

2015-2016 LEVELS OF DIFFICULTY - PAIR SKATING
EFFECTIVE JULY 1, 2015– JUNE 30, 2016 (as of Aug 11, 2015)

Number of features for Levels:

none for Level Basic (B), one for Level 1, two for Level 2, three for Level 3, four for Level 4

<p>Twist Lift</p>	<ol style="list-style-type: none"> 1) Woman’s split position (each leg at least 45° from the body axis and legs are straight or almost straight) 2) Catching the woman at the side of the waist without her hand(s), arm(s) or any part of upper body touching the man 3) Woman’s position in the air with arm(s) above the head (minimum one full revolution) 4) Difficult take-off (steps/skating moves executed by both partners immediately preceding take-off) 5) Man’s arms sideways, being straight or almost straight, reaching at least shoulder level after release of woman <p>Juvenile: All twists can be called to a maximum Level B, regardless of features Pre-Novice: All twists can be called to a maximum Level 2, regardless of features</p>
<p>Lift</p>	<ol style="list-style-type: none"> 1) Pre-Juvenile, Juvenile, Pre-Novice and, Novice and STARSkate: Simple variation of the take-off and/or simple landing variety (each counts as a feature) 2) One change of hold and/or woman’s position (one revolution of the man before and after the change, counts twice if repeated) 3) Difficult variation of the woman (one full revolution) 4) Simple carry (not for SP) 5) One-hand-hold of the man (two revolutions in total not counting parts shorter than one revolution) 6) Additional revolutions of the man with one-hand-hold after two revolutions in 5 (only in FS and only in one lift) 7) Change of rotational direction by the man (one revolution before and after the change, <u>counts only once per program</u>) <p><u>Features 1), 2) and 3) must be significantly different from lift to lift and if similar, will only count first time attempted</u></p> <p>Pre-Juvenile, Juvenile & STARSkate Open Pair: All lifts can be called no higher than Level B, regardless of features</p>
<p>Step Sequence</p>	<ol style="list-style-type: none"> 1) Minimum variety (Level 1), simple variety (Level 2), variety(Levels 3–4) of <u>difficult</u> turns and steps of both partners throughout (compulsory) 2) Rotations in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction 3) Use of body movements for at least 1/3 of the pattern 4) Changes of position (crossing at least three times while doing steps and turns) for at least 1/3 of the sequence, but not more than 1/2 of the sequence or not separating at least half of the pattern (changes of holds are allowed) 5) Two different combinations of three difficult turns (rockers, counters, brackets, <u>twizzles</u>, loops) executed by both partners with a clear rhythm within the sequence <p>Pre-Novice Juvenile & STARSkate Open Pair: All step sequences can be called to a maximum Level B, regardless of features</p>

Spiral Sequence	Juvenile and Pre-Juvenile & STARSkate Open Pair: All spiral sequences can be called to a maximum Level B
Death Spiral	<ol style="list-style-type: none"> 1) Difficult entry (immediately preceding the death spiral) and/or exit 2) Full revolution(s) of the woman when both partners are in “low” positions (counts as many times as performed) <p>Pre-Juvenile, Juvenile & STARSkate Open Pair: All Death Spirals can be called to a maximum Level B, regardless of features</p>
Solo Spins	<ol style="list-style-type: none"> 1) Difficult variations (count as many times as performed with limitations specified below) 2) Change of foot executed by a jump 3) Jump within a spin without changing feet 4) Difficult change of position on the same foot 5) Difficult entrance into a spin 6) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position 7) All three basic positions on the second foot 8) Both directions immediately following each other in sit or camel spin 9) Clear increase of speed in camel, sit, Layback or Biellmann position 10) At least six revolutions without changes in position/variation, foot and edge (camel, Layback, difficult variation of any basic position or for combinations only non-basic position) <p>Features 2 to 10 and any category of difficult spin variation count only once per program (first time attempted). If six revolutions are executed on both feet, any one of these executions can be taken in favor of the skaters. In any spin with change of foot, the maximum number of features attained on one foot is 2.</p> <p>Pre-Juvenile, Juvenile & STARSkate Open Pair: All <u>solo</u> spins can be called to a maximum Level B, regardless of features</p> <p>Pre-Novice: All solo spins can be called <u>to a maximum Level 2</u>, regardless of features</p>
Pair Spins	<ol style="list-style-type: none"> 1) Three changes of basic positions of both partners 2) Three difficult variations of positions of partners, only one of which can be in non-basic position (each variation of each partner counts separately, each partner must have at least one difficult variation) 3) Any other difficult variation in a basic position of either partner (each partner must have two difficult variations) 4) Entrance from backward outside or inside edge 5) Both directions immediately following each other 6) At least six revolutions without any changes in position/variation and foot (camel, sit, difficult upright) <p>Pre-Juvenile, Juvenile & STARSkate Open Pair: All Pair Spins can be called <u>to a maximum Level B, regardless of features</u></p> <p>Pre-Novice: All pair spins can be called <u>to a maximum Level 2</u>, regardless of features</p>

ELEMENTS REQUIREMENTS

Solo and Pair Spin Combinations

The values of spin combination with two or three positions (at least two revolutions in each of these positions) are reflected in the SOV.

