

**RULES FOR
ARTISTIC SKATING COMPETITIONS
PAIRS**

By World Skate Artistic Technical Commission



**WORLD
SKATE**

Index

1 OWNERSHIP	7
2 PAIRS	7
COMPETITIVE WARM-UP	7
3 GENERAL	7
4 TECHNICAL CONTENT	8
SHORT PROGRAM	8
SHORT PROGRAM JUNIOR AND SENIOR	8
SHORT PROGRAM YOUTH.....	8
SHORT PROGRAM CADET	9
SHORT PROGRAM ESPOIR.....	9
LONG PROGRAM JUNIOR AND SENIOR	9
LONG PROGRAM YOUTH.....	9
LONG PROGRAM CADET	10
LONG PROGRAM ESPOIR.....	10
LONG PROGRAM MINIS	10
LONG PROGRAM TOTS.....	11
5 TECHNICAL ELEMENTS	11
SIDE BY SIDE JUMPS	11
SIDE BY SIDE SPINS	11
CONTACT SPINS	11
Bonus for Difficult Positions	12
Difficult variations for contact spins	12
Clarifications.....	13
THROW JUMPS.....	13
SPIRALS.....	13
Levels	14
Features	14
FOOTWORK SEQUENCES	14
Definitions.....	14
Levels	15
Features	15
Clarifications.....	15
LIFTS.....	16
Levels	16
Features for one position lifts.....	16
Axel - Flip - Low Militano - Low Kennedy - Low Press: <i>features</i>	16
Airplane - <i>features</i>	17
Reversed Loop - <i>features</i>	17
Press - <i>features</i>	17
Pancake - <i>features</i>	17
Kennedy - <i>features</i>	17
Militano - <i>features</i>	17
Reversed cartwheel and Cartwheel - <i>features</i>	18
Spin pancake - <i>features</i>	18
Lifts combination.....	18

Levels	18
Lifts - features.....	18
Clarifications.....	19
TWIST.....	20
Levels	20
Features	20
CHOREOGRAPHIC SEQUENCE.....	20
6 QOE	20
POSITIVE QOE	20
NEGATIVE QOE	22
7 PENALIZATIONS	25
BY THE REFEREE	25
BY THE TECHNICAL PANEL	25
8 GENERAL ON PAIRS.....	25
JUDGING POINTS.....	25
Lift judging points.....	25
Spin judging points	26
LIFTS.....	26
Special notes on lift execution	26
Around the Back feature	27
Flip Lift (reversed split position).....	27
Airplane lift (basic take-off).....	27
Airplane lift (alternate take-off).....	28
Press lift (two-handed position).....	28
Press lift (one-handed position).....	28
Press lift (two-handed, layout position)	29
Press lift (one-handed layout position)	29
Pancake lift (inverted Airplane)	29
Pancake lift (one-handed position).....	30
Cartwheel	30
Cartwheel (T position).....	31
Kennedy lift	31
Kennedy lift (layout position)	31
Kennedy lift (one-handed layout position)	31
Militano lift (or Chair Lift)	32
Militano lift (one-handed and no-handed, chair position).....	32
Star lift	33
Reversed loop.....	33
Reverse Cartwheel	33
Spin Pancake	33
SPINS.....	33
Kilian Camel.....	33
Pull Around Catch-Waist Camel	34
Tango Camels	34
Face to Face Inner Back Sit Spin	34
Face to Face Outer Back Sit Spin	34
Lay Over Camel Spin	34
Hazel Spin	35

Impossible Spins	35
DEATH SPIRAL	36
TWIST LIFT	36
APPENDIX 1: TECHNICAL PANEL ROLES (PROTOCOL) AND GUIDELINES	37
TECHNICAL SPECIALIST (TS)	37
ASSISTANT (AS)	37
CONTROLLER (CTR).....	37
DATA OPERATOR (DO)	37
REFEREE (REF)	38
GENERAL PROCEDURE FOR TECHNICAL PANEL	38
PRE-CALLS AND CALLS	38
Pre-Calls	38
Calls	39
Jumps & Throw Jumps.....	39
Spins & Contact Spins.....	39
Footwork sequence	39
Choreographic sequence	41
Lifts	41
Spirals.....	41
Twists	41
REQUEST AND VISUALIZE REVIEWS	42
Managing the reviews.....	42
Rules to visualize the reviews	42
Speed for the reviews	42
DATA INPUT	43
CHECKING AND CONFIRMATION	43
SPECIFIC PROCEDURE FOR MISSING MANDATORY ELEMENT	44
TECHNICAL SPECIFICATIONS FOR JUMPS & THROW JUMPS	44
TECHNICAL SPECIFICATIONS FOR SPINS.....	45
TECHNICAL SPECIFICATIONS FOR FOOTWORK SEQUENCE	45
TECHNICAL PANEL PROTOCOL DURING THE FOOTWORK SEQUENCE.....	45
FOOTWORK FEATURES.....	45
TECHNICAL SPECIFICATIONS FOR LIFTS	46
COUNTING OF REVOLUTIONS.....	46
LIFT ‘NO LEVEL’	46
LIFT FEATURES	47
Difficult variation in the take-off:.....	47
Difficult variation in the landing:	47
Difficult variation of the lady’s position	48
No handed/one handed:	48
Left handed by the man:.....	48
Clockwise rotation:	49
Performing a skating element during the lift:	49
Change of position/axis:	49
TECHNICAL SPECIFICATIONS FOR CONTACT SPINS.....	49

BASIC POSITIONS FOR CONTACT SPINS.....	49
Killian Camel & Tango Position Camel	50
DIFFICULT POSITIONS AND VARIATIONS	50
Bonus for number of rotations in a single position contact spin:	50
Difficult entry bonus (one position and combo spin):.....	50
Difficult position of the man or lady:	51
Difficult change of position in a combination spin:	51
BREAK IN COMBO CONTACT SPIN	51
TECHNICAL SPECIFICATIONS FOR TWIST	52
TWIST ‘NO LEVEL’	52
TWIST FEATURES.....	52
Lady’s Split:.....	52
Original/difficult position of the lady:.....	52
Catching the lady at her waist:	52
Difficult take off:.....	52
Man’s arms:	53
TECHNICAL SPECIFICATIONS FOR DEATH SPIRALS	53
POSITIONS FOR SPIRALS	53
Camel spiral backward outside/forward inside:.....	53
Death spiral backward outside/forward inside:	53
DEATH SPIRAL FEATURES	53
Difficult entry:.....	53
Change of hold:.....	54
More than one rotation:.....	54
Difficult position of the lady:.....	54
TECHNICAL SPECIFICATIONS FOR CHOREO SEQUENCE	54
CHOREO NOT CONFIRMED	54
9 PENALIZATIONS	54
MISSING MANDATORY ELEMENT	54
ILLEGAL ELEMENT	54

1 OWNERSHIP

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2 PAIRS

This document refers to rules for Senior, Junior, Cadet, Youth, Espoir, Minis and Tots pairs competitions.

Competitive warm-up

- Competitive warm-up shall be considered part of the event. As such, all interruption of skating rules shall apply.
- In pairs, the warm-up time is based upon the skating time allotted if time allows, plus two minutes (2:00). The announcer shall inform the contestants when one minute (1:00) remains in their warm-up period.
- In the pairs event, there will be no more than five (5) contestant teams assigned to each warm-up group. At the discretion of the referee, in the interest of safety, this number may be adjusted.
- The next skater/couple to compete will be allowed to use the competition floor during the exhibition of the scores of the previous athlete/athletes.
- At the conclusion of the warm-up period the first skater will be allowed up to one (1.0) minute before they have to take the floor.
- For exceptional situations regarding the number of participants and/or time limitations the ATC may decide not to apply this rule.

3 GENERAL

This event shall be conducted for teams consisting of two contestants, one male and one female.

Pairs competitions consist of two parts: a short program and a long program except for Minis and Tots.

The times of the programs are as follows:

Short program

- Junior and Senior 3:00 min +/- 5 seconds.
- Cadet and Youth 2:30 min +/- 5 seconds.
- Espoir 2:00 min +/- 5 seconds.

Long program

- Junior and Senior 4:30 minutes +/- 10 seconds.
- Youth 4:00 minutes +/- 10 seconds.
- Cadet 3:30 minutes +/- 10 seconds.
- Espoir 3:00 minutes +/- 10 seconds.
- Minis 2:30 minutes +/- 10 seconds.
- Tots 2:00 minutes +/- 10 seconds.

The score for the short program and the long program for pairs skating will consist of two parts:

- Technical content.
- Artistic components.

Kneeling or laying on the floor is allowed a maximum of once and for a maximum of five (5) seconds.

In the Program element content sheet, it is mandatory to write the start time (**with the time starting from the first movement of the skater**) of footwork sequences and specify where the skaters are attempting a Lutz jump.

4 TECHNICAL CONTENT

The technical content is the sum of the values given to each technical element presented by the pair. For the consultation of the values of the individual elements, please refer to the Excel sheet values.

The pairs technical elements are:

- Lifts.
- Side by side jumps.
- Side by side spins.
- Throw jumps.
- Twist jump.
- Contact spins.
- Death spirals.
- Footwork sequences.

Short program

General

- Additional elements will not be considered and will not be penalized.
- The lifts take-offs must be different within each program.
- All the attempts will occupy one box in the system, so if repeated they will not be considered in the calculation of the score.

Short program Junior and Senior

- A twist jump or throw jump (set each year by ATC).
- One contact spin, one position spin or a combination spin (set each year by ATC).
- One side by side jump (no combination).
- One side by side spin, one position spin or a combination spin (set each year by ATC).
- One death spiral (set each year by ATC).
- One footwork sequence, maximum 40 seconds.

Senior:

- One position lift of no more than four (4) rotations for the man.
- One combination lift of no more than eight (8) rotations of the man and no more than two (2) changes of position for the lady (3 positions).

Junior:

- Two (2) one position lifts of no more than four (4) rotations for the man.

Short program Youth

- One position lift - **Airplane lift or Press lift**. Minimum three (3), maximum four (4) rotations of the man.
- One side by side jump.
- One side by side spin - one position, camel. Minimum three (3) rotations (set each year by ATC).
- One throw jump - just doubles (**including Double Axel**) allowed.
- Contact spin - pull around camel **or impossible**, free entrance.
- Death spiral (set each year by ATC).
- One footwork sequence, maximum level 4, maximum 40 seconds.

Short program Cadet

- One position lift - flip reversed split position.
- One side by side jump - **just doubles excluding Double Axel** (set each year by ATC).
- One side by side spin - sit spin (it will change each year, as decided by ATC).
- One throw jump - **double salchow or single axel**.
- Contact spin - hazel spin.
- Death spiral - backward outside.
- One footwork sequence maximum level 4, maximum 40 seconds.

Short program Espoir

- One position lift - axel.
- One side by side jump - axel.
- One side by side spin - sit spin (backward inside).
- One throw jump - single rotation jump (axel is not allowed).
- Contact spin - sit spin.
- Camel spiral - forward inside.
- One footwork sequence maximum level 3, maximum 30 seconds.

Long program Junior and Senior

- Maximum two (2) throw jumps (must be different jumps).
- One (1) twist jump.
- **One** (1) contact spin, combo or one position (set each year by ATC). If the element to be performed is a combination spin, the combination should contain a maximum four (4) positions.
- Maximum two (2) side by side jumps elements. One (1) must be a solo jump; the other can be a combination jump (maximum four (4) jumps). The technical value of the combination is the sum of the jumps of the combination. The connection jumps will not be calculated (only **single rotation jumps at the beginning or end**, doubles and triples in the combination will have a value).
- **One** (1) side by side spin, combination or one position (set each year by ATC).
- One (1) death spiral (set each year by ATC).
- One (1) footwork sequence maximum 40 seconds.

Senior:

- **Three** (3) lifts: one (1) one position lift (no more than four (4) rotations of the man) and two (2) combination lifts with no more than ten (10) rotations of the man and no more than three (3) changes of positions of the lady (4 positions).

Junior:

- **Two** (2) lifts: one (1) one position lift (no more than four (4) rotations of the man) and one (1) combination lift with no more than ten (10) rotations of the man and no more than three (3) changes of positions of the lady (4 positions).
- The lifts take-offs must be different.

Long program Youth

- **Two** (2) lifts (single or in combination). Reverse Cartwheel (all types) and Spin Pancake are not allowed. Each combination lift must not exceed eight (8) rotations of the man with no more than two (2) changes of position for the lady (3 positions), and single position lifts must not exceed four (4) rotations.
- **One** (1) side by side solo jump.
- **One** (1) combination of maximum two (2) jumps.
- **One** (1) side by side combination spin of maximum three (3) positions.
- Maximum two (2) throw jumps with maximum two (2) rotations **including Double Axel** (must be different jumps).

- **One** (1) twist jump with maximum two (2) rotations.
 - **One** (1) contact spin (solo or combination of maximum three (3) positions. Set each year by ATC).
 - **One** (1) death spiral, free choice.
 - **One** (1) footwork sequence maximum level 4, maximum 40 seconds.
 - One (1) choreographic sequence where the partners must always hold each other. **Maximum 30 seconds.**
- The lifts take-offs must be different.

Long program Cadet

- **Two** (2) lifts (single or in combinations). No overhead lifts allowed. Selected from lifts like: Axel, Flip Reversed Split position, etc. Each combination lift must not exceed eight (8) rotations of the man, with no more than two (2) changes of position for the lady (3 positions), and single position lifts must not exceed four (4) rotations.
 - **One** (1) side by side solo jump.
 - **One** (1) combination of maximum two (2) jumps.
 - **One** (1) side by side combination spin with a maximum of three (3) positions.
 - Maximum two (2) throw jumps with a maximum of two (2) rotations (must be different jumps).
 - **One** (1) twist jump with maximum two (2) rotations.
 - **One** (1) contact spin (solo or combination with a maximum of three (3) positions. Set each year by ATC). Impossible spins (all types) and reverse lay over camel are forbidden.
 - **One** (1) death spiral, free choice.
 - **One** (1) footwork sequence maximum level 4, maximum 40 seconds.
 - One (1) choreographic sequence where the partners must always hold each other. **Maximum 30 seconds.**
- The lifts take-offs must be different.

