

WORLD SKATE

RULES FOR ARTISTIC SKATING COMPETITIONS
PAIRS

BY WORLD SKATE ARTISTIC TECHNICAL COMMISSION

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Page, Item	Change/Addition/Removal	Rationale
P. 7-10 3. Technical Content	One combination contact spin. Maximum 3 positions. The positions must be different. OR One combination side by side spin chosen each year by ATC.	Encourages greater technical variety Makes clearer that ATC selects if a contact or side-by-side spin is required
P. 8 Long Program Junior & Senior	Maximum two (2) throw jumps (must be different jumps). Maximum one (1) triple OR 2A.	Levels the playing field & supports greater focus on overall program composition, rather than loading programs with repeated high-difficulty throws
Pgs. 8 & 9 Long Program Requirements and Page 16.	Long Program requirements change from One footwork sequence, maximum level 4, maximum 40 seconds to a refined element: One (1) Choreographic Sequence. Maximum 30 seconds.	Distinction between short and long program requirements. Promotion of artistic freedom in the Long program
Page 19 Militano Features	Star position of the lady. In this case, the no hands by the lady feature and one handed of the man 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 and one hand by the man.	Prevents double counting of features Encourages proper execution of the Star position
P. 20, Clarifications for Lifts	The take-off for the Militano and Reverse Militano will be considered the same type of take-off.	Promotes greater variety in the presentation of the lifts.
P. 20, 38 & 39, Clarifications for Lifts	The feature Skating Element will be only taken into consideration only once per program.	Encourages variety and enhances audience appeal
Page 27, Penalizations by the referee	Time of the program less than the minimum or more than the maximum. 0.5 point each 10 seconds or part thereof.	Reduces common occurrence of programs going overtime
Page. 27. Penalizations	Change of penalty Higher number of rotations for lifts (4, 8 and 12 rotations lifts) from the Referee responsibility to the Technical Panel responsibility	Logical that the TP have this responsibility as they have the ability to review if required

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PAIRS

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

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 of:

Short program

- Junior and Senior 3:00 min +/- 5 seconds.
- Cadet and Youth 2:30 min +/- 5 seconds.
- Espoir 2:15 min +/- 5 seconds.

Long program

- Junior and Senior 4:30 minutes +/- 10 seconds.
- Youth 4:00 minutes +/- 10 seconds.
- Cadet 3:45 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.

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.

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.

GENERAL

- In case of any regulatory doubt or circumstance not established in the rules, the Technical Panel will act in the benefit of the Skater and the Sport.
- All attempts will occupy a box in the system, then any subsequent elements will be starred out and have no value (0).
- The elements in excess will be called by the technical panel, however, will be starred out and receive no value (0). They are NOT considered an illegal element and will NOT be penalized.
- Kneeling or laying on the floor is allowed a maximum of once and for 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, the choreographic sequence and specify where the skater is attempting a Lutz jump.
- The same position spin (with also same foot, edge, direction) cannot be performed more than twice in the whole program (i.e. maximum two camel right backward outside, maximum two camel right backward inside, etc.).

SHORT PROGRAM

- 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

- One combination contact spin. Maximum 3 positions. The positions must be different. OR One combination side by side spin chosen each year by ATC. (2026 – Combination contacts spin)
- One death spiral (2026 – Outside)
- One footwork sequence, maximum level 4, maximum 40 seconds.

Senior:

- A twist jumps or throw jump (2026 – Throw Jump).
- One position lift of no more than four (4) rotations for the man.

- One side by side jump (no combination).
- 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. Maximum difficulty Militano.
- A twist jump or throw jump. Twist maximum Double. (2026 Throw Jump).
- One side by side jump. Double Axel and Triple not allowed.

SHORT PROGRAM YOUTH

- One position lift – Maximum difficulty Press lift. Minimum three (3), maximum four (4) rotations of the man. Maximum level 2.
- One side by side jump. Double Axel and Triple not allowed.
- One single position contact spin (Kilian, Tango, Catch at waist OR one position side by side spin camel. Minimum three (3) rotations. The positions must be different. Chosen each year by ATC (2026 – Single Position Contact Spin)
- One throw jump – just doubles (including Double Axel) allowed.
- Death spiral. Maximum level 3. (2026 - Inside).
- One footwork sequence, maximum level 4, maximum 40 seconds.