Jumps

Both partners must fulfill requirements for jump elements in single skating; in case these requirements are not fulfilled by one or both partners, signs and GOE reductions are the same.

CLARIFICATIONS: LEVELS OF DIFFICULTY PAIRS, season 2015-2016

TWIST LIFTS

Feature 1) (Woman's split): each leg straight or almost straight at least 45° from the body axis;

Feature 5) (Man's arms): straight or almost straight, going sideways and reaching at least shoulder level.

LIFTS

Take-off:

Simple: includes but is not limited to change of hand hold on ascent of lift.

Difficult: includes but not limited to: Somersault take-off, small lift going immediately into a Pair lift take-off without the woman touching the ice between two lifts, one hand take-off, Spread Eagle, Ina Bauer or spiral by one or both partners as the entry curve, inside Axel take-off in 5ALi and 5SLi.

Landing:

Simple: different landing foot (not automatically considered), change of hold on descent.

Difficult: includes but is not limited to: Somersaults, variation in hold, partner positions and/or direction of landing, one hand landing, Spread-Eagle position of the man during dismount.

Carry:

Simple: duration at least three seconds.

Difficult: includes at least one of the following features: during the carry the man for at least three seconds skates on one foot or holds the partner on one arm or performs crossovers or performs Spread Eagle or a similar move.

Difficult variation of woman's position: a movement of leg, arm, or upper body which requires physical strength or flexibility and that has an effect on the balance of the main body core. Only these variations can increase the Level.

Change of hold/woman's position requires one full revolution of the man before and after this change. If a change of hold and a change of woman's position are executed at the same time, only one Level feature will be awarded.

Variation of the take-off/landing, change of hold/woman's basic position and difficult variation of the woman must be significantly different from the previously attempted variation/change to be awarded as a Level feature. One arm dismount can be counted as feature only once per program.

Features "**change of hold/woman's position/rotational direction**" are not awarded if change is interrupted by carry. Feature "**one-hand-hold of the man**" is not awarded if both arms of the woman are touching the man.

STEP SEQUENCES

Types of difficult turns: ~~three turns~~, counters, rockers, brackets, twizzles, loops and choctaws.

Types of steps: ~~toe steps, chasses, mohawks, choctaws, curves with change of edge, cross rolls.~~

Same definition of minimum variety, simple variety and variety as for single skating; requirements must be fulfilled by both partners.

Use of body movements means the visible use for a combined total of at least 1/3 of the pattern of the step sequence any movements of the arms, head, torso, hips and legs that have an effect on the balance of the main body core.

Crossing at least three times of the partners for at least 1/3, but not more than 1/2 of the sequence and **not separating** for at least half of the pattern: only one of the two features (but not both) can be awarded.

Two different combinations of three difficult turns (rockers, counters, brackets, twizzles, loops) executed by both partners with a clear rhythm within the sequence.

DEATH SPIRALS

Death spiral has a Level and value if both partners execute at least one revolution in the death spiral position (knees of the man clearly bent, his toe anchored and arm fully extended; Woman's head must reach – at least briefly – the level of her skating knee). For a higher Level both woman and man must stay in the "low" position for one or more full revolutions.

Woman's "low" position: for inside Death Spirals, the lowest hip or buttock and head should not be higher than her skating knee; for outside death spirals – head should not be higher than her skating knee and bodyline between knee of skating leg and head should be flat or shallow arch.

Man's "low" pivot position: buttocks not higher than the knee of the pivot foot.

Any part of the death spiral with a higher woman's or man's position is not valid for Level features 2).

Change of arm hold by the woman or man is allowed, but is no longer a Level feature.

Change of pivot is considered as the end of the Death Spiral.

Entry, exit: The difficult entry position must be performed while both partners are on the entry curve and the woman and/or the man are moving from a difficult entry position directly and without delay to a Death Spiral position.

Exit: starts when the man is bending his "holding" arm at the elbow; ends: when the woman comes to vertical position.

SOLO SPINS

Level feature "**Difficult entrance into a spin**" does not include regular backward entry, but still includes regular flying camel entry as long as it has a clear fly.

Clarifications for spins in Singles are also valid for Pairs (when applicable).

JUMPS, THROW JUMPS, TWIST LIFTS

In Short Program jumps, throw jumps and twist lifts which do not satisfy the requirements (including wrong number of revolutions) will have no value, but will block a corresponding element box, if one is empty.