Long program Espoir

- **One** (1) one position lift*.
- **One** (1) combo lift*.

*Axel, Flip Reversed Split position, etc. No overhead lifts allowed. Each combination lift must not exceed eight (8) rotations of the man, with no more than two (2) changes of position for the lady (3 positions), and single position lift must not exceed four (4) rotations.

- Maximum two (2) side by side jumps with a maximum of two (2) rotations (No double axel or triples allowed). One (1) may be a combo of maximum two (2) jumps.
 - **One** (1) side by side combination spin with a maximum of two (2) positions, selected from upright and sit (any edge), camel FO & BO.
 - Maximum two (2) throw jumps - Axel, Double Toe loop, Double Salchow (must be different).
 - **One** (1) combination contact spin with a maximum of two (2) positions. Selected from upright, sit, hazel and camel in kilian, face to face, arabesque position.
 - **One** (1) spiral, angel (camel) BO OR death spiral BO (set each year by ATC).
 - **One** (1) footwork sequence maximum level 3, maximum 30 seconds.
- The lifts take-offs must be different.

Long program Minis

- Maximum two (2) side by side jumps (not in combo). Maximum Axel, Double Toe loop, Double Salchow.

- **One** (1) side by side one position or combo spin, selected from upright and sit (any edge). Maximum of two (2) positions if combo spin.
- Maximum two (2) throw jumps: single rotation or axel maximum (must be different jumps).
- **One** (1) contact spin: one (1) position selected from upright, sit, hazel.
- **One** (1) spiral, angel (camel) BO.
- **One** (1) footwork sequence maximum level 2, maximum 30 seconds.
- LIFTS ARE NOT ALLOWED.

Long program Tots

- **One** (1) side by side jump (not in combo). Just one (1) rotation jumps can be performed.
- **One** (1) side by side combo jump with a maximum of 3 jumps. Just one (1) rotation jumps can be performed.
- **One** (1) side by side one position or combo spin, selected from uprights (maximum of two (2) positions if combo spin).
- **One** (1) contact spin: one (1) position selected from uprights.
- **One** (1) footwork sequence maximum level 1. **To achieve level 1 Tots must have one of each of the four (4) steps and turns confirmed:** Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, maximum thirty (30) seconds.
- LIFTS ARE NOT ALLOWED.

5 TECHNICAL ELEMENTS

Side by side jumps

Side by side jumps will be evaluated as for free skating by both the technical panel and judges.

Some clarifications:

- For general rules, please refer to the Free Skating document.
- If the number of rotations is different for the two partners (e.g. man executes a double axel and the lady an axel) the technical panel will call the jump with less value.
- If one skater executes an underrotated jump and the other a complete jump, the technical panel will call an underrotated jump anyway.
- In general, whatever is the error, it will be considered as if it has been done by both skaters.

Side by side spins

Side by side spins for pairs will be evaluated with the same values of free skating.

Some clarifications:

- For general rules, please refer to the Free Skating document.
- If the skaters execute different spins (e.g. the man a heel spin and the lady just a camel), the technical panel will call the spin with less value.
- In general, whatever is the error, it will be considered as if it has been done by both skaters.

Contact spins

Following is the list of contact spins classes that can be called by the technical panel.

The spins are listed from the easiest to the most difficult.

A contact spin will be considered accomplished when the skaters complete a minimum of three (3) rotations for a one position contact spin and two (2) rotations for a combination

contact spin. The technical panel will call the spin when the basic characteristics are fulfilled.

DESCRIPTION
Outer back upright
Inside back upright
Face to face inner back sit
Face to face outer back sit
Hazel spin
Catch at waist
Kilian camel spin
Tango position camel spin (man on the RFI, woman on the LBI)
Lay Over Camel
Impossible camel
Reverse lay over camel (man's leg over the woman)
Impossible sit

Bonus for Difficult Positions

Following are the bonuses called by technical panel on difficult positions of contact spins:

Difficult Positions	Options	Code	Value and application
Difficult position of the man	Heel position (for uprights, Kilian camel, catch at waist or tango camel both must be in the heel position)	DPM	10% on the value of the spin
	For Reverse Layover: Heel position of the man		
	For impossible sit the behind position of the man		
	Sit-Camel - the man in a sit position holding the lady in a camel position		10% on the value of the hazel spin
Difficult position of the lady	Impossible camel or sit the twist or split, ring or skate hold	DPL	25% on the value of spin even in combination
	For hazel spin, no handed of the lady		10% on the value of the spin

Difficult variations for contact spins

Following are the bonuses called by technical panel on spins' variations:

Difficult variation	Options	Code	Value and application
Difficult entry	Acrobatic position	DEA	10% on the value of the spin for one position spins 10% on the value of the first position only for combo spins
Number of rotations	Four (4) or more rotations	R4	10% on the value of the spin (just for one position spin)
Leg over the	In Kilian Camel and Tango	CKL	10% on the value of the spin

woman	Camel where the man passes the leg once		
	In Reverse Lay Over where the man passes the leg four or more times	RLL	10% on the value of the spin
Difficult change of position in combination	Complete rotation of the lady on her axis parallel to the floor *	DCR	10% on the positions following the change
	Lady passing over the man's back *	DCB	

* These difficult changes will be called only if the change between one position and the other happens within one rotation of the man.

Clarifications

- Impossible sit where the man gets up on two (2) feet, will not be confirmed.
- To call a spin in the combination spin, one of the positions MUST have at least two (2) rotations, if not it will be called NO SPIN and receive no value.
- Maximum four (4) positions can be performed in a combination contact spin.
- If the pair executes a difficult change or a difficult entry and the previous and/or the following spin is a not confirmed, the bonus will not be applied.
- Difficult position bonus will be applied only if the difficult position is held for two (2) rotations.
- In a combination spin, the system will add up the values of the single spins, called by technical panel.
- For the feature **difficult change**, at the point of any position not confirmed after the feature, the bonus value will stop being applied.
- Combo Contact Spin: if there is more than one (1) revolution of the man on two feet during the change of position the following position will be called as a **break in combo**.

Throw jumps

Throw jumps will be called as individual jumps.

It is not permitted to repeat the same throw jump.

Throw jumps landed on two feet (not in a crossed position) will be called as 'downgraded'

Spirals

Spirals can be:

- Camel spirals: there will be just one level.
- Death spirals: there will be four (4) levels.

The concept of pivot must be always held.

Base level requirements:

- Correct positions for both the partners kept **simultaneously** for at least one (1) revolution.
- Man's position: the pivot must be clear with the hips no higher than the skating knee. The edge must be clear and continuous.
- Ladies positions:
 - Camel spiral:** the position must be a correct camel position held for the whole execution as well as on the required edge.
 - Death spiral:** the hips must be at the same height as the skating knee. There must be a very pronounced arch. The edge must be clear and continuous. For the inside edge spirals the lady must be on at least three wheels.

Levels

- Level Base - correct execution of the basic death spiral.
- Level 1 - basic + one (1) feature.
- Level 2 - basic + two (2) features.
- Level 3 - basic + three (3) features.
- Level 4 - basic + four (4) features.

Features

- Difficult entry **of the lady (preceding the commencement of the element):** split sideways position of the lady, skate hold, **ring or biellmann position, turn (counter, rocker or fast traveling), acrobatic movement, dance lift.**
- **Difficult entry of the man: outside back spread eagle of the man on the entry edge of the spiral.**
- Change of hold (change of hand between man and woman) - there must be at least a one (1) rotation before and half (1/2) rotation after the change (or vice versa) to be considered as a feature.
- More than one (1) rotation (one feature for each additional complete rotation).
- Difficult position of the lady: ring position, skate hold.
- Left hold of the man.
- Left hold of the lady (or right on the inside death spiral).
- Difficult position of the man.

Footwork sequences

Definitions

One foot turns: turns are all the technical difficulties listed and that involve a change of direction on the same foot: traveling (two full rotations must be executed quickly to be considered as such otherwise will be considered three turns), three turns, brackets, loops, counters, rockers.

Two feet turns: Mohawks, Choctaws. For the Choctaws, the exit edge will be used to define the direction of the turn (e.g. LFI - RBO, the direction will be considered anticlockwise).

Steps: are all the technical difficulties that can be executed keeping the same direction or changing direction changing also the foot: toe steps, chasses, cross rolls.

Note: half rotation jumps or one rotation jumps on two feet or one foot is not considered a turn or a step. Skating forward and skating backward is not a change of rotational direction.

Cluster: set of at least three (3) different turns executed on one foot, the three turn will be counted as a turn for the cluster.

Body movements: the choreographic movements of the arms, bust, head, free leg, must clearly affect the balance of the skater/s to be considered. At least two parts of the body must be used.

Base Level requirements:

- Skaters must include steps/linking steps.
- The pattern is free, it must cover at least $\frac{3}{4}$ of the rink. It has a time limit depending on the category.

Levels

Level Base - StB	Level 1 - St1	Level 2 - St2	Level 3 - St3	Level 4 - St4
A footwork sequence that that meets the basic requirements and calling specifications.	Level B AND must perform 4 turns and must include one (1) feature (chosen between feature 1, 2 or 5 only).	Level B AND must perform 6 turns and must include two (2) different features (one of them must be feature 1, 2 or 5)	Level B AND must perform 8 turns and must include three (3) different features.	Level B AND must perform 10 turns and must include four (4) different features.

Features

- 1. Body movements:** three (3) different body movements by both skaters are required. **They must be one from each spatial group: high, medium, low.**
- 2. Choctaws:** skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered.
- 3. Cluster:** to be considered as a feature, three (3) turns presented in the cluster must be confirmed by both partners.
- 4. Turns on different feet:** turns confirmed required for the level must be presented both on the right foot and on the left foot or clockwise or anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise. See Clarifications.
- 5. Holds:** skaters must perform 50% of the footwork sequence in Hold. Hand in hand will not be considered a hold for the feature.

Clarifications

- Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn will not be counted. Each type of turn can only be counted twice.
- Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice.
- Three turns are considered a turn for the cluster feature, but NOT as a turn to be counted for the level.
- For Tots: the steps & turns that can be counted toward the level are inside three turn, outside three turn, cross in front and open mohawk. Each type of turn can only be counted **once. No features are required to be confirmed for the Tot skater to achieve level 1.**
- For feature number 1: body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.
- For feature number 4: loops and traveling performed on either foot in an anticlockwise direction will be considered left foot execution and loops and traveling performed on either foot in a clockwise direction will be considered right foot execution for the purpose of counting turns on different feet. It is not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level.
- Quick stops are permitted if they need to characterize the music.
- It can include just one (1) jump of maximum one (1) rotation (even if not a recognized jump). An extra jump will be considered an illegal element and will be penalized as such.
- **For categories with a maximum level of three (3) or below:** if the skater presents more than one extra turn than required for the maximum level of the category the level will be reduced by one (1).

- The skaters can present as many features as they like.

Lifts

- For one position lifts the minimum rotations for a lift to be called is three (3) maximum four (4).
- If the pair executes a take-off but the girl does not get to her position and the lift fails, the technical panel will call the lift which will have a no value (0) and will occupy a box in the system as an element performed.
- If the pair executes more rotations than allowed, technical panel will call the lift; features presented in the illegal part will be not considered. Couple will be penalized 1.0 from the total.
- It is permitted to perform a half rotation to enter the lift and half a rotation to exit the lift.
- Lifts with evident use of the toe stops in take off by the lifting partner or where the lifted partner uses the lifting partners shoulders to assist in reaching the peak position of the lift will be called by technical panel as **NO LEVEL LIFT**.
- For lifts under the head:
 - The lifted partner must always have at least one hand hold of support with the lifting partner.
 - Sitting on the lifting partners' back or shoulders or using man's arm as support is not allowed. If this happens the position and all its features will not be considered.

Lifts list and in order of difficulty:

DESCRIPTION
Axel
Flip
Low Press
Low Kennedy
Low Militano
Airplane
Reversed Loop
Pancake
Press
Cartwheel
Pancake Twist Airplane
Kennedy
Militano
Reversed Cartwheel
Spin Pancake

Levels

- Level Base - correct execution of the lift.
- Level 1 - basic + 1 feature.
- Level 2 - basic + 2 features.
- Level 3 - basic + 3 features.
- Level 4 - basic + 4 features. (For lifts above the head only)

Features for one position lifts

Axel - Flip - Low Militano - Low Kennedy - Low Press: features

- One hand by the man.
- One hand by the woman.
- Low Kennedy forward preparation of both skaters.
- Low Militano around the back.

- **Axel around the back**
- Clockwise rotation.
- Perform a skating element during the lift (see Clarifications).

Airplane - features

- Difficult variation in the take-off.
- No hands by the woman.
- One hand by the man.
- Left hand by the man.
- Clockwise rotation.
- Difficult variation of the lady's position.
- Difficult variation in landing.
- Perform a skating element during the lift (see Clarifications).

Reversed Loop - features

- Difficult variation in the take-off.
- No hand by the woman.
- Clockwise rotation.
- Difficult variation of the lady's position.
- Difficult variation in landing.
- Perform a skating element during the lift (see Clarifications).

Press - features

- Difficult variation in the take-off.
- One hand.
- Left hand by the man.
- Clockwise rotation.
- Difficult variation of the lady's position (side split, lay out, Militano position).
- Difficult variation in landing.
- Perform a skating element during the lift (see Clarifications).

Pancake - features

- Difficult variation in the take-off.
- No hands by the woman.
- Clockwise rotation.
- One hand by the man.
- Left hand hold by the man.
- Difficult variation of the lady's position.
- Difficult variation in landing.
- Perform a skating element during the lift (see Clarifications).

