



2021

SPECIFICITIES FOR INLINE

From
**Ice Technical Panel
Handbook**
2021/2022

Single Skating

IN GENERAL

Calling procedure

In both Short Program and Free Skating whenever possible we should call the elements really performed and not the elements that are required.

Any wrong elements will receive an * that will result in no value.

Any element started after the required time (Plus 10 seconds allowed) must not be identified by TP and therefore will have no value.

Lexic :

GOE = Grade of execution (-5,-4,-3,-2,-1,0,+1,+2,+3,+4,+5)

The GOE is given by the Judges for each technical element

Technical Panel = TP

Technical Controller = TC, rule the panel

Technical Specialist = TS, is the caller

Assistant Technical Specialist = ATS, help the caller

Component marks :

The 5 marks given by the Judges to evaluate the quality of skating and the artistic aspect.

Step Sequences

same

Choreographic Sequences

GENERAL

An important choreographic and creative part of the program **started by a gliding element**,

Listed elements from the scale of value are forbidden but any « look like » listed jumps of 1,5 rotation maximum or choreographic spins will not be called.

Evaluated by 5 levels of difficulty and GOE -5/+5

a) **Must include** (if not, the element will have no value):

- 1) Total length is a **minimum of 15 seconds** for all categories and **20 seconds for Elite Senior**,
- 2) A minimum of **2 different gliding positions** (any kind) of minimum 3'' each.
- 3) One **choreographic jump** of 1,5 rotation maximum
- 4) Linking choreographic skating elements (**recommended but not compulsory**)

b) **Features for levels** (0 feature for level base, 1 for level 1, 2 for level 2, 3 for level 3, 4 for level 4) :

1. **At least one of the two position is hold a minimum of six(6) seconds** and at least one of the two position is **on One(1) foot**.
2. **Three(3) creative jumps** up to 1,5 rotation maximum (creative take off, air position or landing, ...) like but not limited to : forward axel, walley, split jump, butterfly, masurka, etc... Those jumps must be clearly visible (not a hop).
At least one must be with different take off and one must be at least 1 full rotation (this can be made in the same jump),
3. **Low cross overs** : Gliding positions, choreo jump(s) and skating elements must not be connected through regular forward or backward crossovers (speed gained only through edges, any steps, turns listed or not). From the first Gliding position to the next listed element (conclude the ChSq) or, if the ChSq is the last element, until the end of the program (stop of skating).
Only 2 cross over are permitted.
* **Cross over definition** : basic stroking technique for gaining momentum while skating along a curve or a circle. In 3 parts as one push of the first foot, crossing that foot over the other one (forward skating) or behind the other one (backward skating) and the second push from the second foot with the legs crossed.
4. **One foot section** : one section executed on one(1) foot of a minimum of ½ rink surface (min. 15 meters length) in accordance to the music and conclude by a choreo jump. Any shape is allowed. Example : succession of deep edges with forward, backward and multi rotational skating with movements of the head, arms, torso, free leg, skating leg. Must be executed on the same leg with no weight transfer on the other foot. Gliding position more than 2 meters are forbidden.

c) Taken in consideration by the judges for the GOE :

- Strong choreography
- Match to the music
- Deep edges and speed
- Quality of the gliding positions, choreo jump(s) and 1 foot section.

Listed jumps with maximum of 1,5 revs	“Look like” Listed jumps with maximum of 1,5 revolutions included in the Choreographic Sequence will not be called and will not occupy an element’s box.
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Compulsory element missing	If a Gliding Element and/or the Choreo Jump Element is/are missing or the total length is too short, the Choreo Sequence will be not according to requirement and therefore the call will be “Choreo Sequence No Value”.
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Clarifications

Spins	A “look like” listed spin (maximum 2 revolutions) included in the Choreographic Sequence will not be called and will not occupy an element’s box.
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Pattern	Any pattern is allowed, however the Sequence must be clearly visible.
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Called listed Element	A called listed element will conclude the choreo sequence.
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Order of Step and Choreographic Sequences	The order of the Step Sequence and the Choreographic Sequence is optional.
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Spins

Rules

Heel spins

Heel spin is already a feature : count if executed for one(1) full rotation (instead of 2 rotations) in any basic position.