SHORT PROGRAM CADET

- One position lift – flip reversed split position. Maximum level 2.
- One side by side jump – (2026 – Double Salchow).
- One side by side spin – sit spin or camel backwards outside
- One throw jump – Double Toe-Loop or Double Salchow.
- Contact spin – single position hazel spin.
- Death spiral – backward outside. Maximum level 2.
- One footwork sequence, maximum level 4, maximum 40 seconds.

SHORT PROGRAM ESPOIR

- One position lift – axel. Maximum level 2
- 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 (face to face).
- Camel spiral – backward outside.
- One footwork sequence, maximum level 3, maximum 30 seconds.

LONG PROGRAM JUNIOR AND SENIOR

- Maximum two (2) throw jumps (must be different jumps). Maximum one (1) triple OR 2A.
- One (1) twist jump.
- One (1) combination contact spin, combo. Maximum three (3) positions. The positions must be different. OR One (1) combination side by side spin combination Chosen each year by ATC. (2026 – Side by Side Combination Spin)

- Maximum two (2) side by side jumps elements. Maximum one double Axel and one Triple. 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 doubles and triples in the combination will have a value). 2A and Triples allowed just for the solo jump element.
- One (1) death spiral (2026 - Inside).
- One (1) Choreographic Sequence. Maximum 30 seconds.

Senior:

- Three (3) lifts: At least one (1) one position lift (no more than four (4) rotations of the man) and at least one (1) combination lift with no more than eight (8) rotations of the man and no more than two (2) changes of positions of the lady (3 positions).

Junior:

- Two (2) lifts: One can be a combo and one must be a solo lift. If performing the Combination lift it must have no more than eight (8) rotations of the man and no more than two (2) changes of positions of the lady (3 positions). Solo Lifts must not exceed four (4) rotations of the man. Maximum difficulty Militano.

- The lifts take-offs must be different.

LONG PROGRAM YOUTH

- Two (2) lifts. One can be a combo and one must be a solo lift. Maximum difficulty Kennedy. A combination lift must not exceed eight (8) rotations of the man with no more than one (1) change of position for the lady (2 positions), and single position lifts must not exceed four (4) rotations. Maximum level 3.
- One (1) side by side solo jump. Double Axel and Triple not allowed.
- One (1) combination of maximum two (2) jumps.
- 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 (combination of maximum three (3) positions, sit Impossible is not allowed. The positions must be different. OR one (1) side by side combination spin of maximum three (3) positions. Chosen each year by ATC (2026 Side by side combination spin).
- One (1) death spiral, free choice. Maximum level 3.
- One (1) Choreographic Sequence. Maximum 30 seconds.
- The lifts take-offs must be different.

LONG PROGRAM CADET

- Two (2) lifts. One can be a combo and one must be a solo lift. Maximum level 3. No overhead lifts allowed. Selected from lifts like: Axel, Flip Reversed Split position, etc. 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. The lifts take-offs must be different.
- One (1) side by side solo jump. Double Axel and Triple not allowed.
- One (1) combination of maximum two (2) jumps. Double Axel and Triple not allowed.

- 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). Impossible spins (all types) and reverse lay over camel are not allowed. The positions must be different. (2026 – Solo).
- One (1) death spiral, free choice. Maximum Level 2
- One (1) Choreographic Sequence. Maximum 30 seconds.

LONG PROGRAM ESPOIR

- Two (2) lifts. One can be a combo and one must be a solo lift. Maximum level 2. Axel, Flip Reversed Split position, etc. No overhead lifts allowed. No low Militano. 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 loop, 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. The positions must be different.
- One (1) spiral, angel (camel) BO.
- One (1) Choreographic Sequence. 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: Inside Three Turn, Outside Three turn, Open Mohawk, traveling (one clockwise and one anticlockwise allowed, only one will be counted toward the level) maximum thirty (30) seconds.
- LIFTS ARE NOT ALLOWED.