Kennedy - features

- Difficult variation in the take-off (take-off with the skaters skating forward is to be considered a difficult variation).
- One hand.
- Clockwise rotation.
- Difficult variation of the lady's position (side split, lay out).
- Difficult variation in landing.
- Perform a skating element during the lift (see Clarifications).

Militano - features

- Star position of the lady. In this case, the no hands by the lady feature is included and will not be added as an extra feature. Star position will only be considered a difficult position if it is presented with no hands by the lady.

- Reversed lady position.
- Difficult variation in the take-off.
- One hand by the man.
- Clockwise rotation.
- Difficult variation of the lady's position.
- Difficult variation in landing.
- Perform a skating element during the lift (see Clarifications).

Reversed cartwheel and Cartwheel - *features*

- Difficult variation in the take-off.
- No hands by the woman.
- Clockwise rotation.
- Difficult variation of the lady's position (side split or T position).
- Difficult variation in landing.
- Perform a skating element during the lift (see Clarifications).

Spin pancake - *features*

- Difficult variation in the take-off (e.g. Spread Eagle by the man).
- No hand by the woman.
- Clockwise rotation.
- One hand hold by the man.
- Left arm hold by the man.
- Difficult variation of the lady's position.
- Difficult variation in landing.
- Perform a skating element during the lift (see Clarifications).

Lifts combination

The combination lift will be called by the technical panel for those lifts, which present a change of positions and/or holds.

The take-off of the first lift of the combination is to be called, because it is the take-off that gives the real difficulty to the combination.

Levels

At each level, there is a corresponding percentage that will be calculated depending on the value of the lift used for the take-off.

The "Combo Level Base" will be called if there is only one (1) change of position.

- Level Base - value of the level Base of the lift of take-off + 20%.
- Level 1 - 1 feature -> level 1 + 20% of level 1 of the lift of take-off.
- Level 2 - 2 features -> level 2 + 20% of level 1 of the lift of take-off.
- Level 3 - 3 features -> level 3 + 20% of level 1 of the lift of take-off.
- Level 4 - 4 features -> level 4 + 20% of level 1 of the lift of take-off. (For lifts above the head only)

Lifts - features

- Difficult variation in the take-off.
- One hand by the man.
- No hands by the woman.
- Clockwise rotation (For one position lift ONLY). To apply this feature, the rotation should be at least of one rotation and a half (1 ½).
- Left hand hold by the man (where it is not required by the basic position).
- Difficult variation of the lady's position.
- Difficult variation in landing.

- Combo lifts: change of position for the lifts under the head, will be given a feature for each change after the first included in the call of the Combo Lift.
- Perform a skating element during lift (see Clarifications).
- Combo lifts: change of position in general when the lady changes the axis for the lifts above the head.
 - Pancake Twist Airplane **and vice versa**.
 - Change from Cartwheel to Layback position of the lady **and vice versa**.
 - Change from Cartwheel to Kennedy **and vice versa**.
 - Change from Pancake to Militano **and vice versa**.
 - Change from Militano to Cartwheel **and vice versa**.

Clarifications

- The difficult variations in landing will be considered only if the technical characteristics of the element performed are respected.
- “One hand by the man” or “no hand by the woman” feature will be called when it is kept for at least one and a half (1 ½) rotations.
- Difficult variations of the lady’s position are full Biellmann, full split, full ring.
- Combination lift: “no hands” or “one handed by the woman or “one hand by the man” feature will be called only if the feature is held for at least two (2) positions.
- For combination lifts under the head, difficult entries (**other than those listed as features of one position lifts**), difficult landings and difficult positions of the lady are NOT allowed. Presenting features that are not allowed will bring the lift one level down.
- Combination lift: only one of difficult take-off or difficult landing can be counted towards the level. It means that if the couple performs a difficult take off and a difficult landing the technical panel will call JUST one feature.
- Ina Bauer, Spread Eagle, Carriage (balancing on one foot): after take-off, during rotation or before landing are difficult skating elements to be considered as features. **Only one skating element can be counted per lift and each type of skating element can only count once per program.**
- In the short program, the maximum number of positions is three (3), in the long program it is four (4) positions for Senior & Junior and three (3) positions for Youth, Cadet & Espoir.
- Difficult variation or a change of position will be counted only if the previous position and the following position are held for at least one and a half (1 ½) rotations.
- If the pair does only one position for the combination lift, and do not even try to change the position, it will be considered a one position lift and will occupy a box.
- In combination lifts - ‘difficult’ positions of the lady that are specific to one position lifts will only be considered as such if they are performed after the take-off of the lift to which they are specified. For example:
 - Star position after the Militano take off.
 - Side Split or T position are to be considered after the Cartwheel or Reverse Cartwheel take-off.
 - Layout position after the Kennedy or Press take-off.
 - Side Split after the Cartwheel, Reverse Cartwheel, Kennedy or Press.
- Where it is specified that lift take offs must be different: If the skaters repeat the same lift take off the lift with the repeated take off will be called as ‘No Level’ and will receive no value.
- Each type of difficult variation or skating element will count once per program, except for Change of Axis that can be presented in more than one lift and more than once per lift and one handed/no handed features that can be presented once per lift.
- If the couples use as difficult entry a skating element and keeps or repeat the same skating element during the lift it will be considered just once (as a Skating element).
- **For lifts under the head the maximum level awarded will be Level 3.**

The first change of position is what makes the lift a ‘combination’ and therefore is not counted as a ‘change of position’ for the level, unless the change of position involves a change of axis.

Twist

The technical panel will call the element specifying the level and the number of rotations.

Levels

- Level Base - correct execution of the element.
- Level 1 - basic + 1 feature.
- Level 2 - basic + 2 features.
- Level 3 - basic + 3 features.
- Level 4 - basic + 4 features.

Features

- Lady’s split (each leg to more than 45° from her body axis). The twist with no split execution by the lady will receive NO LEVEL.
- Original/difficult position of the lady during the twist.
- Catching the lady at her waist without her using hands/arms or any other part of her body to touch the man. **Catch should happen at least at the height of the man’s shoulders.**
- Difficult take off (steps/clear skating movements executed by both partners just before the take-off of the twist).
- Man’s arms under the line of his shoulders or at least at the shoulders’ height after throwing the lady in the air. **To apply this, the man must stretch the arms during the lift of the lady in the air and catch her at the shoulders’ height or above.**

Choreographic sequence

- The Choreographic sequence will have a fixed value of 2.0.
- The sequence is free.
- The skaters must demonstrate the ability to skate on the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, ina bauer, spread eagles, (not declared) one rotation jumps, quick spins.
- The technical panel will call the element and judges will give their QOE.
- The sequence must start from a stopped position or a stop and go and must cover at least $\frac{3}{4}$ of the rink.
- Stops are permitted.
- **The sequence has a time limit of 30 seconds.**

6 QOE

Judges must score the QOE for each technical element called. To determine the final QOE, judges should consider the good features of the element and decrease in case of errors. Following are some of the guidelines for the judges to determine the right QOE to score.

Positive QOE

Judges should score their QOE using the following guidelines:

- 0 when skaters achieve the basic characteristics of the element.
- +1 when skaters fulfill 1 - 2 features.
- +2 when skaters fulfill 3 - 4 features.
- +3 when skaters fulfill 5 - 6 features.

Positive aspects/bullets

The definition of a **positive aspect** is: a typical quality or an important part of a technical element.

LIFTS
<ul style="list-style-type: none">• Good take-off and landing by both skaters.• Correct position in the air and artistically good.• Good usage of the rink during the execution of the element.• Good execution of the mohawks by the man: close feet, quick and clear edges.• Good speed and fluidity.• Not displaying effort or strain during the execution of the element (i.e. the lift looks effortless).• Match with the music.
THROW JUMPS
<ul style="list-style-type: none">• Original, creative or difficult take off.• Good position of the man before throwing (toe-stop).• Good position in the air of the woman.• Good extension and creative landing.• Good height, speed and length.• Good control and fluidity during landing.• Match with the music.
TWIST
<ul style="list-style-type: none">• Good take-off and landing by both partners.• Good position of the man just after the throw.• Good usage of the floor during the execution of the element.• Good speed and rhythm from the beginning to the end.• Good height of the lady in the air.• Not displaying effort or strain during the execution of the element by both partners.• Match with the music.• Clear and evident split of the lady.
CONTACT SPINS
<ul style="list-style-type: none">• Good control during the execution of the element (entry, rotation, exit).• Good speed and acceleration during the execution.• Difficult variations (one position and combination see 5.3)• Balanced number of rotations in each position.• Number of rotations higher than the minimum.• Originality and creativity.• Continuity, fluency and easy execution of the spin.• Match with the music.
SPIRALS
<ul style="list-style-type: none">• Good fluidity in entry and exit.• Good control and speed when the position is reached.• Good quality of the position of both partners (men's pivot and lady position).• Clear and constant edge of the pivot.• Controlled position during the entry.• Not displaying effort or strain during the execution of the element by both partners.• Creativity and originality.• Match with the music.• Number of revolutions higher than the minimum.

SIDE BY SIDE JUMPS
<ul style="list-style-type: none"> • Original, creative, and difficult take off. • Clear and recognizable steps and skating movements just before the take-off. • Creative position in the air and/or late start of rotation in the air. • Very good height and length. • Good extension during landing and/or original and creative exit. • Very good fluidity in in the entry and exit (and during the execution of combination jump). • Good unison and closeness during the execution of the element. • Not displaying effort or strain during the execution of the element by both partners (i.e. the jump looks effortless). • No more than 1.5m distance between partners. • Match with the music.
SIDE BY SIDE SPINS
<ul style="list-style-type: none"> • Good spin control during the execution (entry, rotation, exit, change of foot). • Capacity in centering the spin quickly. • Balanced number of rotations for each position. • Good and equal position of both partners. • Good unison and distance between the two partners. • Good speed and acceleration during execution. • Number of rotations higher than the minimum. • Match with the music.
FOOTWORK SEQUENCE
<ul style="list-style-type: none"> • Deep and clean edges (including entry and exit from change of directions). • Clearness and precision. • Good control and involvement of the whole body. • Good energy of execution. • Good speed and acceleration during the execution. • Musicality • Matching the execution of the element with the music structure. • Good unison. • Creativity and originality. • Intricate pattern. • Even & logical distribution of steps/turns throughout.
CHOREO SEQUENCE
<ul style="list-style-type: none"> • New steps, new steps sequence. • Intricate pattern. • Originality. • Variety. • Musicality. • Matching with the theme and music. • Clear movements. • Good energy. • Good control and involvement of the whole body.

Negative QOE

The following table shows on the left-hand side errors for which the QOE MUST be the one listed and on the right-hand side errors for which the judges must decrease their score if the error described occurs.

Errors for which the QOE MUST be the one listed	Values	Errors for which QOE can vary	Values
JUMPS - THROW JUMPS			
Fall	-3	No speed, height, length and poor position in the air	-1 or -2
Downgrade (<<<)	-3	Underrotated (<)	-1
Landing on two feet or wrong foot	-3	Half rotated (<<)	-2
Different rotations between partners	-2 or -3	Take-off technically not correct	-1 or -2
Stepping out	-2 or -3	No fluidity and rhythm in between jumps in a combination	-1 or -2
Both hands on the floor during landing	-3	No clean landing (incorrect position/wrong edge/toe-stop)	-1 or -2
Double three or half toe-loop after landing	-2 or -3	Long preparation	-1 or -2
Direct and prolonged landing on toe-stop	-3	No unison	-1 or -2
		One hand or free leg touching the floor during landing	-1
		Lutz no edge	-2
TWIST			
Fall	-3	No height and/or length	-1 to -3
Lady falling on the partner	-2 or -3	Not good take off (no speed, no toe assisted)	-1 or -2
Lady not caught on landing	-2 or -3	Using man shoulders during catching	-1 or -2
Two feet landing	-2 or -3	Poor landing (no speed, incorrect positions, no face to face position)	-1 or -2
Two hands on the floor during landing	-2 or -3	Not catching the lady on the waist	-2
Downgrade (<<<)	-3	Long preparation	-1
		Man on two feet	-1
		Underrotated (<)	-1
		Half rotated (<<)	-2
		One hand or free leg on the floor during landing	-1
		Man's arms are not stretched during the throw	-2
SPINS - CONTACT SPINS			
Fall	-3	Not correct position, slowness, traveling	-1 to -3
Two hands on the floor to avoid the fall	-3	Lay over Camel (leg over lady) where the leg does not always pass over the lady (minimum two revs following must be performed)	-2
Sit spin two feet exit	-3	Wrong change of foot (toe-stop, wrong and not clear edges)	-1 to -3
Inverted with bended leg to get to minimum rotations	-2 or -3	Hand or free leg on the floor to avoid the fall	-2 or -3
Sit Spin without verticalization before descending to the sit position (solo spin or first spin of a combo)	-2 or -3	Lack of unison and big distance between partners	-1 to -3
		Impossible sit, the lady uses the free leg during the exit of the sit	-2
Pumping	-2 or -3	Impossible sit, not a clear outside edge of the man for the entirety of the spin	-2
		Sit spin toe stop exit	-2
		Change of foot with traveling axis	-2