General	<p>A spin must have a minimum of two(2) rotations. A Spin that has no basic position with a minimum of 1 revolution in a basic position will receive no Level and no value, however a spin with less than two(2) rotations is considered as a skating movement and not a spin, except for spin attempts.</p> <p>The minimum number of revolutions required in a position is One (1) without interruption. In case this requirement is not fulfilled, the position is not counted.</p> <p>Variations of positions of the head, arms or free leg, as well as fluctuations of speed are permitted.</p> <p>The change of foot in any spin must be preceded and followed by a spin with at least two (2) revolutions. If this requirement is not fulfilled the spin will be “no value” in SP and with the “V” in FS.</p> <p>If there is a clear weight transfer during the spin, this ends the spin and only the part before the weight transfer is called.</p> <p>Spin combinations: Must include a minimum of two different basic positions with at least 1 revolution in each of these positions anywhere within the spin: the number of revolutions in positions that are non-basic is counted in the total number of revolutions. Changing to a non-basic position is not considered as a change of position. A change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately. A camel or sit spin followed by an upright position without significant enhancements on the same foot cannot be considered as a combination spin.</p> <p>Spin in one position and Flying spin (which means a spin with a flying entrance and no change of foot and position): positions that are not basic are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.</p> <p>In spins in one position and flying spins the concluding upright position at the end of the spin is not considered to be another position independent of the number of revolutions, as long as in such final wind-up no <u>additional feature is executed</u>.</p> <p>When this spin is commenced with a jump, no previous rotation on the floor before the take-off is permitted and a step over must be considered by the Technical Panel adding a “V” to reduce base value and by the Judges in the Grade of execution.</p> <p style="text-align: center;">Spin requirements</p> <p>For flying spins (with no change of foot and only one position) and spins with flying entrance of both Short Program and Free Skating the following are required:</p> <ul style="list-style-type: none">a) a clear visible jump;b) basic landing position must be reached within the first 2 revs after the landingc) and from the moment this basic position is initially reached it must be held for 1 revs. <p>The sign “V” indicates that one or both of these requirements are not fulfilled.</p>
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	<p>Only for 3d and 4th Division :</p> <p>In one position spins and combination spin <u>with 2 positions only</u>, if one basic position is almost reached still for at least 1 rotation (sit position a little bit too high or camel position with the free leg a little bit too low) the spin is called with base level plus the sign “V1”. It indicates that the minimum requirement is not fulfilled but the skater is still granted of small points. There might be a reduction from the judges.</p>
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Short Program	<p>The Short Program of the season 2021-2022 includes the following 3 spins:</p> <p>ADVANCED NOVICE</p> <p>d) One spin with only one position, no flying entrance:</p> <ul style="list-style-type: none"> • Men: Camel, sit or upright spin with only one change of foot, minimum of four (4) revolutions per foot. • Ladies : Layback, Upright, Camel or sit spin, No change of foot, minimum of four (4) revolutions. <p>e) One Spin combination with only one change of foot and the 3 basic positions, with a minimum of four (4) revolutions per foot ; flying entrance is optional.</p> <p>JUNIOR</p> <p>d) One Flying Sit spin without change of foot, with a minimum of four (4) revolutions in basic position;</p> <p>e) One spin with only one position, no flying entrance:</p> <ul style="list-style-type: none"> • Men : Camel spin with only one change of foot, minimum of four (4) revolutions per foot. • Ladies : Lay back or Camel spin, minimum of four (4) revolutions. No change of foot. <p>f) One Spin combination with only one change of foot and the 3 basic positions, with a minimum of four (4) revolutions per foot ; No flying entrance.</p> <p>SENIOR</p> <p>d) One Flying spin (one position only without change of foot) with a minimum of four (4) revolutions;</p> <p>e) One spin with only one position, no flying entrance:</p> <ul style="list-style-type: none"> • Men : Camel spin or sit spin with only one change of foot, (the position must be different than the flying spin landing position), minimum of four (4) revolutions per foot. • Ladies : Lay back, Sit or Camel spin, minimum of four (4) revolutions. No change of foot. <p>f) One Spin combination with only one change of foot and the 3 basic positions, with a minimum of four (4) revolutions per foot ; No flying entrance.</p> <p>The lack of revolutions must be reflected by the Judges in their marking. In the spin combination, and the One position spin for men, the change of foot is required. Except flying spins, spins <u>cannot</u> be commenced with a jump (except optional FCCoSp in Advanced Novice).</p>
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Specific elements in Short Program:

Ladies: layback/sideways leaning spin	<p>Any position is permitted, as long as the basic layback or sideways leaning position is maintained for four (4) revolutions <u>without rising to an upright position</u>. The position of a “Biellmann Spin” can only be taken and considered as a feature to increase the Level after having successfully rotated these required 4 revolutions in the layback position (backwards and/or sideways).</p>
Spin in one position with change of foot	<p>The spin must include only one change of foot, which may be executed by a step or a jump.</p> <p>Senior men: The skater must choose the camel or the sit position, but this position must be different from the landing position of the Flying spin.</p> <p>The spin must have at least 2 revolutions before and after the change of foot.</p>
Spin combination with change of foot	<p>The spin combination must include the 3 different basic positions with a minimum of 1 revolutions in each (if there are less than three basic positions with 1 revolutions in every position, this will be reflected in the Value of the spin with the V1 mark). There must be only one change of foot with not less than two (2) revolutions on each foot. The change of foot may be executed in the form of a step or a jump. The change of foot and the</p>

	<p>change of position may be made either at the same time or separately.</p> <p>The base values of spin combinations with change of foot with 2 or 3 basic positions (at least 1 revs in each position) are reflected in the SOV.</p>
Flying spin	<p>Senior: Any type of flying spin is permitted with landing position different than in the Spin in one position. The landing position may be different from the flying position. No change of foot allowed.</p> <p>Junior: Only the prescribed air position must be executed.</p> <p>Senior & Junior: No previous rotation on the floor before the take-off is permitted. The required revolutions can be executed in any variation of the landing position.</p>
Flying spin and the spin in one position	<p>If the landing position of the Flying spin is the same than in the Spin in one position, the last performed of these two spins will not be counted, but will occupy a spin box.</p>

