

Ice is more than frozen
water

Step Sequences

1. 1) Minimum variety (Level 1), simple variety (Level 2), variety (Level 3), complexity (Level 4) of turns and steps throughout (**compulsory**)
 - 5-2, 7-4, 9-4, complexity
2. Rotations in either direction (left and right) with full body rotation covering at least $\frac{1}{3}$ of the pattern in total for each rotational direction

Step Sequences

3. Use of **body movements** for at least 1/3 of the pattern
4. Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) executed with a clear rhythm within the sequence

CLARIFICATIONS

- **Types of turns:** three turns, twizzles, brackets, loops, counters, rockers.
- **Types of steps:** toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls.

CLARIFICATIONS

- **Minimum variety** includes at least **5** turns & **2** steps, none of the types can be counted more than twice.
- **Simple variety** includes at least **7** turns & **4** steps, none of the types can be counted more than twice.
- **Variety** includes at least **9** turns and **4** steps, none of the types can be counted more than twice.
- **Complexity** includes at least **5** different types of turns and 3 different types of steps, all executed at least once in both directions.

CLARIFICATIONS

- **Use of body movements** means the visible use for a combined total of at least 1/3 of the pattern of any movements of arms, head, torso, hips and legs that have an effect on the balance of the main body core.
- **Two combinations of difficult turns** are considered to be the same if they consist of the same turns done in the same order, on the same edge and on the same foot.

Two combinations of difficult turns

Difficult turns are rockers, counters, brackets, twizzles, loops. In the combinations:

- three turns are not allowed (not difficult turns);
- changes of edges are not allowed (listed as steps);
- a jump/hop is not allowed (not a turn);
- changes of feet are not allowed;
- 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 with a clear rhythm within the sequence.

Step sequences

- Does not fully utilize the ice surface

SP: No Value

FS: No Value

- No balance of steps & turns in their distribution through the sequence

SP: Basic

FS: Basic

Choreographic Sequences

A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible.

The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.

This element has a fixed base value and will be evaluated by the judges in GOE only.

Choreographic Sequences

- In Senior Single Free Skating the order of the Step Sequence and the Choreographic Sequence is optional.
- Any pattern is allowed, however the Sequence must be clearly visible.

SPINS

- No basic pos. - 2 rev. : NO VALUE
- Less than 3 rot. : NO SPIN (considered as a skating movement)
- Min. number of rev. Required in a pos. : 2 (without interruption)

SPINS

POSITIONS: There are 3 basic positions :

- Camel : free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright spins
- Sit : the upper part of the skating leg at least parallel to the ice
- Upright : any position with skating leg extended or slightly bent which is not a camel position
- Any position which is not basic is a non-basic position

SPINS

Spin requirements :

- 1) For **flying spins** (with no change of foot and only one position) of both Short Program and Free Skating the following are required: **a) a clear visible jump**; for Junior Short Program only it's also required for the skater to reach the prescribed air position; **b) basic landing position must be reached within the first 2 revs after the landing and from the moment this position is initially reached it must be held for 2 revs.** The sign "V1" indicates that one of these requirements is not fulfilled, sign "V2" indicates that both these requirements are not fulfilled.

2) For any spin with change of foot: at least one basic position on each foot is required. Sign “V1” indicates that this requirement is not fulfilled

The base values of spins with the sign “V1” are listed in the column V1 of the SOV (Scale of Values) table. The base values of spins with the sign “V2” are listed in the column V2 of the SOV table.

3) The **base values of spin combinations with 2 or 3 basic positions (at least 2 revolutions in each of these positions)** are reflected in the SOV.

CoSp3p2

CCoSp2p4

CoSp2p4

CCoSp3p3

SPINS

LEVEL features :

- 1) Difficult variations (count as many times as performed with limitations specified below)
- 2) Change of foot executed by jump
- 3) Jump within a spin without changing feet
- 4) Difficult change of position on the same foot
- 5) Difficult entrance into a spin
- 6) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position
- 7) All 3 basic positions on the second foot
- 8) Both directions immediately following each other in sit or camel spin

9) Clear increase of speed in camel, sit, layback or Biellmann position

10) At least 8 rev. without changes in position/variation, foot or edge (camel, layback, difficult variation of any basic position or for combinations only non-basic position)

11) Difficult variation of flying entry in flying spins/spins with a flying entrance (see Clarifications)

Additional features for the Layback spin:

12) One clear change of position backwards-sideways or reverse, at least 3 rev. in each position (counts also if the Layback spin is a part of any other spin)

13) Biellmann position after Layback spin (SP – after 8 revolutions in layback spin)

CLARIFICATIONS

A difficult spin variation of position is a movement of the body part, leg, arm, hand or head which requires physical strength or flexibility and that has an effect on the balance of the main body core. **Only these variations can increase the Level.**

There are 11 categories of difficult variations :