		Moving / not centralized	-2 or -3
		Poor control (entry, rotation, exit, position)	-2
		Two feet on the floor between spins of the combination with a momentum gain.	-2
FOOTWORK SEQUENCES			
Fall	-3	Stumble	-1 or -2
Lack of execution of steps/change of directions for half of the pattern	-2 or -3	Out of time	-1 or -2
		Lack of unison	-1 or -2
		Poor in pattern	-2
		Poor in speed and acceleration	-1
		Poor in edges	-2
		Lack of musicality	-1 to -3
		Poor in distribution	-2
LIFTS			
Fall	-3	Wrong position in the air and/or during landing	-1 to -3
Big problems during take-off (toe-stops)	-3	Not good take off quality (fluidity)	-1
Fall of the lady over the partner	-2 or -3	Wrong take off	-2
Take off and/or landing of the lady on two feet	-2 or -3	Lack of speed and/or length of the lift	-1 to -3
Using man's shoulder to land	-2 or -3	Wrong/poor execution of mohawks	-1 to -3
For lifts below the head: sitting on man's back or shoulders	-3	Use of toe stops during the mohawks	-2
		Long preparation	-1
		Hand, free leg or toe-stops on the floor during landing	-1
SPIRALS			
Fall	-3	Lady wrong position (not good reversed position, not at the same level of skating knee etc.)	-1 to -3
Wrong pivot position	-2 or -3	Errors in the exit	-1 to -3
		Slowness or speed reduction	-1 or -2
		Not clean and clear edge of the lady	-1 or -2
		Wrong position of the man	-1
		Not fluent edge of the man	-2
		No tension	-2
CHOREO SEQUENCE			
Fall	-3	Lack of control	-1 or -2
		Bad positions	-1 or -2
		Lack of unison	-1 or -2
		Not matching with the music	-1 or -2
		Poor in pattern	-2
		Poor in energy	-1 or -2
		Poor performance	-1 or -2
		Poor in originality	-1
		Lack of musicality	-1 to -3

7 PENALIZATIONS

A deduction of one (1.0) point (unless otherwise specified) will be applied to the sum of technical content and artistic impression each time one of the following is executed:

By the referee

Higher number of rotations for lifts (4, 8 and 12 rotations lifts)	1.0 point
Kneeling or laying on the floor more than once or more than maximum five (5) seconds (including beginning and end)	1.0 point
Costume violation (with opinion of judges)	1.0 point
Time of the program less than the minimum	0.5 point each 10 seconds or part thereof
The time from the start of the music and the first movement is more than 10 seconds	0.5 point
Music with inappropriate or expletive lyrics in any language	1.0 point
Falls for each skater For each fall after the second the penalty will increase by another 0.3 (Tots, Minis) and 0.5 (Espoir to Senior) For example, in Espoir to Senior: 1.0 for first and second fall, additional 1.5 for third fall (3.5 total), additional 2.0 for fourth fall (5.5 total), additional 2.5 for fifth fall (8.0 total) etc.	1.0 point for first and second fall Incremental penalty increases for each subsequent fall after the second: +0.3 For Tots and Minis +0.5 Espoir to Senior

By the technical panel

More than allowed positions for combination contact spins	1.0 point
Higher number of positions for lifts (3 and 4)	1.0 point
More than one rotation jump in footwork sequence	1.0 point
Missing mandatory element	1.0 point
Illegal element	1.0 point

8 GENERAL ON PAIRS

Judging points

Lift judging points

- Toe stops must not be used by the man during any part of the lift; he should use tight, close mohawk turns.
- The woman must ascend from the skating surface to the apex of the lift without interruption and in a smooth, continuous manner.
- Both partners must use equal effort on the take-offs of all lifts.
- The woman's lift position should be executed cleanly: splitting legs to full extension and without bent knees, toes pointed, assuming a steady body position and in control throughout.
- When executing combination lifts, each position in the combination must be held one rotation and a half (1 ½) before changing to the next position.
- The man's shoulders cannot be used to assist the woman in exiting a lift. The descent of the woman cannot be interrupted from the highest point of the lift to the final landing position.

- Less credit shall be given to a lift if the woman taps her free foot or uses her toe stops on any lift landings.
- Twist Lutz lifts must be executed with good height and with all rotations completed in the air to receive full credit.
- On all lift landings, both partners must retain good posture, i.e. strong, straight backs, fully extended free legs, toes pointed down and out and with body positions matching as closely as possible.
- Lift landings must also be executed as softly as possible-the woman should be placed onto the skating surface rather than letting her “free fall” to the landing position.
- Except in the World Class division, adagio-type movements at the end of any lift are strictly prohibited.

Spin judging points

- Good body positioning during pairs spins is frequently lacking. When executing a pairs spin, the team should strive to maintain the best possible body positions at all times. In order for the judge to fully evaluate a pairs spin, each partner should maintain the body positions involved long enough to allow the judge a clear view of the entrance edge, the spinning edges, the spinning positions (minimum of two rotations per position), and the exit edge.
- The body rotations of pairs camel spins should be matched so that, when executed, the pair seems a mirror image. The arch of the back and the curve of the neck should be identical, and both free legs should exit the spin position at the same time. If the woman is undersized for the man, the legs and body will not be evenly matched. When this occurs.
- When executing a combination pairs spin, each change of position must be held for two (2) full rotations. The change from one position to another is not counted as a rotation.
- Use of the toe stops during any part of a pairs spin is a fault in execution and must be penalized **according to the QOE rules**.

Lifts

Special notes on lift execution

While each lift is accomplished in a slightly different manner, there are certain fundamental rules which must be observed in the teaching and execution of every lift. A few of these important guidelines follow.

When beginning any lift, a combination of the man bending down and the woman jumping up will make it easier for the man to raise the woman to the proper lift position. The man should never have to lift the woman from the floor-he should only lift the weight of the woman on her way up.

While rotating, the man should never push the inner forward edges. He should use his entrance speed to keep the lift moving down the floor and should not use his toe stops at any time during the rotation of the lift. He should use a series of quickly-executed forward and backward mohawk turns, accomplished in the heel to heel position, to complete the required number of rotations. The man’s body position should be upright, with forward lean and only the knees bent when necessary.

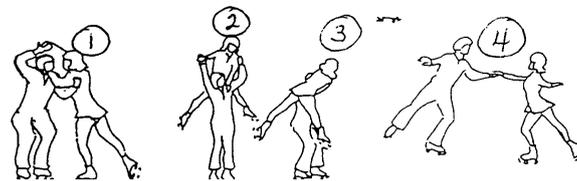
In all lifts, the woman must sustain her position as long as necessary until the lift is completed. The lift will be completed with both partners rolling on solid edges, with landing positions extended as much as possible. The employed knees of both partners should be bent as much as possible to obtain the desired landing position.

Around the Back feature

The starting position for this lift has the man rolling forward on two feet while the woman rolls on a left inner back edge. With his left hand, the man will grasp the woman's left underarm (palm facing up, thumb toward her chest). The man's right hand is extended over his head, grasping the woman's right wrist or hand. She grasps the man's right wrist or hand.

As the man bends to lift the woman, she will toe plant with her right foot and press up to the man's left shoulder with her left hand. As she begins this motion, the man continues his lift using the woman's momentum and raises the woman directly up and behind his body. At the apex of the lift, the woman will be resting on the man's back, with both partners facing in the same direction, arms fully extended. The woman splits her legs with toes pointed, sustaining the position with her left hand while keeping her head erect and her back as straight as possible.

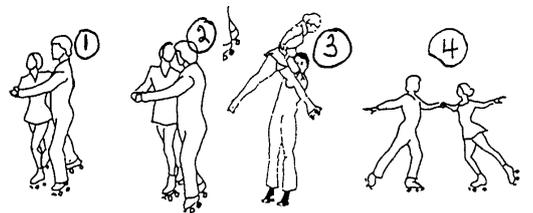
After the completion of the required rotations, the man will bring the woman around and place her on a right outer back edge in front of his body as he steps to a left outer forward edge. Holding the woman's right hand in his left, both partners present a strong landing position. As always, good posture should be observed, with the free legs fully extended and the toes pointing down and out.



Flip Lift (reversed split position)

Both partners roll backwards, with the woman positioned on the man's right side. The woman's left hand is on the man's right shoulder, the man's right hand under the woman's left underarm, the woman's right and man's left hands joined in front of the body and slightly down. The woman toe plants with her right foot, beginning her ascent as the man raises her to a reversed split position. In the fully extended position, the woman will be facing towards the man.

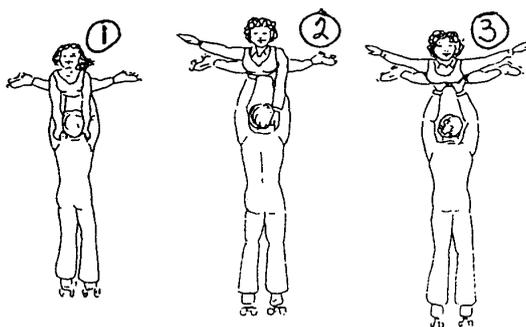
The woman will finish on a right outer back edge and, as long as the required number of rotations are completed, the man's landing position is optional. The man may face either forward on a left outer edge or backward on a right outer edge, matching the landing position as much as possible. The usual posture for lift landings should be maintained.



Airplane lift (basic take-off)

This lift begins with the partners facing each other, man rolling forward. Grasping the woman's hips (thumbs facing in), the man bends to start the lift as the woman toe plants with her right foot. Once the lift begins, the woman presses her body over his shoulders and extends her arms. The man raises the woman's hips over his head to the extended position, where the woman fully splits her legs, arching her back and lifting her head. She

must keep her arms locked during rotation. The man lowers the woman in front of him, placing her on a right outer back edge, while he skates to a left outer forward edge. Good posture should be maintained.



Airplane lift (alternate take-off)

In this version, the position of the partners is reversed, with the man rolling backward rather than forward. The man grasps the woman's left hand with his right and pulls her towards him as he bends down. Rolling on a left outer forward edge, the woman bends forward and jumps up over the man to a fully extended airplane position. The landing positions will be identical to the basic Airplane lift.

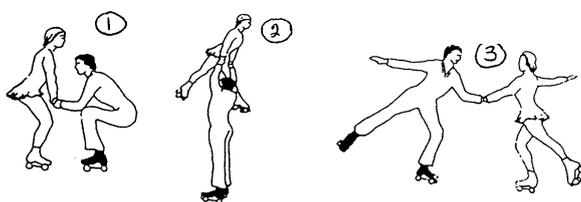
During this lift, the woman may hold on with both hands, one hand, or choose to release her grip completely.

Press lift (two-handed position)

Man faces woman, man's right hand holding woman's left hand, man's left hand holding woman's right hand. The press position must be maintained without losing hand contact from the original hand position as the man lifts the woman aloft to the extended position. Like other lifts, the man should mainly rely on the momentum of the woman to begin the lift, pushing with both arms until the full extension is reached. Once the woman assumes the extended position, the man rotates around his axis, in a level position with arms locked. The landing position for the Press lift is optional, but in each, the body positions assumed must display the good posture characteristics found in all skating: free legs straight, backs straight, heads up, and toes pointed down and out.

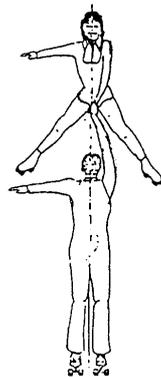
NOTE: When rotating, the man should perform close, tight mohawks which enable him to rotate around his body axis without noticeable tilt either forward, backward, or sideways. This practice should be standard on all lifts.

Optional take off: The man rolls backward while the woman rolls forward. The woman grasps the man's right hand with her left. As he pulls the woman toward him, he grasps her right hand with his left and she jumps up and over him. The remainder of the lift is the same.



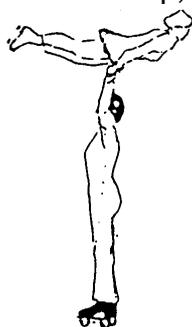
Press lift (one-handed position)

The Press lift executed in the one-handed position begins in the same manner as the standard position. During the change to the one-handed position, the man will move his right hand in, toward the center of the woman's body. The woman will shift her weight over the man's right hand, locking her arm and body position while her body moves slightly forward. The lift position should not be changed, it should remain strong and locked as stated before.



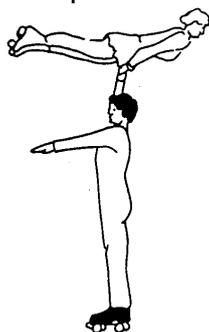
Press lift (two-handed, layout position)

The Press lift accomplished in the two-handed position is done in the same manner as previously explained except that the woman will shift her position forward and bring her legs together, keeping them locked straight with toes pointed. Her body should remain parallel to the skating surface. The landing position is optional as long as it is strong with straight backs and straight free legs, heads held up, toes pointed down and out.



Press lift (one-handed layout position)

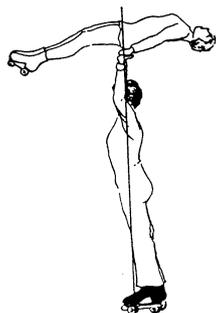
In the one-handed layout position, the man rolls forward as the woman rolls backward. The woman grasps the man's left hand with her right hand, while holding his right hand with her left, palms touching. The man bends to start the lift as the woman toe assists with either the right or left foot, jumping up and over the man's head. As she does this, she shifts her body weight slightly forward and assumes the front split position (legs and back straight, head up, toes pointed down and out). The woman will lock this position and retain it until the rotations have been completed.



Pancake lift (inverted Airplane)

This lift begins with both partners rolling backwards, man behind the woman. The man grasps the woman's lower hips (right hand on right hip, left hand on left hip), with the woman holding the man's wrists. As the man bends his knees, the woman toe plants with her right foot, leaping up and over the man's head. The man raises the woman to the center of his body axis, locking his arms and wrists. At the height of the lift, the woman's body position should be parallel to the floor, with legs, body and head held extended and

motionless except for the man's rotation. The landing position is optional as long as a strong body position is maintained.



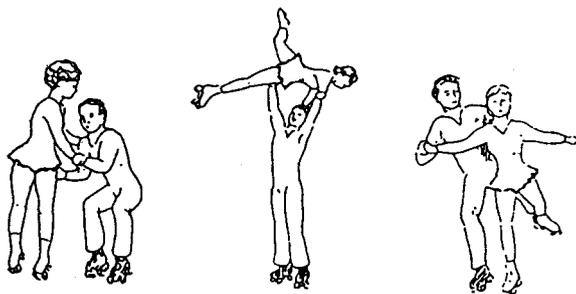
Pancake lift (one-handed position)

This lift starts the same as the two-handed position, with the man's hands positioned either on the hips or left hand on the hip and right hand at the middle of the woman's lower back. At the top of the extension, and depending upon the original hand position, the man will move his right hand to the middle of the woman's lower back, releasing his left hand and balancing her weight on his right hand. The man must keep his arm and wrist locked to ensure no motion other than rotation. The woman should maintain a strong, extended position. The landing position is once again optional, good landing posture is a must.



