SOLO ICE DANCE

NATIONAL TECHNICAL RULES AND LEVEL REQUIREMENTS 2023/2024

SWISS ICE SKATING

GUIDELINES FOR NATIONAL SOLO ICE DANCE COMPETITIONS 2023/2024

CALLING SPECIFICATIONS AND LEVELS OF DIFFICULTY FOR REQUIRED ELEMENTS

The information is presented in the following order:

- Basic Principles of Calling applicable to all Required Elements
- For each Required Element:
    - o Additional Principles of Calling
    - o Additional Definitions, Specifications to Definitions and Notes, applicable to Additional Principles of Calling and Levels of Difficulty
    - o Levels of Difficulty including Characteristics of Levels and Adjustments to Levels.

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BASIC PRINCIPLES OF CALLING APPLICABLE TO ALL REQUIRED ELEMENTS

1. The Technical Panel shall identify what is performed despite what is listed on the Planned Program Content Sheet.
2. Adjustments to Levels shall apply to the Level determined according to the Characteristics of Levels fulfilled. They shall not result in giving No Level to a Required Element as long as the requirements for Basic Level are met.
3. To be given any Level, a Required Element must meet all the requirements for Basic Level. Movements, transitions, and/or choreography which do not fulfill the requirements for elements shall not be identified.
4. If a Fall or Interruption occurs at the attempt/beginning of any Required Element, refer to the Additional Principles of Calling for each Required Element.
5. If a Loss of Control with additional support (touchdown by free leg/foot and/or hand(s)) occurs after a Required Element has begun and the Element continues without interruption its Level shall be reduced by 1 Level per error – Refer to the Additional Principles of Calling for these Elements: Dance Spin, Set of Twizzles, One Foot Turns Sequence. This Basic Principle does not apply to Step Sequences (except One Foot Turns Sequence) - refer to the Additional Principles of Calling for this element.
6. If a program concludes with the skater starting an element within the required duration of the program (including the additional 10 seconds allowed), the element and its Level shall be identified until the Element stops completely. Elements started after the required duration of the program (plus the 10 seconds allowed) shall not be identified.
7. If a Dance Spin or an Edge Element (FD) is performed in a Step Sequence, the Step Sequence will be identified with the respective level and the Extra Element will be added and a deduction of -1.0 applied (-0.5 for all Novice categories) e.g., MiSt4+ExEl, ChSt1+ExEl. It will NOT count as a Required Element.
8. If there is an illegal element(s)/movement(s)/pose(s) during the execution of any element (excluding Choreographic Elements), the deduction for an illegal element(s)/movement(s) /pose(s) will apply and the element will receive Basic Level if the requirements for Basic Level are fulfilled or Ignored if the minimum requirement for Basic Level is not fulfilled. The Illegal Element will still be identified.
   The deduction for an Illegal Element/Movement will apply, -2.0 for Junior and Senior (-1.0 for Novice categories).
9. An error which does not constitute an interruption should result in a reduction of the Level by 1 per occurrence.
10. Complex is defined as consisting of many different and connected parts.
11. Loss of control with additional support includes stumble/touchdown by free leg/foot and/or hand.
12. A touchdown with an obvious shift of weight from the skating foot to the other foot will be considered as an interruption.
13. Each push and/or transfer of weight while on two feet is considered as a step.
14. The entry or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the Step Sequence pattern should not be considered as a retrogression.

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DANCE SPINS

Definition: A Dance Spin is a Spin performed on the spot around a central axis on one foot, with or without a change(s) of foot (feet).

ADDITIONAL PRINCIPLES OF CALLING FOR DANCE SPINS:

1. The first performed Dance Spin shall be identified as the Required Dance Spin and given a Level, or ignored if the requirements for Basic Level are not met.
   In the case of the requirements for Basic level are met, subsequent Dance Spin(s) of three or more rotations shall be identified as Dance Spins called No Value and an Extra Element deduction will be applied.
2. If a Fall or Interruption occurs at the attempt/beginning of a Dance Spin before the requirements for Basic Level have been fulfilled and the Dance Spin is resumed, the Dance Spin shall be identified and given a Level according to what is executed after resumption.
3. If a Fall or Interruption occurs during a Dance Spin, the Dance Spin shall be identified and given a Level according to the requirements met before the Fall or Interruption, or ignored if the requirements for Basic Level are not met.
4. A Dance Spin must be performed on the spot and not significantly traveling across the ice, or it will be considered as a Twizzle and part of the choreography.
5. A flying entry is an illegal element. A Dance Spin with a flying entry will be called Basic Level with the illegal element deduction applied.
6. If a Skater has a touchdown during the Dance Spin due to a Loss of control, or the Skater performs a push without changing feet, the Level will be reduced by one Level.
7. A Difficult Variation shall be considered for Level when held for at least 3 continuous rotations.
8. A Jump within a Dance Spin is not permitted.

ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

BASIC POSITIONS IN SOLO DANCE SPINS

Basic Upright Position	If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position.
Basic Sit Position	If the angle between the thigh and shin of the skating leg is more than about 120 degrees, the position shall be considered as an Upright or Camel Position depending on the other criteria that characterizes these positions.
Basic Camel Position	If the waistline is not horizontal and/or the core of the body is more than 45 degrees above the horizontal line the position shall be considered as an Upright Position. If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position.

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DIFFICULT FEATURES

Difficult Variations of Basic Upright Positions (examples)
a) "Biellmann" type – body upright with the heel of the boot pulled by the hand behind and above the level of the head b) Full layback with upper body arched back from the waist towards the ice or sideways with upper body bent to the side from the waist towards the ice c) Split with both legs straight and the boot/skate of the free leg held up higher than the head d) Upper body arched back or sideways with free foot almost touching the head in a full circle (doughnut/ring: maximum of half a blade length between head and blade)

Note: Examples b) and e) are considered the same difficult variation of Upright Position.

Difficult Variations of Basic Sit Positions (examples)
a) Free leg bent or straight directed forward with thigh of skating leg at least parallel to the ice b) Free leg bent or straight directed backward with thigh of skating leg at least parallel to the ice c) Free leg bent or straight directed to the side with not more than 90 degrees between thigh and shin of skating leg d) Free leg crossed extended behind, and directed to the side, with not more than 90 degrees between thigh and shin of skating leg e) Free leg crossed behind and touching or not touching the skating leg, with thigh of skating leg at least parallel to the ice f) Free leg directed forward, with not more than 90 degrees between thigh and shin of skating leg, and back of upper body almost parallel to the ice

Note: Example e) performed right after any other Difficult Variation of Sit Position shall be considered as the same Sit Variation.

Difficult Variations of Basic Camel Positions (examples)
a) Upper body (shoulder and head) turned upwards – facing up so that the line of the shoulders is at least 45 degrees past the vertical point b) Body nearly horizontal or bent sideways horizontally with head and free foot almost touching (doughnut/ring: maximum of half a blade length between head and blade) c) Body nearly horizontal with the heel of the boot pulled by the hand above the level of the head d) Body bent forward to the spinning leg and free leg extended backward and upward up to almost a full split (with the angle between thighs about 180 degrees) e) Simple Camel Position

Difficult Entries and Exits
a) Unexpected entry without any evident preparation (only for entry) b) Continuous combination of complex and creative steps and/or movements performed immediately before or after the Dance Spin

Different Direction of Spinning Rotation
• Change of spinning direction. • At least three rotations in each direction.

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Notes - Difficult Features :

- Examples d) for Upright Position (doughnut/ring) and b) for Camel Position (doughnut/ring) shall be considered as the same Difficult Variation.
- Examples a) for Upright Position (Biellmann) and c) for Camel Position (heel of the boot pulled by the hand above the level of the head) shall be considered as the same Difficult Variation.
- Rotations shall be considered for total number of rotations when performed fully, continuously, on one foot.
- Rotations in Difficult Variations shall be considered for Level when performed continuously in a fully established position.

Notes:

- A Dance Spin with less than three rotations will be ignored.
- When a change of foot is permitted the Skater may change feet more than once.

Characteristics of Levels for Dance Spins

Basic Level	Level 1	Level 2	Level 3	Level 4
• At least three rotations continuously on one foot.	• At least three rotations continuously on one foot • One (1) Difficult Variation from any Basic Position OR • Different direction of spinning rotation	• At least three rotations continuously on one foot • Two (2) Different Difficult Variations from any Two (2) Different Basic Positions OR • One (1) Difficult Variation from any Basic Position and Different direction of spinning rotation	• At least three rotations continuously on one foot • Three (3) different Difficult Variations from three (3) Different Basic Positions • Three (3) different Difficult Variations from two (2) different basic positions AND entry or exit. OR • Two (2) different Difficult Variation from two (2) different Basic Positions and Different direction of spinning rotation	• At least three rotations continuously on one foot • Four (4) different Difficult Variations from three (3) Different Basic Positions • Three (3) different Difficult Variations from Three (3) different basic positions AND entry or exit. OR • Three (3) different Difficult Variation from three (3) different Basic Positions and Different direction of spinning rotation

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DANCE EDGE ELEMENTS

Definitions

Short Edge Element

A Short Edge Element is a movement where the skater must maintain a continuous sustained edge (one curve) in any selected position. A Short Edge Element must be sustained in position for at least three (3) seconds to be considered for level, but not more than seven (7) seconds.

