarded LOWER Level of Levels achieved by partners</i>	
All elements with Levels		
No value	Wrong element	N/A
Basic+ded.	Illegal elements/movements (if Basic Level requirements are fulfilled); TP is responsible for illegal elements deduction	Basic+ded.
Step Sequences		
No value	Not fully utilizing the ice surface	N/A
Basic	No minimum variety in steps and turns throughout the sequence	N/A
1	Only minimum variety in steps and turns throughout the sequence	N/A
2	Only simple variety in steps and turns throughout the sequence	N/A
Basic	No balance of steps and turns in their distribution through the sequence	N/A
Basic	The workload between partners not even	N/A
Solo Spin Combinations (Novice)		
No Value	Does not have at least 2 continuous revolutions in 2 basic positions	N/A
Solo Spin Combinations with change of foot		
No Value	Less than 2 basic positions with 2 revs	N/A
Any 'V'	2 basic positions with 2 revs	N/A
No Value	Change of foot: less than 3 revolutions before/after	N/A
Pair Spins Combinations		
N/A	One/both partners do not have at least 2 continuous revs in 2 basic positions or no attempt at change of foot by one or both partners.	No value
N/A	Change of foot: less than 3 revolutions before/after by one or both partners	Any, 'V'
N/A	All difficult variations executed by lady/by man (Level feature 2)	No feature
N/A	Less than 3 basic positions with 2 revs	Any, 'V'
Lifts		
Basic+ded.	Illegal hold	Basic+ded.
No value	Less than the min. number of revolutions (1) by man	No value
No value	Man's arms never extended (Groups 3/4/5)	No value
No value	Wrong take-off	N/A
Death Spiral		
No value	Man does not stay in pivot with knee clearly bent & arm extended for 1 rev.	No value
1	Man and lady do not stay simultaneously in the "low" position for 1 rev.	1
No value	Lady's head never reaches the level of her skating knee	No value