Cartwheel

Both partners begin the lift rolling backward. The woman's right hand holds the man's left, her left hand on the man's right shoulder. The man's right hand is on the woman's left leg, near her tight line. As the man bends into the lift, the woman will take-off (using either a flip or toe loop take-off) bringing her right leg up and toward the ceiling in a split position in line with the man's body axis. The left leg should remain parallel to the skating surface. The woman must retain a strongly arched back (not hanging over the man), and the overall effect should be that of an outer forward camel position. The woman's right hip and shoulder should remain slightly open, with the majority of her weight in the man's right hand. The woman may use her right hand to maintain both her balance and lift position. With shoulders parallel to the skating surface, the man will turn close, tight mohawks. During the landing, he will release his hold with his left hand and grasp the woman's right hip, bringing the woman down in front of him on a right outer back edge.



Cartwheel (T position)

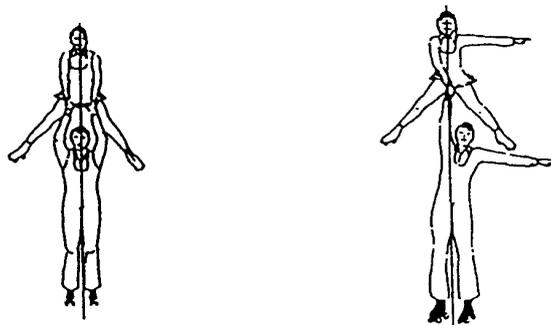
Accomplished as the standard Cartwheel, but the woman brings both legs together in the “T” position. This position should be executed parallel to the skating surface, maintained as tightly as possible with no movement. At no time should the woman shift her body weight to the right or apply too much pressure to the man’s left hand. If this occurs, the release will be difficult to accomplish. The man’s wrist and arm must remain rigid, with his shoulder parallel to the skating surface. The landing position is optional.



Kennedy lift

The standard execution of this lift begins with the partners facing each other, man rolling forward. Both partners should grasp hands left to left and right to right, using the thumb pivot grip. The man bends as low as possible under the woman’s left hand, raising the right hands over the head. The woman then toe plants with her right foot to begin the upward motion as the man lifts with his left hand. The woman will rotate her right side over and around, pushing down on her right hand and locking both the right and left hand at the fully extended position.

During the lift rotation, both partners must maintain parallel shoulder positions. The woman should be in the full split position: legs straight and toes pointed down and out. The landing position is optional as long as the proper landing posture is assumed.



Kennedy lift (layout position)

Began in the same manner as the standard Kennedy. At the top of the extension, however, the woman begins to shift her body forward, bringing her legs together and locking her body from head to toe. Her head should be up and her back straight, with no movement visible once the position is attained. The man should lock the woman in this position over his own body axis and rotate with his shoulders parallel to the skating surface. This lift should be executed with speed and turned by the man with tight, close mohawks. The landing position is optional.

Kennedy lift (one-handed layout position)

This lift uses the same entrance as the standard Kennedy lift but, at the apex of the Kennedy position, the man moves his right hand in to the center, positioning it below the woman’s navel. As he does this, the woman moves her left hand out to the side, balancing her weight on the man’s right hand to keep her body parallel to the floor in the layout position. This hand hold must remain firm and the woman’s position must stay solid, with

no noticeable movement throughout the rotation of the lift. The landing position is optional.



Militano lift (or Chair Lift)

The take-off used in the Militano is the most difficult of all to execute. The lift is begun with both partners rolling backwards. The partners should grasp opposite hands-left to right and right to left-using the thumb pivot grip. On the take-off, the man's left hand and woman's right hand are held low (near the woman's buttocks), while the man's right hand and the woman's left are held overhead.

At this point the woman, who is positioned directly in front of the man, is lifted from a right outer back take-off and rotated one half rotation to the apex of the lift. In this position, the woman moves her left hand under her left leg, made easier by keeping the left leg bent until the hand is in position. Once this is done, the basic position finds the partners facing opposite directions with the woman sitting on both hands. Her left leg is straight while the right leg is bent, in a "hurdler" position.

To maintain this position, the man must keep his arms locked while the woman must stay rigid and bent slightly forward. Both partners must rotate at exactly the same rate of speed. During descent, the woman should be sitting on her right hand.



Militano lift (one-handed and no-handed, chair position)

This lift is executed the same as the standard Militano, except that at the peak of the lift, the woman shifts all of her weight to her left leg and hand. When this is done, it is possible for the woman to release her right hand from the man's left. Upon release, the woman will automatically rotate an additional one quarter rotation to her left, moving her left leg parallel to the man's shoulders.

To switch to the no-handed position, the woman must release both hands, removing the left hand first to allow the man to grasp her left leg. This is more easily accomplished by keeping the weight slightly to her right. After the left hand is released, the weight is shifted back to the left leg (and the man's right hand) to allow the release of her right hand. The lift landing is optional as long as the woman placed on a clean, outer back edge in the standard landing posture.

Star lift

The Star lift is a variation of the no-handed Militano. Both of the woman's legs remain in the straight, split position, with the left leg leading the right. The landing position is optional, provided that the man places the woman on a clean, outer back edge without the assist of his shoulder.



Reversed loop

Both partners rolling backwards, the man behind the woman. The man grasps the woman's hips (right hand on right hip, left hand on left hip), with the woman holding the man's wrists. After a loop take off, the man rotates the woman into an extended split reversed position. In the standard landing, the man lands the woman holding her by the waist.

Reverse Cartwheel

Partners facing each other, the man rolling forward. Both partners grasp hands left to left and right to right. The take-off is the same than in the layout Kennedy. At the apex of the lift the woman assumes a split position, facing the direction of the man, with her left leg up and toward the ceiling.

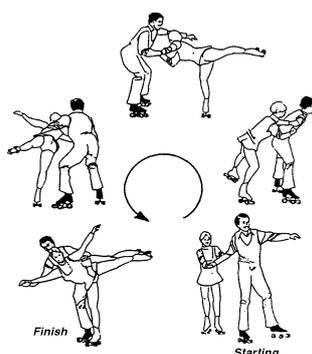
Spin Pancake

Both partners rolling forward, the man behind the woman. The man grasps the woman's waist (right hand on the left side, and left hand on the right side), with the woman holding the man's wrists. Whilst the man bends his knees, the woman uses a flip take off. The man lifts the woman, making her spin into an inverted layout position, facing the direction of the man. The woman's legs can be split or in a crossed position. The exit is optional.

Spins

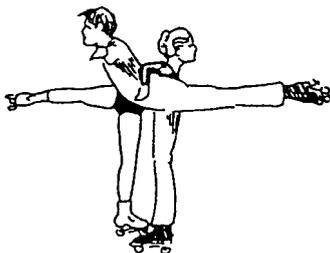
Kilian Camel

This spin begins with both skaters facing forward, with the man grasping the woman's right hand with his right hand in the thumb pivot grip. As the man pulls the woman around on a right inner forward edge, she will deepen the edge and rock to an outer back edge while executing the camel position. As this occurs, the man should grasp the woman's left hip with his left hand, pulling the lady in the camel position as he steps to his right outer back and joins her in the camel position. The spinning positions of both partners should be matched, demonstrating good spinning form as previously outlined. The exit of this spin is optional.



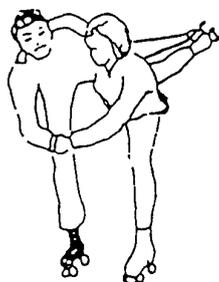
Pull Around Catch-Waist Camel

This spin begins in the same manner as the Pull Around Camel, except that the man rotates one-half rotation more while holding the woman's left hip with his right hand. The partners should be facing in opposite directions. The exit of this spin is optional.



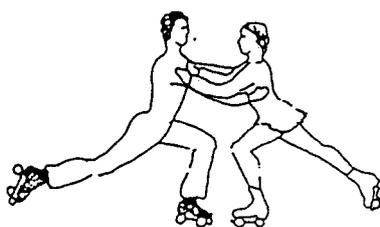
Tango Camels

Using the circle spin entrance, the woman pivots one-half turn further so that both partners will be facing the same direction. The man should be in the right inner forward camel position; the woman on the left inner back camel position. The man's right and the woman's left hands should be joined in front of the team, with the man's left hand grasping his partner's left hip. The positioning of both partners should match and good spinning posture should be evident. The exit from this spin is optional.



Face to Face Inner Back Sit Spin

Using the circle entrance, the partners face each other while spinning on left inner back edges, free legs extended straight back. Using both hands, the man will grasp the small of the woman's back while the woman grasps her partner's shoulders. To maintain the proper body position, the backs of both partners must remain firm as the partners lean away from each other. Backs and free legs should remain straight, with heads erect. The exit of this spin is optional.



Face to Face Outer Back Sit Spin

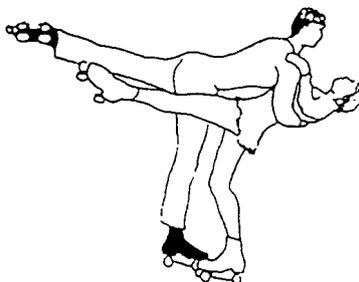
Executed the same as the Face to Face Inner Back Sit Spin, except that both partners will spin on right outer back edges.

Lay Over Camel Spin

After executing the circle entrance, both partners change to right inner forward edges as they meet. The man then changes to a right outer back camel, while the woman switches to the inverted position. It's also possible for the man to change feet at this point and perform an IB camel. The man grasps the woman at the small of the back; the woman grasps her partner's shoulders. The woman must retain control of her free leg by

stretching to match the line of the man's free leg (the left side of his body should be facing upward). She must be actually spinning on an edge and supporting her body weight- not letting her skating foot drag.

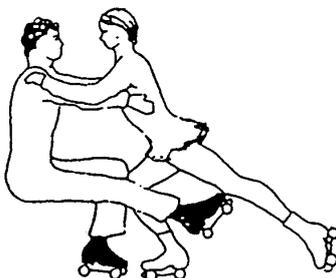
NOTE: When executing the camel, the man must torque his free leg as much as possible to keep the spin moving. At the same time, he must also keep his upper body position as strong as possible to support the woman. At no time during this spin can there be any bending down by the woman or bending forward by the man. The exit is optional, but every effort should be made to finish the spin with good style.



Hazel Spin

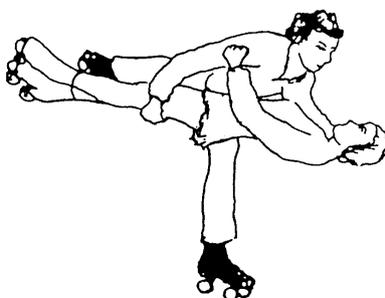
After a circle entry, the partners will catch each other in a face to face position while skating on left outer forward edges. Simultaneously, the woman will change to a right inner forward edge as the man swings his right leg around and forward to a left inner back sit position. The woman should then snap to a right outer back sit in which her free leg is extended behind her. The man should grasp the small of the woman's back with both hands; the woman should grasp her partner's shoulders.

NOTE: The woman may choose to release both hands while spinning in this position.



Impossible Spins

Using a circle entrance, the team executes a Lay Over Camel spin, after which the man moves his right hand down to the woman's left leg and lifts her off the skating surface. The woman must remain very rigid during the spin. To exit the spin, the woman lowers her right leg to the skating surface and both partners stand up, rolling on right outer back edges.



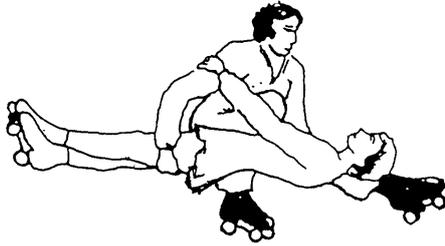
Impossible Sit Spin.

Executed in the same manner as the impossible spin, except that the man spins in a sitting position.

Impossible with a Twist.

Accomplished as the impossible spin, but as the woman is raised off the skating surface, she flips over and faces downward.

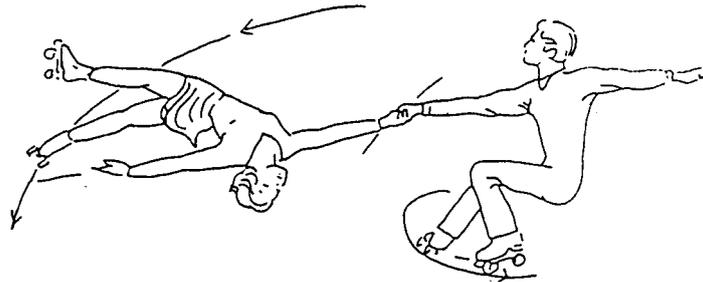
NOTE: The exit of all impossible spins is optional after assuming the outer back edge position. Remember that all exiting positions should be done in good form with the heads erect, arms stretched, backs straight, and the free legs straight and fully extended.



Death spiral

Both partners roll backward in a small circle. The man grasps the woman's right wrist with his right hand and leans his body back, away from the woman. When he does this, the woman also leans back. The man then bends his knees and pivots around his left toe stop. The woman's position should be pushed up at the hips, shoulder leaning down and free leg in a straight line from head to toe. Her head should be held slightly down. To complete the Death Spiral, the man pulls up on the woman's arm as she pushes with her leg to finish in a right outer back spiral position.