Free Skating	<p>For Men & Ladies (Senior & Junior) must contain maximum of 3 spins:</p> <ul style="list-style-type: none"> - one of which must be a spin combination, - one a flying spin or a spin with flying entrance and - one a spin with only one position. <p>All Spins must be of a different character. Any Spin with the same character (abbreviation) as the one executed before will not be counted (but will occupy a spinning box).</p> <p>For Advanced Novice 2 spins:</p> <ol style="list-style-type: none"> 1. <u>One of which must be a spin combination</u>, Flying entrance is not allowed. 2. <u>One Flying spin with only one landing basic position (no change of the landing basic position)</u> <p>If no performed spin has a flying entrance, or if there is no spin in one position, or no spin combination, the wrong executed spin will be automatically deleted by the computer or the Controller.</p> <p>One spin can cumulate the requirements but counts for only one of those : (If there is one FCoSp, it will count for the flying entrance or for the Combination spin requirement, not both)</p> <p>The spins must have a required minimum number of revolutions: four (4) per foot in the required position, the lack of which must be reflected by Judges in their marking. This minimum number of required revolutions must be counted from the entry of the spin until its exit (except final wind-up in Spins in one position and Flying spins). In the spin combination and spin in one position the change of foot is optional. The number of different basic positions (minimum 2) and change of foot in the spin combination is free.</p>
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Level features

- 1) Difficult variations (count as many times as performed with limitations specified below)
- 2) Change of foot executed by jump
- 3) Jump within a spin without changing feet
- 4) Difficult change of position on the same foot

- 5) Difficult entrance into a spin
- (any kind of traveling entrance with more than 2 full rotations prior the spin can be executed only once per program)
- 6) Change of edge in the same basic position (or it's variation)
- 7) All 3 basic positions on the second foot
- 8) Both directions immediately following each other in sit or camel spin
- 9) Clear increase of speed in the same basic positions, except non difficult upright
- 10) At least 5 rev. without changes in the same position/variation, in all positions except non difficult upright.
- 11) *Flying entry in flying spins/spins with a flying entrance* (except basic fly camel entry)
- 12) Heel spin must be executed in a basic position or it's variation (1 revolutions minimum)

Additional features for the Layback spin:

- 13) One clear change of position backwards-sideways or reverse, at least 1 rev. in each position (counts also if the Layback spin is a part of any other spin)
- 14) Biellmann position after Layback spin, after 4 revolutions in layback spin in short program and 1 rev. in free program.

Features 2 – 9, 11 – 14 count only once per program (first time they are attempted).

Feature 10 counts only once per program (in the first spin it is successfully performed; if in this spin 5 revs are executed on both feet, any one of these executions can be taken in favor of the skater).

Any category of difficult spin variation in a basic position counts only once per program (first time it is attempted). A difficult variation in a non-basic position counts once per program in spin combination only (first time it is attempted).

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

Clarifications

Positions

<p>Spin in only 1 position</p> <p>For 3^d and 4th Division only</p>	<p>If the basic position is almost reached for a minimum of 1 rev, the sign V1 will be given. This will still validate the spin but with a lowed base value. If the basic position is just attempted, the spin will have no value. (ex: very high sit or very bad camel or not 1 full rotation)</p> <p>Flying spins : if the jump is only a hop and the basic landing position is not reached for at least 1 rotation, the spin will be no level.</p>
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<p>Spin with no change of position</p>	<p>A “spin with no change of position”, in which another <u>basic</u> position is executed with more than one (1) revolution, does not fulfil the requirements of a spin with “no change of position” and will be identified as a “spin</p>
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	combination". However, the concluding upright position at the end of the spin is not considered to be another position independent of the number of revolutions, as long as the skater is executing only the final wind-up <u>without any enhancements</u> .
Spin combination with less than 1 revolution in basic positions	In Short Program a spin combination executed with only 1 basic position with not less than 1 revolution and in all other positions less than 1 revolution will receive no value. In Free Skating a clear visible attempt of a spin combination which results in a spin with only 1 basic position with not less than 1 revolution will be called by the Technical Panel as a spin combination no value.
Spin combination with all 3 basic positions executed on the second foot	In the spin combination, in order to be counted as a Level feature, all three basic positions must be executed on the second executed foot. This feature can be awarded only if its execution is not interrupted by a change of foot and cannot be awarded after a second change of foot.
Spin combination with only two basic positions	A spin combination with and without change of foot which includes only 2 basic positions with not less than 1 revolution will have a lower base value in comparison with a spin combination with all 3 basic positions with not less than 1 revolution. The corresponding base values are listed in the SOV. 3rd & 4th Div in CoSp with only 2 basic: To be counted as a validated basic position (and not as a final wind up), in the upright position at the end of the spin there must be some clear enhancements .
Abbreviation and Calling procedure	For a spin combination with and without change of foot with 2 or 3 basic positions (e.g. Level 4) the abbreviation will be in case of only 2 basic positions CCoSp4V and CoSp4V or in case of 3 basic positions CCoSp4 and CoSp4 and the call will be "Spin combination with/without change of foot, Level 4 or level 4V".
Well balanced free skating program	For the purpose of a well balances program, spin combination of 2 and 3 positions are considered as the same spin.
Difficult change of position on the same foot	Change from a basic position to a different basic position without establishing a non-basic position, requiring significant strength, skill and control and having an impact on the ability to execute the position change. Continuous movement must be performed throughout the change. May not include a jump to execute the change. The basic positions before and after the change must be held for 1 revolution.
Change not considered as difficult	If a change of position is not considered as "difficult" by the Technical Panel, it may be awarded in a later spin.
Change from Basic to non Basic	If the skater execute a basic position and after that changes to a non basic position, it is not a change of position and the spin does not become a combination. If the skater execute a feature in this NBP, it will be not counted.
Clear change of position backwards-sideways or visa-versa (layback spin)	The feature will be awarded only if this change is done while maintaining the layback or sideways leaning position. One (1) revolutions in each of these positions are required.
High sit position / difficult high sit position, nearly camel	
	<u>One position spin</u> : In the case of the only sit/camel position is a bit too high or leg too low, the spin will still be called but the sign V1 will be assigned