The primary focus is on the quality of edge, and the secondary focus is on the position attained. Short Dance Edge Elements include the following **4 Types** :

A. Spirals in varied positions or an Attitude
B. Crouch in varied positions ie; one leg extended to the side, back or front, on or off the ice
C. Spread Eagle
D. Ina Bauer

Combination Edge Element

A Combination Edge Element consists of Two (2) Short Edge Elements performed consecutively that progress on two separate curves to form a serpentine-like (S-shaped) pattern. The short edge element on each lobe must be sustained, in position, for at least three (3) seconds to be considered for level, but a Combination Edge Element may not exceed twelve (12) seconds in total. A change of position is not required for each part of the Combination Edge Element. A turn of no more than half a rotation is allowed between each Short Edge Element (except when attempting a twizzle as a “difficult turn as a connecting step” additional feature). A change of foot is permitted between each Short Edge Element with no more than 2 steps* between each part. A turn on the entry or exit is permitted. The primary focus is on the quality of edge for each part, and the secondary focus is on the positions attained.

*If there are more than 2 steps, or more than half a rotation, (with the exception of the twizzle as a “difficult turn as a connecting step” additional feature) between each part of the Combination Edge Element, it will be called as two Short Edge Elements and occupy two boxes.

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Spiral Type Edge Element - (SpEe)

A Spiral is a position with one blade on the ice and the free leg **(including knee and foot)** are higher than the hip level. Spiral positions may be classified according to the position of the free leg (extended to back, sideways, in front, split, etc.) An Attitude, a pose on one leg with the other leg lifted in back, the knee bent at an angle of 90 degrees and well turned out so that the knee is higher than the foot, is also considered a Spiral Type Edge Element.

Crouch Type Edge Element – (CrEe)

• A two-footed movement in which a skater travels along the ice with two knees bent (thighs at least parallel to the ice) or with one knee bent (thigh at least parallel to the ice) and one leg extended to the side, back or front. (A simple Lunge is not considered as an Edge Element but as choreography)
• A Shoot the Duck on one foot with the skating leg in a bent position and the skating thigh at least parallel to the ice with the free leg directed forward parallel to and off the ice.

Note: Inside Spread Eagles in a full crouch will be considered a Crouch Type Edge Element and an Outside Spread Eagle in a crouch position will be considered as a Spread Eagle Type Edge Element.

Spread Eagle Type Edge Element - (SeEe)

A two-footed movement in which a skater travels along the ice with one foot on a forward edge/ tracing and the other on a matching backward edge/tracing on the same curve. Only a Spread Eagle skated on an outside edge will be considered as an Edge Element when performed as a Short Edge Element. A Spread Eagle skated on an inside edge will only be considered as an Edge Element when performed as a crouch Type or the second part of a Combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle. An inside Spread Eagle will not be considered for difficult exit for an Edge Element.

Ina Bauer Type Edge Element – (IBEe)

A two-footed movement in which a skater travels along the ice, on a curve, with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on a different but parallel tracing.

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ADDITIONAL PRINCIPLES OF CALLING