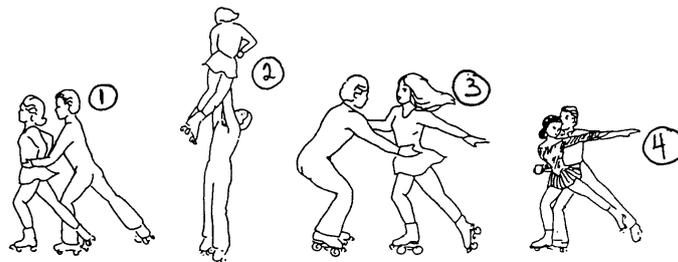
NOTE: It is very important for the man to maintain a steady backward pull on the woman, allowing her to hold her body position while retaining the momentum of the move.



Twist lift

Both partners should be rolling backwards with the man positioned behind the woman and leading her in the direction of travel. He should have his hands on the woman's hips with her hands covering his. The woman executes a Lutz or flip take-off and immediately attains either a full split or full extension, followed by the planned number of rotations. During these rotations, the woman must turn freely in the air. Prior to the landing, the woman must be caught by the man and assisted to a smooth landing on an outer back edge.

On the landing, the partners **should be facing each other.**



APPENDIX 1: TECHNICAL PANEL ROLES (PROTOCOL) AND GUIDELINES

- Members of the Technical Panel (TP) must be focused on their respective task during the program.
- Talking is not allowed during the program, this can confuse the Data Operator and also the other people of the Technical Panel.

Technical Specialist (TS)

- Says “*Start*” with the first movement of the skater(s).
- Calls the elements.
- Calls the falls.
- Calls review “*Review on ...*” if the TS wants to be assured on the call.
- For Footwork Sequences and Choreo Sequences, the TS calls the start of the element and at the end calls the level.
- Says “*Stop*” when the program ends.
- Does not have any paper and does not write anything, his/her concentration is all the time on the rink.

Assistant (AS)

- Pre-calls the elements based on the list provided with the order. For footwork and choreographic sequences pre-calls the element and the time it is due to start as per the content sheet.
- Has a copy of the program element content sheets and writes down the calls of the TS.
- Requests a “review” firstly.
- If the AS wants a review, writes down next to the TS call an ‘R’ and the element he/she would call.
- Writes down all the details of the element, for example: in a lift, the take-off used, the confirmation or not, and the difficult positions and variations attempted.
- Helps to double check the elements inserted in the system during the manual checking with the Controller and Data Operator.

Controller (CTR)

- In general, does the same as the TS.
- Has a copy of the program element content sheets and writes down the calls.
- If the CTR wants a review, writes down next to the TS call an ‘R’ and the element he/she would call.
- Calls “review” with no other comment after the call of the TS and after waiting for the AS to do it first.
- Times footwork sequences using a stopwatch. Starting the stopwatch when the specialist calls ‘*start element*’ and calling ‘*time*’ when the maximum time for the category is reached. **A larger sized timer is beneficial.**
- At the end of each program, goes through the reviews first.
- Once everything is decided, checks the elements inserted in the system with the Data Operator.
- Writes down all the details of the element, for example: in a lift, the take-off used, the confirmation or not, and the difficult positions and variations attempted.

Data Operator (DO)

- Before the competition starts, checks the connections on the judge’s monitors and on the Technical panel monitor. If time permits, the DO can do a test with a competition of one or two skaters.
- Clicks on ‘Start’ and “Stop” when the TS calls it.
- Inputs the elements, the levels, the falls called by the TS.

- Adds the percentage/bonus for the spins during or at the end of the performance depending on the expertise of the data operator.
- Five (5) seconds before the Footwork and the Choreographic Sequence is due to begin, enters it into the system so the judges know the start of the element.
- Selects the ‘Review’ button for each element that the TS asks to be reviewed.
- Selects the “!” button when a Lutz no edge is called.
- For the first pair before going through the elements, clicks the Average button and the referee approves and confirms it; so, the data operator sends the average to the judges.
- At the end of the performance reads the list of the elements so that the CTR, the AS and the referee can double check.
- After checking the elements, if the system does not automatically exclude an element because it is not accepted by the rules, the DO must highlight the element and press the * button.

Referee (REF)

- Checks the average of the components of the first skater(s) and can change them.
- Checks all the rules, number of elements, time of elements (as required), time of programs, repeated elements or spin positions and costume.
- Confirms the falls and has the last word if there is a doubt on a fall called by the TS.
- Does not give any opinion on the discussion between the TP unless the TS asks for it.

GENERAL PROCEDURE FOR TECHNICAL PANEL

To evaluate a program, the procedure for the TP is as follows:

- Pre-calls and calls.
- Request and visualize reviews.
- Data input.
- Checking.
- Confirmation.

In this document, when some sentences are capped with quotes and italicized (for example: “*Solo Lift*”) that refers to the oral formula that should be used by the TP.

Any element attempted will occupy the corresponding box of its group. In this way, when the number of boxes allowed for each group is exceeded, the system will remove the extra ones with the symbol *.

Pre-calls and calls

Pre-Calls

- It is the act of announcing the group of the element, that the skater will execute next. These pre-calls will be listed in order on the program element content sheets.
- Pre-calls will be made after the previous item has been completed and after verifying that no review has been requested.
- For the first element, the pre-call is made after the start of the program once the TS has announced “*Start*”.
- When the program element content sheet has not been delivered it is recommended that the TS anticipate (as far as possible) the group of the element the call belongs. This will help the DO’s function. Examples: “*Solo Jump, Double Salchow*”; “*Combo Lift, Kennedy level 4*”; “*Heel confirmed, Sit Confirmed, Combo Spin*”; “*Start Footwork Sequence*”.

- When the program element content sheet does not match the order of execution of the elements, it is recommended to stop making the pre-calls.

The groups of items that should be pre-called and the acronym they have on the program element content sheets are the following:

ELEMENT	ACRONYM
Combo Jump	CoJ
Solo Jump	SJu
Combo Spin	CSp
Solo Spin	SSp
Footwork Sequence	FoSq
Choreographic Sequence	ChSt
Death Spiral	DS
Camel Spiral	CS
Combo Lift	CLi
Solo Lift	SLi
Contact Spin	CtSp
Twist	Tw
Throw Jump	Tj

There are some ways to make a pre-call:

- *“First Element ... Combo Jump”*.
- *“Next element... Solo Lift”*.
- If there is an element which has a specific detail that should be noted, this should be reported after the pre-call. Example: *“Next element... Combo Jump, Lutz declared”* or *“Next element... Footwork Sequence... starting at 2.10”*.

Calls

This is the validation of an element by the TS. It may be complete, partial, increased or devalued, in accordance with the provisions of the regulations. The action of validating an item will therefore be known as "calling".

Jumps & Throw Jumps

See Free Skating.

Spins & Contact Spins

See Free Skating

Footwork sequence

Footwork sequence: start + level.

The start is called: *“Start element”* or *“Start footwork”* (if no pre-call it might be helpful to use the name of the element). At the end, the level is called: *“level ...”*.

The technical panel will call the start of the element and begin to count in accordance to the time as transcribed on the program element content sheet or once the TS recognises that the sequence has begun. The TS will stop calling when the CTR calls *‘Time’* or when it is evident that the footwork sequence is complete and a transition to another element has begun.

During the element, it is best not to call each turn so as not to confuse the rest of the panel. The first step is to organize with your TP who is going to check what. In general, the Specialist counts the turns of the man and the Assistant counts the turns of the woman.

For the features, the TP calls the feature + confirmed.

In regard to the timing: the technical panel will allow anywhere up to and within the maximum seconds. For example, for up to 40 seconds, it will be accepted anywhere up to 40.59sec.

Whatever the method chosen, it should be consistent and communicated with the DO and the TP prior to the beginning of the event/competition.

TURN/FEATURES	ACRONYM
Counter	Ct
Rocker	Rk
Bracket	Bk
Three turn	3t
Loop	Lo
Travelling	Tr
Choctaw	Cw
Right / clockwise	R
Left / anti clockwise	L
Body movement	BM
Cluster	Cl
Different feet	DF
Holds	H
Confirmed	C
Not confirmed	NC
Fall	X

PART OF THE CALL	DETAILS
Turns + feet	<ul style="list-style-type: none"> • Three turn (only if it is in a cluster) • Bracket • Counter • Rocker • Left • Right
Turns + direction	<ul style="list-style-type: none"> • Loop • Traveling • Clockwise • Anti-clockwise (anti)
Features	<p>Will be called once the characteristics are achieved. For example, 2 Choctaws are performed, from forward to backwards, one clockwise and the other anti-clockwise; 3 body movements from different groups, etc.</p> <ul style="list-style-type: none"> • Choctaw

	<ul style="list-style-type: none"> • Body movements • Cluster • Different feet • Holds
Confirmation	<ul style="list-style-type: none"> • Confirmed: the turn / feature meets the mandatory characteristics to be confirmed. • Not confirmed: the turn / feature characteristics / required number have not been reached.

Choreographic sequence

Choreographic sequence: start + confirmed/not confirmed.

The start is called: “*start element*” or “*start choreo*” (if no pre-call it might be helpful to use the name of the element). At the end, the element is confirmed or not confirmed with the oral transcription: “*choreo confirmed*”.

The technical panel will call the start of the element and begin to count in accordance to the time as transcribed on the program element content sheet or once the TS recognizes that the sequence has begun.

Lifts

Lifts: features + level.

To avoid confusion during the program, as a general rule, the TS will call all features performed and the CTR will notify if any of them has already been used with the oral transcription: “*used*”. This will be useful for the panel to understand which features count toward the level and which do not.

The assistant will check the number of revolutions.

At the end, the level is called: “*level ...*”.

For example: SpPan3: “Spin Pancake with difficult entry, one handed by the man, no handed by the lady, level 3”

Spirals

Spirals: features + level.

To assist the panel to understand which features have been counted toward the level and which are not it would be useful for the TS to call all features performed.

At the end, the level is called: “*level ...*”.

For example: DS2: “difficult entry, left handed by the man, level 2”

Twists

Twists: number of rotations + level + lack of rotation.

As twists are performed quickly it is not required of the specialist to call the features.

At the end, the specialist calls the number of rotations (single, double, triple, quad), the level (Base, 1, 2, 3 or 4) and any lack of rotation (under half, down) and fall if present.

Examples:

- 3Tw2<: “triple twist, level 2, under”
- 2TwBX: “double twist, base, fall”

Request and visualize reviews

- The request for a review must be made in order to avoid overlapping. First, the AS can ask for a review and then, if not requested, the CTR can do it if he/she has doubts or if the AS calls review on a particular part of the element and the CTR wishes to review a different part.
- To request a review, it is necessary to wait until the skater finishes the item and it must be called before the next element is pre-called.
- The reason for the review and the affected part of the element should be called, if it is a combination element, the part the review is on must be said.
- When there is a doubt in the identification of an element, the review must be requested for the whole item “*for the calling*”. For example: broken combo jump, Broken combo spin, change the call of the last jump of a combo jump (1Lo instead of NJ).
- No other comments are allowed. The discussion about the reviews will be at the end and not during the program.

Examples:

- “*Review on salchow for landing*”
- “*Review on the take-off*”
- “*Review on the sit*”
- “*Review for the calling*”
- “*Review for checking body movements*”.

Managing the reviews

The CTR manages the reviews. Therefore, once the program is finished, he must indicate the Video Operator the number of the element, the affected area, the reason, and the speed to be used. The assistant will also be able to specify the review speed if it is required slower or faster.

Example: “*element number 3, review on the second jump of the combo (2T) for the take-off, normal speed, please.*”

Rules to visualize the reviews

- Only the part of the element where the review has been requested may be reviewed and therefore it can be changed, the call of any previous or subsequent elements cannot be modified, even if the visualization of the video reveals other incorrect calls.
- It is not allowed to identify an error not previously warned during the review. For example: 2S< with a review for landing, cannot end up being a jump <<< because of the take-off, unless it was announced during the program.

Speed for the reviews

- *Normal speed.*
- *Slow (50% of the normal speed).*
- *Very slow (20% of the normal speed).*

The speed to be used for the reviews, according to the type of element, will be:

- Frame by frame revisions cannot be performed.
- Jumps landing normal speed, slow and very slow.
- Jumps take off: *normal speed.*
- Twist: normal speed, slow and very slow.

- Spins/Contact spins rotations and position correctness: normal speed and slow.
- Footwork sequences or choreographic sequences: normal speed.
- Lifts: normal speed, slow and very slow.
- Death Spiral: normal speed and slow.
- Falls: normal speed.
- Full calling: normal speed.

Data input

The data input will be done in specific boxes assigned to each item group that will be pre-called by the AS: Solo Jump, Combo Jump, Solo Spin, Combo Spin, Footwork Sequence, Choreo Sequence, Twist, Combo Lift, Solo Lift, Contact Spin, Death Spiral, Camel Spiral, Throw Jump. Each group of boxes has an area assigned on the computer screen to which the DO will direct the mouse when the pre-call is made.

- During the program, the DO will enter the elements as these have been called. However, there is the possibility that a pre-call does not correspond to the element group that the skater performs. In this case, the TS or the CTR must correct such pre-call. Example: when a pre-call is ‘Combo Jump’ but the skater performs a ‘Solo Jump’, and there is no correction on the group of element, the CTR must alert the DO pointing on the screen in the correct box group or saying "*this is a solo jump*".
- The DO, with assistance from the CTR, should enter the footwork and choreographic sequences five (5) seconds prior to when they are deemed to begin according to the content sheet, so the judges can be informed of the element starting.
- When the DO loses the callings of some elements, the CTR may confirm at the end of the item the number of jumps or positions performed. Example: "*four Jumps*" or "*three positions*". Then the DO should enter the standard elements of each group that will be changed after the end of the program with the monitoring of the CTR. Example: four NJ in a Combo Jump or 3 Upright Spin in a Combo Spin.
- The features with bonus percentages may be inserted during the performance, or at the end of the program under the supervision of the CTR and once all revisions have been made.

Checking and confirmation

This is the last part of the TP scoring process before the program results are displayed. It consists of a detailed reading out loud of all the elements inserted by the DO. The CTR, the TS, and the AS will listen carefully.