Only for 3d to 4th division Poor basic position	and the spin will be Base level max. <u>Flying Sit spin</u> : + V1 and the flying feature cannot be granted, Base level max. <u>Combo spin 2 positions</u> : CoSpB V1, CCoSPB V1, means “only 1 good basic position and the other one close to good, level Base” 2 good positions is : CoSp V, CCoSp V, any levels
For Elite & Silver division	Basic positions not fulfilling 100% requirements are not counted

Entrance of the spin

Difficult entrance /exit	<p>“Entrance into a spin” is defined as the preparation immediately preceding a spin and may include the beginning phase of a spin. The entrance must have a significant impact on the balance, control and execution of the spin. The intended spin position must be reached without hesitation or delay (2 first rotations) and must be held for 1 revolution minimum. This position can be basic or (for spin combinations only) non-basic.</p> <p>A regular backward entry is not considered as a difficult entry.</p> <p>If the entrance of a spin is not considered by the Technical Panel as “difficult”, it is considered as a transition and the “difficult entrance” feature can still be awarded in a later spin.</p> <p>Difficult exit is not rewarded.</p>
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Difficult and flying entrance	If the entrance is “difficult” and “flying” at the same time, only the “flying” feature can be awarded. This does not bloc the difficult entrance bullet.
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Difficult variation of flying position in flying spins/spins with a flying entry	<p>The feature for the flying entry can be granted only if there is a clear visible jump, a basic position is reached within the first two (2) revolutions after the landing and this basic position is held for at least 1 revolution. Normal fly camel does not block the bullet.</p> <p>Not for Inline:</p> <p>If these requirements are fulfilled, the feature will be granted if the flying position is really difficult which may include, but is not limited to: in a flying sit spin/ entry: total sit position in the air (with height and total movement control) or open butterfly position in the air taking sit position immediately after landing; in a flying camel spin/entry: clear butterfly entrance or almost split position in the air.</p>
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Variations

Simple variation	A simple variation of position is a movement of a body part, leg, arm, hand or head, which does not have an effect on the balance of the main body core. A simple variation does not increase the Level.
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Difficult variation	A difficult variation is a movement of a body part/leg/arm/hand/head, which requires more physical strength or flexibility and has an effect on the balance of the main body core. Only these variations can increase the Level.
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Categories of difficult variations	<p>There are 11 categories of difficult variations:</p> <p>For CAMEL POSITION there are 3 categories based on direction of the shoulder line:</p> <ul style="list-style-type: none"> - (CF) Camel Forward: shoulder line parallel to the floor - (CS) Camel Sideways: shoulder line twisted to a vertical position - (CU) Camel Upward: shoulder line twisted more than to a vertical position
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	<p>For SIT POSITION there are 3 categories based on position of free leg:</p> <ul style="list-style-type: none"> - (SF) Sit Forward: free leg forward - (SS) Sit Sideways: free leg sideways - (SB) Sit Behind : free leg behind <p>For UPRIGHT POSITION there are 3 categories based on position of torso:</p> <ul style="list-style-type: none"> - (UF) Upright Forward: torso leaning forward - (US) Upright Straight or Sideways: torso straight up or sideways - (UB) Upright Biellmann: in Biellmann position <p>For LAYBACK POSITION there is 1 category</p> <ul style="list-style-type: none"> - (UL) Upright Layback <p>For NON-BASIC POSITIONS there is 1 category (NBP)</p>
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Crossfoot spin	<p>A Crossfoot Spin must be executed on both feet with equal weight distribution. It is considered as a difficult variation of upright position (US) and will receive, if correctly executed, a feature. It is not required to stay on one foot for two revolutions before the cross. Increase of speed is not valid in this position.</p>
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Biellmann position	<p>Biellmann position is a difficult variation of an upright position (UB) when the skater's free leg is pulled from behind to a position higher than and towards the top of the head, close to the spinning axis of the skater. Like other categories of difficult spin variations, Biellmann position counts once per program (Short or Free) – first time it's attempted. In FS, a spin started in Layback for 1 rev then Biellmann position is called LSP.</p>
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Sit Side position	<p>Does not need to include a difficult variation of head, arms or torso but need a regular sit position on the same foot before or after to be counted.</p>
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Windmill	<p>Windmill (Illusion) is considered as a difficult variation of non-basic position (NBP). This must be done at least 2 times in a row to be counted as a Level feature. Windmill (illusion) can be considered as a Level feature for difficult variation of non-basic position or difficult entry or difficult change of position only the first time it's attempted. Need to have a real effect on the main body core.</p>
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Repetitions	<p>Any category of difficult spin variation in a basic position counts only once per program (first time it is attempted). A difficult variation in a non-basic position counts once per program in spin combination only (first time it is attempted).</p>
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Features in repeated variations	<p>For Short Program and Free Skating once a difficult spin variation has been attempted and a difficult variation of the same category is executed, the variation cannot be counted, but any additional feature in this difficult variation can still be counted.</p>
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What is an attempt?	<p>A difficult variation is considered as attempted when this variation is clearly visible, independent of the fact this variation was counted or not.</p>
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Similar variations in basic and in non-basic positions	<p>If a difficult variation in a non-basic position of a spin combination is quite similar to one of the executed difficult variation in a basic position, the last performed of these two variations will not be</p>
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	counted as a Level feature.
Free leg drops	If the free leg drops down for a long time while preparing for a difficult camel variation, the corresponding Level feature is still awarded, but the Judges will apply the GOE reduction.
Too long to reach basic position	The reduction will also be applied if it takes a long time for the skater to reach the necessary basic position in spins in one position.