3 in camel position based on direction of the shoulder line: camel forward (CF) – with the **shoulder line parallel to the ice**; camel sideways (CS) – with the **shoulder line twisted to a vertical position**; camel upward (CU) – with the **shoulder line twisted more than vertical position.**

CLARIFICATIONS

For **SIT POSITION** there are 3 categories based on position of free leg:

- (SF) Sit Forward: free leg forward
- (SS) Sit Sideways: free leg sideways
- (SB) Sit Behind : free leg behind

For **UPRIGHT POSITION** there are 3 categories based on position of torso:

- (UF) Upright Forward: torso leaning forward
- (US) Upright Straight or Sideways: torso straight up or sideways
- (UB) Upright Biellmann: in Biellmann position

For **LAYBACK POSITION** there is 1 category

- (UL) Upright Layback

For **NON-BASIC POSITIONS** there is 1 category (NBP)

CLARIFICATIONS

- **Change of foot executed by jump” & “Jump within a spin without changing feet”**: are awarded only if the skater executes **2 revs in a basic/non-basic position before the jump**, reaches a basic position within the first 2 revs after the landing and keeps this basic position at least for 2 revs.
- **Difficult entrance into a spin”**: **regular backward entry is no longer considered a difficult entry.**
- **All 3 basic positions on the second foot”**: is introduced for unification of single & pair requirements.

CLARIFICATIONS

- **Difficult variation of flying position in flying spins/spins with a flying entry**: is awarded only if the flying position is really difficult, e.g.: total sit position in the air (with height and total movement control) or open butterfly position in the air (taking the sit position immediately after landing) in a flying sit spin/entry; clear butterfly entrance or almost split position in the air in a flying camel spin/entry etc.

If the entry is “difficult and “flying” at the same time, only the “flying” feature will be awarded and the “difficult entrance” feature is not considered as attempted.

CLARIFICATIONS

- **Difficult change of position on the same foot**

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.

Examples (some of our creative ideas from Frankfurt) :

1. SS to US – free leg stays out and is held
2. SS to Layback side
3. Haircutter (UL) – cross hands over head to SB
4. SF – hold free foot – rise to UL
5. Biemann to CF
6. LSp/illusion to SSp
7. Sit behind (free leg extended to the side) to UL/UB

CLARIFICATIONS

- **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. The intended spin position must be reached without hesitation or delay and must be held for 2 revolutions. This position can be basic or (for spin combinations only) non-basic.

A regular backward entry is no longer considered as a difficult entry.

Examples (some of our creative ideas from Frankfurt) :

1. RFI – travelling three turns to back spin (to camel pos.)
2. LFO – travelling three turns to a forward spin (to camel pos.)
3. Back/or forward outside spiral straight to any spin
4. LBO/RBI counter, then stay on same foot – directly to spin
5. Lunge in a straight line directly to any spin entry
6. Illusion directly to spin
7. Continuous butterflies directly to regular spin
8. Any loop directly to spin entry
9. Twizzles directly to spin entry



JUMPS

- Any double jump (including double Axel) cannot be included more than twice in total in a Single's Free Program (as a Solo Jump or a part of Combination / Sequence).
- Of all the triple and quadruple jumps only two (2) can be executed twice. If at least one of these executions is in a jump combination or a jump sequence, both executions are evaluated in a regular way. If both executions are as solo jumps, the second of these solo jumps will be marked with the sign "+REP" and will receive 70% of its original Base Value.

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; if a combination of two double jumps is not allowed (Sr. Men & Ladies, Jr. Men), the jump with the original lesser value (before any consideration of signs <, <<, e) will not count (e.g. $2Lz+2T^*$, $2T^*+2Lo$, $2F<<+2T^*$).

- **Free Skating**

If any part of the combination is not according to the requirements, the whole combination will be deleted: $2Lz^*+2T^*$, $2T^*+2Lo^*$.

JUMPS

Taking off from wrong edge (Flip/Lutz)

- 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 sign “e” (edge) and “!” (attention).
- 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 column V1 of the SOV. Final GOE is negative.

Taking off from wrong edge (Flip/Lutz)

- The TP uses the sign “!” if the take-off edge is not clear. In this case the Base value is not reduced. The final GOE is not restricted.
- Both mistakes are reflected in the GOE of the Judges.
- If both signs “e” and “<” are applied for the same jump, the Base value is indicated in the column V2 of the SOV.

JUMPS

- ***First repetition of a triple/quad jump***

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: both jumps will be counted as solo jumps, but the second of these jumps will be marked with the sign “+REP” and will receive 70% of the base value with result rounded to two decimal places.

JUMPS

- **First repetition of a double jump**

First repetition of a double jump as a solo jump or in a jump combination/ sequence: both jumps will receive full base value.

- **Second/third repetition of a double/triple/quad jump**

Second/third repetition of a double or 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 be counted .

Köszönöm szépen a figyelmet ,
mindenkinek további kellemes nyarat és
sikeres szezont kívánok !