Recommended way to read the elements to avoid possible data input errors:

- a. Box number: "*one*"
- b. Item group: "*solo jump*"
- c. Element called with bonuses or deductions: "*double toe under*" or "*camel confirmed 20%*", or "*footwork sequence level 2*".
- d. Possible increments or cancellations of the box (*) which are indicated in the rightmost column: "*impossible sit 25%*" or "*spin pancake invalidated (*)*".

Finally, the CTR gives the order to press "Confirm". The system applies the particularities of the rules and eliminates what is not confirmed.

It is necessary to check the automatic warnings made by the system and modify the * if needed. If this does not correspond to the rules or what the TP said, the DO must press the "stop" immediately to solve it. For this reason, it is recommended to ask the judges to

wait five (5) seconds since the "elements authorized" signal appears on their screen until they press, "send marks".

SPECIFIC PROCEDURE FOR MISSING MANDATORY ELEMENT

- If a mandatory element is omitted or it has not even been attempted, the skater will be penalized by the TP for "missing mandatory element". However, any type of attempt, even though a fall may modify its original group, will not be penalized since it has been at least presented.
 - Example: the pair does not perform a one position lift in the senior short program or replace it with any other different element = missing mandatory element (-1.0 point).
 - Example: the pair has already executed a one position lift in the senior short program and after cannot execute a combo lift because of lift failure in the first position presented = an attempt of a Combination Lift = element without value but no penalized will be applied. There is no value because there are not at least two positions presented for the element to be a combo lift.
 - **Note: if the pair purposely do not attempt the execution of the element, it will be considered as missing mandatory element.**
- Lift take-offs cannot be repeated. If the skaters present the same lift take-off twice, the CTR with the help of the DO and the AS will invalidate (*) the second one presented.
- All items executed after the program maximum time is reached will be called by the TP but if the REF blows their whistle, the elements called afterwards will be invalidated with symbol (*).
 - Example: combination spin with four positions, the last two positions were performed out of time limit: C + S + C* + U*.

TECHNICAL SPECIFICATIONS FOR JUMPS & THROW JUMPS

See Free Skating.

Where it specifies in the requirements double and the skaters perform less than two rotations the jump will be called and credited for what has been performed. No penalty for missing mandatory element will be applied as the jump has been attempted.

For throw jumps: where the skaters land on two feet side by side (not in a crossed position) the technical panel will call 'Downgraded'.

For side by side jumps: any error in jumps will be considered as if it has been performed by both partners. The technical panel will call the greater error.

Examples:

- If the male does a double salchow and the female a triple the element will be called as 'double'.
- If the female under rotates the jump and the male performs a clean jump the jump will be called 'under'
- If the female breaks the combo jump with a double three and the male does not, the combination will be considered broken and the broken combo rules will apply.
- If the female does two connecting jumps and the male only one the combo will be called with two connecting jumps.
- If the male falls and does not complete the combo and the female continues: The combo will be called by the technical panel with a fall and only the part completed before the fall will be valued. The TC will need to ensure with the DO that the jumps performed in the continuation by the female devalued with "**".

TECHNICAL SPECIFICATIONS FOR SPINS

See Free Skating

For side by side spins: to be confirmed the spins and any features they must be confirmed by both partners. Any error in spins will be considered as if it has been performed by both partners. The technical panel will call the greater error.

Examples:

- If the male does a heel camel and the female a camel the spin will be called '*camel*'.
- If the male falls and does not complete the combo and the female continues. The combo will be called by the technical panel with a fall and then only the part completed before the fall will be valued. The TC will need to ensure with the DO that the spins devalued with '**'.

TECHNICAL SPECIFICATIONS FOR FOOTWORK SEQUENCE

Technical panel protocol during the footwork sequence

- **TS:** calls the start of the sequence with the formula "*start element*". During the development of the element the TS count the number of turns performed **by the man** and the foot/direction in which they have been executed without calling them orally so as not to confuse the rest of the panel. If one turn is confirmed, it will be counted on one hand or another (as appropriate) but if not confirmed it will not be marked. If a skater executes the same turn three times and all three are confirmed, only the first two will be considered. In addition, the TS will call the "cluster" as soon as it is seen with the oral code: "*cluster confirmed*". At the end of the element the TS will call the level of the man considering the contributions that CTR can make about the features they have to monitor during the item.
- **AS:** will call the start of the element if the TS has not. During the execution of the item, the assistant must count the number of turns performed **by the lady** and the foot/direction in which they have been executed. The AS will call the "cluster" as soon as it is seen with the oral code: "*cluster confirmed*". At the end of the sequence if the level of the lady is lower than that of the one of the man called by the specialist the assistant will call the level for the woman with the oral code: "*level x for the lady*".
- **CTR:** activate the stopwatch at the same moment the TS calls the start of element. The CTR will check the presence of body movements, choctaws and holds and will confirm the features as they are presented with the oral code '*body movements confirmed*', '*choctaws confirmed*' and '*holds confirmed*'. When the stopwatch has exceeded the time allowed, the CTR will announce it with the oral code: "*time*". At that point, the footwork sequence will stop being evaluated.

Footwork features

As a general rule the feature needs to be confirmed by both partners to be granted.

Body movements: it is necessary for both the man and the lady to present three confirmed body movements for the feature to be granted.

- The three body movements presented must come from **different spatial groups (high, medium & low)** as outlined in the Artistic Impression document.
- Body movements performed at the beginning or end of the sequence whilst the skaters are stationary are not to be considered.
- The body movements should be spaced throughout the sequence with at least one (1) step or turn in between. Body movements presented one after the other are to be counted as one movement, and in this case the **spatial** category of the movement can be determined as the one that favors the skaters for confirmation of the feature.

Choctaws: both skaters must have confirmed (2) Choctaws.

- One Choctaw must be clockwise and the other anti-clockwise. Rotational direction is determined by the exit edge of the Choctaw.
- Only Choctaws from forward to backward will be considered.

Cluster: for the feature to be granted a cluster for both partners must be confirmed.

- It is not necessary to present three consecutive turns. Example: if the skater performs a cluster with 4 turns and the third is not confirmed but the other three are confirmed then the cluster will be confirmed.
- The clusters confirmed by each partner do not need to be the same.

Different feet: for the feature to be granted it must be confirmed for both partners.

- There must be a balance, depending on the level of the element, in the number of turns made with the right foot or clockwise direction (only for loops and travelings) and the left foot or anti-clockwise direction (only for loops and travelings).
- Example: If a skater executes 4 turns with the right foot/clockwise direction and 3 turns with the left foot/anti-clockwise direction, the feature "different feet" will be considered for level 2, but not for level 4 as they would be needed 4 and 4.
- This feature will not be effective with a 2-2 formula because for level 1, feature type 1 or type 2 (body movements or Choctaws) is mandatory.

Holds: the partners must be in hold for at least 50% of the sequence.

- Hand in hand will not be considered as a hold for the feature.
- The hold can be broken at different points throughout the sequence, however the total time the partners are in hold needs to equate to 50%.

TECHNICAL SPECIFICATIONS FOR LIFTS

Lifts are classified by their take-off and must have a minimum of three (3) rotations to be confirmed with a level.

Counting of revolutions

The total number of revolutions of a lift are counted according to the revolutions of the man, from the point where the lady is lifted from the skating surface until the point she is placed back onto the surface after the elevation. It is permitted to perform an extra half revolution to enter the lift and an extra half revolution to exit the lift. Rules regarding the number of revolutions required are:

- The maximum number of revolutions for a one position lift is four (4).
- The maximum number of revolutions for a combination lift is according to the program (short or long) and the grade of the team (Senior, Junior, Youth, Cadet, Espoir). See Section 4 Technical Content for more information.
- If the maximum number of revolutions is exceeded the technical panel will continue to call the lift however, the features presented in the illegal part will not be considered toward the level and the couple will be penalized 1.0 from the total score.
- If the man is in a spread eagle position during the take off the number of revolutions will be counted according to the leading foot at the moment the lady leaves the surface.
- Lifts are NOT ALLOWED in Minis and Tots and if presented will incur a penalty for illegal element of 1.0
- Lifts above the head are NOT ALLOWED in Cadet and Espoir and if presented will incur a penalty for illegal element of 1.0

Lift 'No Level'

A lift is to be called but given no level **and starred out** if the technical specifications are not met, reasons for a lift to be called no level include but are not limited to:

- A lift that does not meet the basic technical specifications to call a base level.
- A lift of less than the minimum three (3) revolutions.
- An unrecognized take-off.
- A lift where the lift fails in the take-off and the woman does not get the her position.
- A lift where the man makes an evident use of the toe-stops during the take-off phase.
- A lift where the lifted partner makes an evident use of the lifting partners shoulders to assist in the take-off.
- A lift with a repeated take-off.

Lift features

Each type of difficult variation or skating element will count once per program, with the exception of Change of Axis that can be presented in more than one lift and more than once per lift and one handed/no handed features which can be presented once per lift. After the first attempted execution of each type of variation, it will be considered as used (regardless of if it is confirmed or not confirmed) for the purposes of counting it as a feature. A difficult variation is considered as attempted when this variation is clearly visible.

Difficult variation in the take-off: This feature can be granted for lifts above the head when the skaters perform a different variation from the standard take-off. The variation presented by the pair must make the execution of the lift more difficult. Each variation of difficult take-off can only be counted once per program. Difficult take-offs include and are not limited to:

- Execution of a skating element by the lifting partner: spread eagle, ina bauer, one foot etc.
- One-handed take-off without any other point of contact.
- For Reverse Cartwheel: Flick take-off where woman rotates.
- For Kennedy and Low Kennedy: take-off with both skaters skating forward.
- For low Militano: take-off around the back.
- Execution of a Rocker, Counter or fast travelling immediately prior to take-off. Traveling must be two (2) revolutions (4 turns)
- Execution of a dance lift or acrobatic movement immediately prior to take-off.
- Execution of a one foot balancing skating element by the lady immediately prior to take off (i.e. ring, biellmann, inverted position etc.).

The position after the difficult variation in take-off must be held for at least one and a half (1 ½) revolutions for the feature to be confirmed.

For lifts under the head: difficult entries are NOT allowed (other than those specified in the features list). If the skaters present this feature for lifts under the head the technical panel will lower the lift down one level. (Note: When applying this rule, the level should not be lowered lower than Level Base).

Difficult variation in the landing: this feature will be granted for lifts above the head when the skaters perform a difficult variation from the standard landing and all other technical characteristics of the element performed are respected. The variation presented by the pair must challenge the strength or balance of the pair to make the execution of the landing more difficult. Each variation of difficult landing can only be counted once per program. Difficult variations in landing include and are not limited to:

- A complete rotation of the lady on one axis without touching the partner with the body.
- One hand hold landing. Where the man uses a one hand point of contact and the lady does not touch the partner with any other part of the body.

- Execution of a skating element by the lifting partner: spreadeagle, ina bauer etc. For this feature to be granted the skating element must be established before the descent of the lady and remain held until the lady is placed back onto the surface.

The difficult variation in landing will not be confirmed if the position before the difficult landing is not at least one and a half (1 ½) revolutions.

The difficult variation in landing will not be confirmed if the woman is not placed back onto the skating surface by the man. i.e. if the woman lands heavily or falls to the surface rather than being supported smoothly to the surface by the man the feature will not be confirmed.

For the combination lift: if the difficult variation in landing is presented with a difficult variation in take-off, only one of the two will be counted as a feature toward the level.

For lifts under the head: Difficult landings are NOT allowed. If the skaters present this feature for lifts under the head the technical panel will lower the lift down one level.

Note: when applying this rule, the level should not be lowered lower than Level Base.

Difficult variation of the lady's position: this feature will be granted for lifts above the head when the lady performs a difficult position. To be considered a difficult position the position must challenge the balance of the lift resulting in the execution of the lift being more difficult. The position must be held without the assistance of the lifting partner. The difficult position must be held for 1 ½ rotations. Difficult variations in the lady's position can be specified or unspecified. Specified difficult positions are those specified in the features list for one position lifts. Unspecified positions include and are not limited to:

- Full ring: the upper body is arched backward with one or both heels close to the head (describing a complete circle). It can be presented on any plane.
- Full split: when the legs are spread and extended at a straight angle (180°). Can be lateral or horizontal.
- Biellmann: the heel of the skate (sustained by the hands (2 or 1) brought behind the bust (on the sagittal plane) and at the same level as the head or above the head. The free leg and the back should be at less than 90°. Can be presented on any plane.

Each type of difficult position can only be counted once per program.

For lifts under the head: Difficult positions of the lady are NOT allowed. If the skaters present this feature for lifts under the head the technical panel will lower the lift down one level. (Note: When applying this rule, the level should not be lowered lower than Level Base).

No handed/one handed: these features will be granted when the required hand hold is kept for a clear one and a half (1 ½) rotation.

For one handed by the man, lady, or both (depending on the lift): for the feature to be confirmed the contact needs to be with one hand only. The free arm/hand must not be in contact with any other part of the partner's body for a full 1 ½ revolutions.

For combination lift:

- The one hand or no hand will be called only if it is confirmed for at least two (2) positions. The positions do not need to be consecutive.
- The no-handed of the woman in star position can be considered as one of the positions to count for the feature.

No handed by the lady/one handed/one handed by the man and one handed by the lady features can only be counted once per lift.

Left handed by the man: this feature can be granted where the man uses the left hand as the only point of contact with the woman for a minimum of one and a half (1 ½) clear

rotations. This feature may be granted in conjunction with the one-handed feature. This feature can only be counted once per program.

Clockwise rotation: this feature can be granted for a **one position lift** where the pair rotates in a clockwise direction for at least one and a half (1 ½) rotations. This feature can only be counted once per program.