Jump on the same foot and Increase of speed

Jump on the same foot within a Spin	<p>In any spin a clear jump started and landed on the same foot will be counted as a feature only if the skater has executed at least 1 revolution in a basic or non- basic position (CoSP) before the jump.</p> <p>The skater must reach the <u>basic position</u> within the first 2 revolutions after the landing and keep this position for at least 1 revolution.</p> <p><u>If one of those position deserve a “V” mark, the jump will not count as a successful feature.</u></p> <p>This jump has no requirements to the air position, but there must be a clear jump. The jump is considered as a Level feature only when it “requires significant strength”.</p> <p>This jump can be performed even before the required minimum number of revolutions in a spin in order to be considered as a feature in both Short Program and Free Skating.</p>
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Increase of speed	For all positions except simple upright and cross foot, once the basic position has been established (at least 1 rotation), a clear increase of speed will be considered as a Level feature. Increase of speed counts only in a basic position or while going within a basic position into its variation. It is not valid as a feature if the increase of speed happens while going from one basic position to another basic position.
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Heel spin

Heel spin	A clear “heel spin” feature can only be counted as a feature to increase the level in any basic position at it first attempt. The heel spin must be kept for at least 1 continuous rotation in the same basic position at the first attempt. Any other attempt of a heel spin will be ignored.
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Edges and directions

Clear change of edge feature	<p>In all positions except simple upright</p> <p>A clear “change of edge” feature can only be counted as a feature to increase the level in any basic position at it first attempt.</p> <p>Not considered as an attempt of a change of edge is the short phase following a landing of a fly or a step-in (mostly from flat to edge, or executing a three turn, etc.).</p> <p>A clear change of edge can only be counted as a feature, if there are at least 1 continuous revolution on one edge followed by at least 1 continuous revolution on the other edge in the same position. A change of edge within a non-basic position does not count as a feature.</p> <p>The change of edge counts as a feature that can increase the Level only once in a spin of the Short Program and once in a spin of Free Skating Program.</p>
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Spinning in both directions	Spinning in both directions (clockwise & counter clockwise or visa-versa) in sit or camel position or in a combination of the two immediately following each other can be counted as a feature. A minimum of 2 revolutions in
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	each direction is required. A spin executed in both directions (clockwise & counter clockwise) is considered as one spin.
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Number of Revolutions

5 revolutions	At least 5 revolutions without changes in position/variation, foot or edge count as a feature only once per program, in the first spin it is successfully performed; if in this spin 5 revs are executed on both feet, any one of these executions can be taken by the Technical Panel in favor of the skater. The 5 revolutions to be counted as feature must be performed in: 1) In all basic positions except non difficult upright– for all spins; 2) difficult variation of non-basic position – for combination spin only.
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Change of foot

Staying on the same foot	A change of foot in a spin means spinning on each foot. Any spin in which the skater remains spinning on the same foot is not considered as a change of foot spin.
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Simple change of foot	A simple change of foot, e.g. a step or a small hop does not require significant strength and skill and does not increase the Level.
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Change of foot executed by jump	The skater must reach the basic position within the first 2 revolutions after the landing and keep this position for at least 1 revolutions. This jump has no requirements to the air position, but there must be a clear jump. The jump is considered as a Level feature only when it “requires significant strength”.
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Toe Arabian as change of foot	This change of foot is allowed, will be considered as a change of foot executed by jump and will count as a feature only in SP & FS
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Spin with a second change of foot	The second change of foot (if attempted) in a spin with change of foot is not allowed in Short Program (wrong element) and does not count as a feature for a higher Level in Free Skating .
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Spinning centers too far apart (spin in one position and spin combination)	If in a spin with change of foot there is a curve of exit after the first part and a curve of entry into the second part, the consequences are as follows: in Short Program - the spin is not fulfilling the requirements and no value will be given; in Free Skating - the second part of the spin will be ignored and the element becomes a spin in one position with no change of foot or a spin combination with no change of foot. If there is only a curve of exit after the first part or the curve of entry into the second part, this will result in GOE reduction for “Change of foot poorly done” (this reduction does not relate to change of foot together with change of direction).
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Number of features on one foot for spins with a change of foot	The maximum number of features that a skater can get on one foot is 2. The features for difficult entry will be counted in the quota of the foot before the change. The features “Change of foot executed by jump,” “Spinning in both directions” and “All 3 basic positions on the second foot” will be counted in the quota of the foot after the change. The feature for a crossfoot spin will be counted in the quota of the foot on which the cross position was started.
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Spin in one position with change of foot: less than 1 revolutions in a basic position on one foot	<p>If a spin in one position with change of foot is executed with a basic position with not less than 1 continuous revolutions on one foot only and no basic position with 1 continuous revolutions on the other foot, it will receive no Level.</p> <p>Short Program: no value</p> <p>Free Skating: “V”</p>
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V sign	<p>“V” sign can be awarded only in 4 situations:</p> <ol style="list-style-type: none"> 1) Flying spins (only 1 position and no change of foot) of both Short Program and Free Skating, all categories, <ol style="list-style-type: none"> a) For stepping over or not clear visible jump; 2) Spin combination <ol style="list-style-type: none"> a) when there is only two(2) different basic positions of 1 rotation minimum (SP and FS) 3) All Change foot Spins <ol style="list-style-type: none"> a) When there is less than 2 rotations on one foot (only Free Skating, SP no value) 4) Spins in one position with Change foot <ol style="list-style-type: none"> b) When there is no basic position of 1 full rotation on one foot (only Free Skating, SP no value) <p>Exemple for CoSp :</p> <ul style="list-style-type: none"> - Camel + upright =2 basic Positions of minimum one full rotation each, In that case <u>as the upright is in final there must be at least a simple variation of upright to count the position for a combination spin</u> , The call is CoSpV (any level possible) - Camel+Sit+ Upright =3 basic Positions. In that case no variation of the upright in final is required. The call is CoSp (any level possible). <p>In case of multiple errors, the call stays with “V” and it’s up to the judges.</p>
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CAMEL POSITIONS