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 jump will be given no value. The technical panel will call the jump with less value and star it out.
- If one skater executes an underrotated jump and the other a complete jump, the technical panel will call an underrotated jump.
- 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 spin will be given no value. The technical panel will call the spin with less value and star it out.
- 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 Camel
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 man in basic sit position		
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 or unlisted	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 woman	In Kilian Camel and Tango Camel where the man passes the leg once	CKL	10% on the value of the spin

	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 (twist) 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 (or close to) 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 AND CHOREO SEQUENCE

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.

Footwork Sequence

Base Level requirements:

- Skaters must include steps/linking steps.
- The pattern is free. 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 and closed Choctaws from backward to forward will be considered. Choctaws must demonstrate correct and clear edges.
3. Cluster: to be considered as a feature, three (3) turns presented in the cluster must be confirmed by both partners. No change of edge is allowed in the first two turns of the cluster.
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 travelling. 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.

Choreo Sequence

Base Level features:

- Skaters must include steps/linking steps.
- The pattern is free. It has a time limit of thirty (30) seconds.

Levels

Level Base – ChStB	Level 1 – ChSt1
A footwork sequence that meets the basic requirements and calling specifications	Level B AND must perform max 3 Different TURNS (bracket, rocker, counter, loop).

For Level 1: Both skaters must perform three (3) turns within a sequence that is original and spectacular.

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 lift fails in the landing after meeting the basic requirements the technical panel will call the lift no higher than Level Base.
- 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 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.
- Clockwise rotation – For categories Youth, Junior and Senior ONLY.
- 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 and one handed of the man 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 and one hand by the man.
- 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 Militano – *features*

- 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.
- 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. The take-off for the Militano and Reverse Militano will be considered the same type of take-off.
- Each feature 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.

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
• 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
• 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
• 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

- 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

- 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

- 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

- 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. • Originality and spectacularism.
FOOTWORK SEQUENCE
• 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
• New steps, new steps sequence. • Intricate pattern. • Original and spectacular. • 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
Use of a toe-loop as a connecting jump	-2 or -3	One hand or free leg touching the floor during landing	-1
		Lutz no edge	-1
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), pumping	-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
		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
		For Impossible spins. Lady using knee bend to assist the lift	-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
Two handed entries	-2 or -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 musicality	-1 to -3
		Stumble	-1 or -2
		Out of time	-1 or -2
		Poor in energy	-1 or -2
		Poor performance	-1 or -2

		Poor in originality and/or spectacularity	-1 to -3
		Poor in pattern	-2

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

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 or more than the maximum.	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 or spoken words (narration) in violation of the General Rules	1.0 point
Skating outside of the designated competition surface or touching against the barrier of the skating surface during the program.	0.5 point
Entry and Exit the floor not respecting the time allowed.	0.5 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

Higher number of rotations for lifts (4, 8 and 12 rotations lifts)	1.0 point
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

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 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 time of programs, costume and other penalties as per the referee control sheet.
- Confirms the falls and has the last word if there is a doubt on a fall called by the TS.

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
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 specialist will count the turns and features for the level of the man.

The assistant will count the turns and features for the level of the woman.

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 … for the man"*.

The assistant will then call the level of the woman if it is less than the level of the man: "level … *for the woman"*.

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. 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	• Three turn (only if it is in a cluster) • Bracket • Counter • Rocker • Left • Right
Turns + direction	• Loop • Traveling • Clockwise • Anti-clockwise (anti)
Features	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. • Choctaw • Body movements • Cluster • Different feet • Holds
Confirmation	• Confirmed: the turn / feature meets the mandatory characteristics to be confirmed. • Not confirmed: the turn / feature characteristics / required number have not been reached.

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 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

- N*ormal speed*.
- S*low* (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: 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, 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 elements, 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 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 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 feature 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 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: Four (4) or more 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 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 Hazel-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 starred 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.

PENALIZATIONS

MISSING 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.

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