Performing a skating element during the lift: this feature can be granted if the lifting partner performs a skating element during take-off, during rotation or before landing. The position must be clear and controlled. Skating elements include but are not limited to:

- Ina Bauer
- Spread Eagle
- Carriage (balancing on one foot)
- Turning on one foot

The feature may be counted only once per lift, and each type of skating element can be counted only once per program.

Change of position/axis: as soon as there is a change of position of the lifted partner in a lift, the lift will be considered an attempt at a combo lift. For example, If the couple perform the basic Kennedy followed by the layout position this is considered a change of position and therefore a combination lift. The first change of position is what makes the lift a 'combination' and therefore is not counted as a 'change of position' for the level, unless the change of position involves a change of axis. For the feature change of position to be granted:

- The position before and the position after must be held for at least one and a half (1 ½) revolutions.
- For lifts below the head: change of position be given a feature for each change after the first included in the call of the Combo Lift.
- For lifts above the head: The position must change in a significant way that results in a change of axis or the change is performed in a difficult way (for example: where the woman performs a twist in the air). This includes and is not limited to:
 - Pancake twist airplane
 - Change from Cartwheel to Layback position of the lady
 - Change from Cartwheel to Kennedy
 - Change from Pancake to Militano
 - Change from Militano to Cartwheel

Change of position (lifts under the head) and Change of axis (lifts over the head) can be counted more than once per program, and more than once per combo lift.

A change of position directly after the take-off which results in the woman changing axis to achieve a position other than the standard position for the take-off. i.e. Spin pancake take-off where the lady immediately takes the star position, will be considered as a change of axis feature NOT as a difficult entry.

TECHNICAL SPECIFICATIONS FOR CONTACT SPINS

Basic positions for contact spins

To confirm a contact spin the key points for confirmation must be met and the position held for a minimum of three continuous rotations for a one position contact spin and a minimum of two continuous rotations for a combination contact spin.

The definitions for the basic positions: Upright, Sit, Camel, can be found in the Official Regulations Artistic - Free 13: Technical Specifications for Free Skating Spins.

For all contact spins the following key points are required for confirmation:

- Correct prescribed position of each partner.

- Clear maintained edge kept for the required number of revolutions.
- Contact held between the partners for the entirety of the revolutions required unless the man's leg is passing over the woman.

Killian Camel & Tango Position Camel:

Contact between partners is maintained for the entirety of the revolutions required except in the case of presenting the feature where the man passes the leg over the woman where contact position must be maintained up to the point of the execution of the feature and recommenced immediately after the execution of the feature.

Reverse lay over camel (man's leg over the woman):

- Man should meet the specifications for the basic camel spin. Lady should meet the specifications for the inverted spin.
- Partners may change or completely release contact while the man's free leg passes over the lady.
- The partners must remain close so that the man's free leg passes over the lady a minimum of twice for both one position and combo contact spin.

Impossible sit:

- Man should meet the specifications for the basic sit spin.
- The woman must be lifted off the skating surface in an inverted position with her hips and shoulders facing upward. Her body must remain rigid and parallel to the skating surface unless she is performing a difficult variation.
- Position of both partners must be maintained for the required number of revolutions of the man in the sit position.
- The man must enter and exit the sit position from an upright position and on one foot. If the man places the free foot on the skating surface before he is halfway ascended it will not be confirmed.

Difficult positions and variations

For any kind of variation to be confirmed, it must have reached the minimum number of revolutions established in the rules with the correct position achieved. If the pair executes a difficult change or a difficult entry and the previous and the following spin is not confirmed, the bonus will not be applied.

Bonus for number of rotations in a single position contact spin: More than four (4) rotations in any position. To grant this feature the rotations must be continuous and consecutive with the position kept correctly without losing the established definition.

- Example: an impossible sit where the skater performs +1 unconfirmed rotation (because the man's hip is not lower than his skating knee) + 3 confirmed rotations = Impossible Sit confirmed without the feature for the number of rotations.

The bonus for number of rotations will be vocalized by the technical panel as '*bonus for number of revolutions*'.

Difficult entry bonus (one position and combo spin): the bonus for difficulty entry may be applied to a one position or combination contact spin. In the case of a combination contact spin the bonus for the difficult entry will be applied only to the first position. The entry of a spin is defined as the preparation immediately preceding a position and may include the beginning phase of the spin, the centering. The bonus will be applied only on the position executed immediately after the entry, which must also be confirmed. The entrance must have a significant impact on the balance, control, and execution of the spin. If there was a change of foot between the difficult entry and the centering phase, the bonus will not apply.

- **Acrobatic position:** the entrance must have a significant impact on the balance, control, and execution of the spin during the centering phase. It can be executed by one or both partners.
 - Example: performing an Illusion during the centering phase without changing foot. Head must arrive to the low space and leg to the high space.
 - Entry after a choreographic jump or acrobatic movement that involves an impact on the balance point during the centering phase.

The difficult entry will be vocalized by the technical panel as *'difficult entry'*.

Difficult position of the man or lady: The bonus for the difficult position of the Man or Lady can be applied where a difficult position is maintained for at least two revolutions.

- Heel position of the man on any contact spin may be considered as a difficult position. In the case of uprights, Kilian camel, catch at waist or tango camel both partners must be in the heel position for the difficult position to be confirmed. The skater/s must maintain the position on the heel for the required number of revolutions.
- **For impossible sit the behind position of the man may be considered as a difficult position. To confirm the feature the free foot must be positioned behind the skating foot.**
- For Impossible camel or sit the twist **or** a difficult position of the woman i.e. a split, ring or skate hold, the bonus will be 25% on the value of the spin. The difficult position must be clear and maintained for at least two revolutions.
- **For hazel spin, no handed of the lady will be considered as a difficult position.**
- **For Sit-Camel - the man in a sit position holding the lady in a camel position the no handed by the lady will not be considered a feature.**

The difficult position will be vocalized by the technical panel as *'difficult position of the man/lady'*.

Difficult change of position in a combination spin: Difficult changes will be called only if the change between one position and the other happens within one rotation of the man. To confirm this feature, the spin before and the spin after the difficult change must be confirmed. The bonus will cease to apply when a position executed after is not confirmed. Difficult change of positions for a combo contact spin are as follows:

- A complete rotation of the lady on her axis parallel to the floor. This feature can be granted if the lady completes a clear visible full rotation on a horizontal axis.
- Lady passing over the man's back.

The difficult change will be called by the Technical Panel using the vocalization *"Difficult change"*.

Break in combo contact spin

There are some situations that cause a break in the Combo Spin. **All parts of the spin performed after the break will be started out and given NO VALUE.**

- A fall by either or both partners.
- If there is more than one (1) revolution of the man on two feet during the change of position.
- If there is a significant change of axis between one position and another.
- Any other reason that causes a prolonged full stop in the execution of the element i.e. the couple are not spinning and not preparing for or changing the position in the spin.

In all the cases the TP should call this interrupted situation with the word "BREAK".

For borderline situations, the TP have the authority to decide in one direction or another, provided the same criteria is applied for the other skaters. However, if there is any doubt and the review does not help, the decision should always be in favor of the skater.

The Data Operator will enter the spin as one element and the Controller must ensure that at the end of the program they check with the Data Operator that all spins and positions called after the “BREAK” are devalued with “*”.

All difficult variations or positions executed after the “BREAK” will be considered attempted and used.

TECHNICAL SPECIFICATIONS FOR TWIST

The twist is a lift with a recognized assisted take-off, where the woman turns rotating freely in the air for a planned number of revolutions and then is caught by the man and assisted in landing. The take-off is limited to flip or Lutz. The technical panel will call the twist specifying the level and also the rotation (under, half, downgraded) as per Technical Specifications for Jumps (See Free Skating).

Twist ‘No Level’

A twist is to be called no level if the technical specifications are not met, this includes:

- If the take-off is not a recognized flip or Lutz.
- If there is no split position of the lady prior to rotation.
- If there is no assist by the man in take-off or catch in landing.
- When the man lands behind the lady in a backward skating position, the twist will be called NO LEVEL.

Twist features

Lady’s Split: A split position by the lady is mandatory for a twist to be confirmed with a level. The feature for lady’s split can be given if the following specifications are met:

- Each leg of the lady is at least 45 ° from her body axis.
- Legs straight or almost straight.

Original/difficult position of the lady: this feature may be granted if the lady presents an original or difficult position during the twisting motion. For example: arms above the head. This feature may be granted if the following specifications are met:

- For original position: The position has not been seen before and is not a copy.
- For difficult position: The position makes the execution of the element or twisting motion more difficult by challenging the skaters’ ability to balance and/or perform a twisting motion.
- The original/difficult position is performed during the twisting rotations and not after contact has been re-established with the man.

Catching the lady at her waist: this feature may be granted if the following specifications are met:

- The man must catch the lady with both hands on the sides of the waist.
- The lady does not touch the man with her hands or any part of her body at any point during the catch and landing phase of the twist.
- The lady is caught and assisted in a controlled manner to the floor.

Difficult take off: this feature may be granted if there are clear steps and/or skating movements immediately preceding the twist take-off. This feature may be granted if the following specifications are met:

- The steps and/or skating movements are performed by both partners (Note: the partners do not have to perform the same steps and/or skating movements).

- The rhythm should be maintained. If there is any break between the steps/skating movements and the twist take-off, the feature will not be confirmed.
- If the lady places two feet on the surface and rolls on two feet between the steps/skating movements and the take-off, the feature will not be confirmed.

Man's arms: this feature may only be granted if the following specifications are met:

- The man has stretched the arms during the lift of the lady in the air.
- The man lowers the arms at least to the height of the shoulders while the lady is in the air.
- The man after lowering the arms, lifts them **at least to the height of** his shoulders to catch the lady for landing.

TECHNICAL SPECIFICATIONS FOR DEATH SPIRALS

Positions for spirals

In the final position while the lady is performing the actual spiral, both the man and lady must execute a minimum of one (1) revolution with the knees of the man clearly bent in a full pivot position. His hips should be not higher than his skating knee and he pivots around his left toe-stop.

Camel spiral backward outside/forward inside: key points for confirmation:

- The man in correct centered pivot position, with the contact arm fully extended.
- Clear edge maintained for the entirety of the spiral.
- The lady in the camel position. Free leg position (knee and heel) must not be under the hip.

Death spiral backward outside/forward inside: key points for confirmation:

- The man in correct centered pivot position, with the contact arm fully extended.
- Clear edge maintained for the entirety of the spin.
- The lady in the inverted position with her hips at the same height as the skating knee with a pronounced arch and her shoulders and head close to the surface and contact arm fully extended.
- The lady should maintain contact of the skating foot on the floor with at least three wheels maintaining contact with the skating surface on the inside spiral.

Death spiral features

For any kind of variation to be confirmed, it must have reached the minimum number of revolutions established in the rules with the correct position achieved.

Difficult entry: for the feature of difficult entry to be confirmed the difficult entry must immediately proceed the commencement of the death spiral i.e. it should take place while both partners are on the entry curve. The position must have a significant impact on the balance, control and execution, so that in effect, it makes the element more difficult to achieve. If there is a change of foot, rolling on two feet or other correction of balance between the difficult position and the commencement of the death spiral the difficult entry will not be confirmed. There are several types of difficult entries:

- **Split sideways position of the lady:** lady must be in a split position with the free skate is higher than the head level while the rest of the body stays as close as possible to the vertical axis and the skating leg as straight as possible. The free leg could be on the side of the head or in front. Both legs must form an angle of more than 150°.
- **Skate hold:** the lady must hold her free skate wheels with one hand during the entry phase of the death spiral.

- **Execution of a turn (Counter, Rocker or fast Traveling).** The turn must be recognizable, and the exit edge of the turn must be the entry edge of the spiral. Traveling must be two rotations (4 turns).
- **Ring, biellmann position of the lady.**
- **Execution of a dance lift:** the lady should be placed onto the edge of the spiral.

Difficult entry of the man: outside back spread eagle on the entry edge the spiral. The man must remain on the outside back edge.

Change of hold: for the feature change of hold to be confirmed there must be at least one (1) rotation before and half (1/2) a rotation after the change (or vice versa). The change must be completed swiftly without any obvious two-handed hold and without any variance in the basic position of the man and woman. This feature may be performed more than once but will only be considered once as a feature for the level.

If this feature is performed with left hold of the man, he must maintain the left hold for at least one revolution.

More than one rotation: for this feature to be confirmed the skaters must complete a clear extra full (360 °) rotation in the correct position. This feature can be counted more than once in a single element i.e. Three (3) full revolutions in the correct position would be two (2) features.

Difficult position of the lady: for this feature to be confirmed the woman must be in a difficult position: ring or skate hold.

If the difficult position presented is the same as that used for the difficult entry, only the difficult entry feature will be granted.

TECHNICAL SPECIFICATIONS FOR CHOREO SEQUENCE

Choreo not confirmed

A choreo sequence is to be called not confirmed if the technical specifications are not met. Reasons for a choreo. sequence to be called not confirmed include:

- If the sequence does not start with a stop or a stop and go
- If the sequence does not cover at least $\frac{3}{4}$ of the skating surface

If the time of the start of the Choreo. Sequence is not specified or incorrectly specified on the program element content sheet the Technical Panel will call the element when they recognize it has begun.

9 PENALIZATIONS

Missing mandatory element

When the skater has not included in his program a mandatory element.

On the short & long program, there is a list of mandatory elements groups, any kind of attempt of each group will be considered for not applying that penalization.

- Example: if the skater falls, during the take-off of the lift element or the entry into the contact spin, it will be considered an attempt of that kind of element, and the TP will not penalize for missing mandatory element. However, the REF must apply the penalization for the fall.

Illegal element

An Illegal element is when a skater includes an element that is expressly prohibited in the program.

- Example: a mini pair perform a lift or 2A in youth short program.

Extra items (but allowed in a category) will NOT be considered illegals.

- Example: 5 jumps instead of 4 in a combination jump. In this case, the program will automatically put a * on the last one. However, the CTR and REF must check this during the manual check. No penalization will be applied in this case.