CF

CAMEL FORWARD



CS

CAMEL SIDWAYS



CU

CAMEL UPWARD



SIT POSITIONS

SF

SIT FORWARD



SS

SIT SIDWAYS



SB

SIT BEHIND



UPRIGHT POSITIONS

UF

UPRIGHT
FORWARD



US

UPRIGHT STRAIGHT
AND SIDWAYS



UB

UPRIGHT
BIELLMANN



UL

UPRIGHT LAYBACK



NBP

NON-BASIC
POSITIONS



Jump Elements

Rules

a) Bonus Only for Elite junior and Senior

FP : in the 2d part of the program, only the last 3 jumps gets 10% bonus

SP : in the 2d part of the program, only the last jumps gets 10% bonus

Solo jump

Short Program	<p>Short Program 2021 must include 2 solo jumps:</p> <ul style="list-style-type: none"> - single/double Axel - a double/triple jump <p>Solo jumps must be different from the jumps included in the combination.</p>
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Free Skating	<p>Jumping elements are solo jumps, jump combinations and jump sequences.</p> <p>A well balanced Free Skating program must contain seven (7) jumping elements for Seniors and six (6) jumping elements for Juniors, one of which must be (or must include) an Axel type jump.</p> <p>Individual jumps can contain any number of revolutions.</p> <p>Of all double and triple jumps Only two (2) can be executed twice. This repetition <u>must be</u> in a jump combination/sequence. If all executions are as solo jumps, the second of these solo jumps will be marked with the sign "+REP" and will receive 70% of it's original Base Value. Single, Double or Triple jumps with the same name will be considered as different jumps.</p> <p>If a third repeated jump is executed in a combination or sequence, only the repeated jump will be treated as an additional element and therefore not considered.</p> <p>Any jump with more than 1 rotation cannot be included more than twice in total in a Single's Free Program (as a Solo Jump or a part of Combination / Sequence).</p>
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3rd and 4th division	<p>Half jumps are included in the scale of value and will be written like this : Waltz jump and Bunny Hop: 1A V1 (unless a specific code is settled) 1/2 Flip (1F V1) ; 1/2 Lutz (1Lz V1)</p>
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Jump combination

General	<p>In a jump combination the landing foot of a jump is the take off foot of the next jump. One full revolution on the floor between the jumps (free foot can touch the ice, but no weight transfer) keeps the element in the frame of the definition of a jump combination.</p> <p>An Euler, when used in combination between two listed jumps, become a listed jump (1Eu) and can be downgraded. When executed separately, "half-loop" stays as unlisted jump.</p> <p>If in the opinion of the TP the intended Waltz jump (Axel) is used only as the preparation to the next jump, this Waltz jump will not be called.</p>
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	The TP has the authority not to call a single jump which is more similar to a hop than a jump that is a result of a bad landing of the previous jump. The Judges will reflect the mistake in the GOE.
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Short Program	<p>Short Program must include a Jump Combination consisting of only two jumps: double or triple + a single, double or triple;</p> <p>The jump combination may consist of the same jump or another jump. However, for all categories the jumps included must be different than the solo jump.</p> <p>If the same jump is executed as a solo jump and as a part of the jump combination, the last performed of these jump elements will be not counted, but will occupy a jumping box (if this element is a jump combination, only the repeated jump will not be counted).</p>
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Free Skating	A jump combination may consist of the same or another single, double, triple jump. There may be up to three jump combinations / jump sequences in the Free Program. One jump combination could consist of up to three (3) jumps, the other two combination up to two (2) jumps only.
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Jump sequence

Free Skating	A jump sequence may consist of two (2) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take off curve of the Axel jump.
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General

Short Program	Jumps which do not satisfy the requirements (including wrong number of revolutions) will have no value, but will block a jumping box, if one is empty; if a combination of two single jumps is not allowed (advance novice, junior, senior), the jump with the original lesser value (before any consideration of signs <, <<, e) will not count (e.g.1Lz+1T*, 1T*+1Lo).
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Free Skating	If any jump/s of the combination is not according to the requirements, only the jump/s not according to requirements will be deleted.
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Clarifications

Calling quarter, under-rotated or downgraded jumps	<p>The TP must call the attempted jump even if it is clear that it is landed on a quarter, under-rotated or downgraded. Those jumps will count as the intended jump in the application of Well Balanced Program regulations.</p> <p>The quarter/half mark of landing are the border lines to identify cheated jumps.</p> <p>The camera angle is important to consider when deciding upon a cheated jump particularly when the jump is at the opposite end of the rink than the camera.</p> <p>In all doubtful cases the Technical Panel should act to the benefit of the skater.</p>
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Landed on the quarter	<p>A jump will be considered as “quarter” if it has missing rotation of ¼ revolution.</p> <p>This jump will be indicated by the Technical Panel to the Judges and in the protocols with a “q” symbol after the element code.</p>
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Under-rotated jumps	<p>A jump will be considered as “Under-rotated” if it has missing rotation of more than ¼ revolution, but less than ½ revolution.</p> <p>An under-rotated jump will be indicated by the Technical Panel to the</p>
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	Judges and in the protocols with a "<" symbol after the element code. Jumps identified as under-rotated will receive reduced base values which are listed in the column V of the SOV.
Downgraded jumps	A jump will be considered as " Downgraded " if it has "missing rotation of ½ revolutions or more". A downgraded jump will be indicated by the Technical Panel to the Judges and in the protocols with a "<<" symbol after the element code. A jump identified as downgraded will be evaluated using the scale of values (SOV chart) for the element of one rotation less (i.e. a downgraded triple will be evaluated with the scale of values for the corresponding double).
Over-rotated jumps	A jump is over-rotated more than a quarter revolution, it is called as a jump with the higher revolution. Example: 2T over-rotated is called 3T<<
Cheated take-off	A clear forward (backward for Axel type jump) take-off will be considered as a downgraded jump. The toe loop is the most commonly cheated on take-off jump. The TP may only watch the replay in regular speed to determine the cheat and downgrade on the take off (more often in combinations or sequences).
Taking off from wrong edge (Flip/Lutz)	Flip take-off is from a backward inside edge, Lutz take-off is from a backward outside edge. If the take-off edge is not clean correct, the TP indicates the error to the Judges using the signs "e" (edge) and "!" (attention). The TP may watch the replay in slow motion. The TP uses the sign "e" if the take-off edge is definitely wrong. The Base values of the jumps with the sign "e" are listed in the column V of the SOV. The TP uses the sign "!" if the take-off edge is not clear. In this case the Base value is not reduced. Both mistakes are reflected in the GOE of the Judges.
Under-rotated jumps taken off from wrong edge (Flip/Lutz)	If both signs "e" and "<" are applied for the same jump, the Base value is indicated in the designated row of the SOV.
Popped listed jumps	The attempt will count as one jump element. However, a small hop or jump with up to one-half revolution performed as a kind of "decoration" is not to be considered as a jump and will be marked within the component "Transitions".
Non-listed jumps	Jumps that are not listed in the SOV (e.g. Walley, split jump, Inside Axel with any number of revolutions taking off from the forward inside edge etc.) will not count as a jump element, but might be used as a special entrance to the jump to be considered in the mark for Transitions. A Toe Walley, however, will be called and counted as a Toe loop.
Landing on another foot	In combinations/sequences all jumps with more than One revolution, except the last one, may be landed on either foot.
Landing on the incorrect edge	The call will not change if a jump is landed on the other edge. However Judges will reflect this in their GOE.
Spin and jump back to back	If a skater performs a spin, immediately followed by a jump or vice versa, the two elements are called separately with credit given to difficult take off/entry (GOE). A jump stuck to a spin is not a difficult exit.
Attempted Jump	What is an attempt? In principle, a clear preparation for a take off for a jump, stepping to the entry edge or placing the toe pick into the floor and

	<p>leaving the floor with or without a turn is considered an attempt of a jump, receives no value and blocks a box.</p> <p>In some cases, which need to be decided by the TP, the preparation for the take off without leaving the floor might be also called an attempt, e.g. a loop jump take off when the skater falls before leaving the floor, or a skater steps onto the forward take off edge of an Axel and pulls back the free leg and arms, starts the forward movement to jump into the air with the free leg and arms passing through forward but at the last moment does not leave the floor, etc.</p>
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<p>Touch down with the free foot without weight transfer</p> <p>Check with IJS !!!</p>	<p>In case of a touch down with the free foot without weight transfer and up to 2 three turns or no turns between the jumps in a combination, the element remains a jump combination (however Judges will reduce the GOE because of error).</p> <p>In case of more than 1 full revolution on the floor the call will be the jumps performed prior to this revolution + all next jumps with * combo in Short Program and sequence in Free Skating.</p>
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<p>Jump Combination: first/second jump is a “non-listed” jump</p>	<p>If the first/second jump of a two-jump combination fails and turns into a “non-listed jump”, but the other jump is a listed jump, the unit will be considered as a jump combo with only the listed jump receiving value.</p>
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<p>Arrangement of “non-listed” and one listed jump</p>	<p>In case one listed jump is followed or preceded by any non-listed jump, the call will be the solo listed jump only.</p>
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Short Program

<p>Element other than required</p>	<p>If a junior skater performs a different jump than required, the element will receive no value, but will block the “jumping box”.</p>
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<p>Jump combo of 3 jumps</p>	<p>The third executed jump will receive no value.</p>
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<p>Repetition of a jump</p>	<p>A repeated jump of the same name with the same number of revolutions will be deleted, no value given, no GOE, but will occupy a jumping box; If the same jump is executed twice as a solo jump and as a part of the jump combination, the second execution will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).</p> <p>Only the jump combination can contain two same jumps.</p> <p>A repeated jump of the same name, but with different number of revolutions will receive credit.</p>
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<p>Extra jump(s)</p>	<p>If an extra jump(s) is executed, only the solo jump(s) which is not according to the requirements will have no value. All extra jumps are called and marked with an *. The jumps are considered in the order of execution.</p>
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<p>Fall/step out or touch down with free foot with weight transfer after a jump plus another jump</p>	<p>If a skater falls or steps out on a jump and immediately after that executes another jump, the element will be called as follows: Short Program: “First Jump + Combo + second jump *”</p>
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<p>No second jump in a jump combination</p>	<p>If there is no second jump in a jump combination, the Technical Panel identifies the intended combination during or after the program. If there is no clear way to identify the combination or the solo jump, the Technical Panel will decide which one is the solo jump and which one is the combination.</p> <p>Ex: 3T clean and 3Lo fall : 3Lo Combo / 3T fall and 3Lo clean : 3T Combo</p>
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Free Skating

First repetition of a single	First repetition of a single jump as a solo jump or in a combination /sequence : both jumps will receive full value.
First repetition of a double/triple	First repetition of a double or triple of the same name and the same number of revolutions without one of them being in a jump combination/sequence: both jumps will be counted as solo jumps, but the second of these jumps will be marked with the sign “+REP” and will receive 70% of the base value with result rounded to two decimal places.
Second/third repetition of a double/triple	Second/third repetition of a double or triple of the same name and the same number of revolutions as a solo jump or in a jump combination /sequence, only the jump not according to the requirement will receive no value , but the rest of the jumps will be counted.
Second jump combo with 3 jumps	Only the jumps not according to requirements will receive no value.
Extra jump(s)	If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. All extra jumps are called and marked with an *. The jumps are considered in the order of execution.
More than three jump combinations/sequences	If the number of jump combinations or sequences are more than three, only the first jump of the extra jump combinations/sequences is counted. This jump will be marked with the sign “+REP” and receive 70% of the base value (as a repetition of a jump combination/sequence), e.g. 3Lo+2T*+REP, 3Lo+3T*+2A*+REP, etc.
Executions of jump not counted in jump combinations/sequences	<p>If in a of jump combination or sequence a skater falls or steps out of a jump and immediately executes another jump(s), the jump(s) after the mistake are not counted, and the call will be executed jump(s) before the mistake + sequence + the executed jump(s). The jumps after the mistake are marked with an *.</p> <p>2A (hop) + 2A Call : 2A + Seq + 2A* 2A+1Eu (Fall/Step Out) + 3S Call : 2A + 1Eu + Seq + 3S*</p> <p>The judge GOE refer to the entire element performed.</p>
Jump units not fulfilling the definition of Combo/Seq	<p>The jumps are considered in the order of execution. The point where the mistake occurs will be marked with the sign “+Seq” which results in 80% of the base value for the jumps prior the mistake and asterisk (*) for the jumps after it.</p> <p>Ex: 3T+2A+Seq+2T* 3T+3T+Seq+2A* 3T+1Eu+Seq+2T*</p>
Rhythm in the jump sequence	Jump sequence without a clear rhythm: the call will be all executed jump(s) + sequence + jump(s) after the loss of rhythm with an *

**Elements with no value or maximum Level B/1/2/3 in SINGLES SP & FS
2021**

Max. Level SP	Problem	Max. Level FS
All elements with Levels		
No Value	Wrong element	N/A
Basic+ded.	Illegal elements/movements (if Basic Level requirements are fulfilled); TP is responsible for illegal elements deduction	Basic+ded.
Step Sequences		
No Value	Does not fully utilize the floor surface	No Value
Basic	No minimum variety in steps & turns throughout the sequence	Basic
1	Only minimum variety in steps & turns throughout the sequence	1
2	Only simple variety in steps & turns throughout the sequence	2
3	Only variety (no complexity) in steps & turns throughout the sequence	3
Basic	No balance of steps and turns in their distribution through the sequence	Basic
Choreo Sequences		
N/A	One Gliding Element and/or One Spot Element missing, Not required length	No Value
All Spins		
No Value	Does not have at least 1 continuous revolutions in a basic position, or close to a basic position (with "V1") 3rd & 4th Div	No Value
Spins with change of foot		
No Value	Less than 2 revolutions before/after the change	No change of foot
No Value	Spinning centers too far apart	2nd part ignored
No Value	Second change of foot	Any
2	All features executed on one foot	2
3	Only one feature executed on one of the feet	3
Spin in one position with change of foot		
No Value	No basic pos. on one foot for at least 1 revolution	Any, V
Spin combination without change of foot		
N/A	Only one position with 1 revolution	No Value
N/A	2 basic positions with 1 revolution	Any, V
Spin combination with change of foot		
No Value	Only one position with 1 revolution	No Value
Any	No basic pos. on one foot for at least 1 revolution	Any
Any, V	2 basic positions with 1 revolution	Any, V
No Value	Change of foot : less than 2 revolutions before/after	Any, V
Layback		
No Value	Less than 1 rev. + Biellmann	Upright any Level
No Biellmann feature	1 or more, but less than 4 rev. + Biellmann	Layback any Level
Flying Spin		
Any, V, no flying feature	Step over/no clear visible jump	Any, V, no flying feature
Any, no flying feature	Basic landing position not reached within the first 2 revs after landing	Any, no flying feature
Any, no flying feature	Basic landing position not held for 1 rev after it is reached	Any, no flying feature
Flying Entrance		
	Step over / basic position not reached in 1 st 2 revs / basic position not hold for 1 rev	Any, no flying feature