Applicable to all Edge Elements

1. The first performed Edge Element(s) shall be identified as the required Edge Element(s) and given a Level, or ignored if the requirements for Basic Level are not met. Subsequent Edge Elements shall be identified as an Edge Element and classified as an Extra Element with no value and the appropriate deduction is applied.
2. Any Edge Element(s) or part of a Combination Edge Element of a repeated Type shall be classified as an "Extra Element" and will receive the abbreviation* (e.g., SpEe*). It indicates that the element receives No Value, the appropriate deduction is applied (deductions vary by level), it occupies a box, and it will count as an Edge Element with the exception of:
   • The second part of a Combination Edge Element composed of two Short Edge Elements on two curves forming a serpentine pattern as repeated types and positions within a Combination Edge Element are permitted.
   • Two Spiral Type Edge Elements using different positions may be used if the look is completely different.
3. Any Edge Element of a Type, not according to the Required Elements for the Well-Balanced Free Dance Program, which fulfill the minimum requirement for Basic Level shall be classified as an "Extra Element", will receive the abbreviation* (e.g. CrEe* (if the Type of Edge Element can be identified) or Ee* (if the Type of Edge Element cannot be identified)). It indicates that the element receives No Value, the deduction -1 is applied, it occupies a box and it will count as a Dance Edge Element(s).
4. Either part of the Combination Edge Element will be ignored if it doesn't meet the requirements for a Basic Level.
5. A chosen example of a Difficult Pose shall be considered for Level only the first time it occurs.
6. If a Fall or Interruption occurs at the attempt/beginning of an Edge Element before the requirements for Basic Level have been fulfilled and the Edge Element is resumed, the Edge Element shall be identified and given a Level according to what is executed after resumption.
7. If a Fall or Interruption occurs during an Edge Element, the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or ignored if the requirements for Basic Level are not met.
8. Inside Spread Eagles will not be considered as an Edge Element and only considered basic choreography unless it is the second part of a Combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle. Inside Spread Eagles in a full crouch however will be identified as a Crouch Type Edge Element if the crouch is clearly established with the thighs at least parallel to the ice.
9. Inside Spread Eagles will not be considered as a difficult exit for an Edge Element.

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Applicable to Combination Edge Elements:

1. If one of the Short Edge Element forming the Combination Edge Element includes an Illegal Element, the deduction for Illegal Element will apply once and the Part of the Combination Edge Element including the Illegal Element will receive a Basic Level.
2. If both Short Edge Elements forming the Combination Edge Element include an Illegal Element (same or different), the deduction for Illegal Element will apply twice and both parts of the Combination Pose will receive a Basic Level.
3. In a Combination Edge Element, if a Skater performs an Illegal Element as an Entry and/or Exit Feature (such as a Jump of more than a half rotation): the deduction for Illegal Element will apply and the first and/or second part of the Combination Edge Element will receive a Basic Level. The other part of the Edge Element will receive a Level according to the requirements met or ignored if the minimum requirements for Basic Level are not fulfilled.
4. Any Difficult entry feature(s) connected with the 1st Edge Element and considered for Level for the chosen Type of Edge Element will also upgrade the 2nd Edge Element in a Combination Edge Element.
5. Any Difficult exit feature(s) connected with the 2nd Edge Element and considered for Level for the chosen Type of Edge Element will also upgrade the 1st Edge Element in a Combination Edge Element.
6. If there are more than two connecting steps between the two Short Edge Elements in a Combination Edge Element the Edge elements will be called separately as two Short Edge Elements.

ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

Difficult Positions/Features

Spiral Type Difficult Positions:

a) A Spiral with a full split (in front, back or to the side): when the legs of the skater are extended in one line with the angle between thighs about 180 degrees.
b) A Spiral comprising a full doughnut/ring: upper body arched back, with one foot almost touching the head in a full circle (maximum of half a blade length between head and blade);
c) A “Biellmann”: body in any orientation (e.g., upright, horizontal etc.) in relation to the vertical line of the body, with the heel of the boot pulled by the hand behind and above the level of the head.
d) A “Kerrigan”: a spiral where the leg is extended behind with the entire boot higher than the head and the free leg held by the hand around the knee.
e) A “135” (Fan): when skating backwards and the leg is extended in front or slightly to the side and not held by the hands, and positioned at least 135 degrees between the thighs.

Note:

- Examples b) (full doughnut/ring) and c) (full “Biellmann) shall be considered as the same.
- Examples a) (Split) and d) (Kerrigan) shall be considered as the same pose.

Crouch Type Difficult Position:

Hydroblade: A movement done almost level with, and parallel to the ice. The core of the body must be clearly positioned away from the vertical axis. No other part of the body other than the boot of the free leg is allowed to touch the ice. If any other part of the body, (other than the allowable boot/foot drag of the free leg) touches the ice it will be considered a Chorographic Sliding Movement when the Choreographic Sliding Movement is an option as one of the elements to be skated or penalized if the movement violates any other rules.

Spread Eagle Type Difficult Position:

Any Outside Spread Eagle held in position for at least 3 seconds. (Inside Spread Eagle only considered an Edge Element when used as 2nd part of a combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle).

Ina Bauer Type Difficult Position:

Any Outside Ina Bauer held in position for at least 3 seconds. (An inside Ina Bauer is not considered difficult)

Entry Features :

a. Continuous combination of complex and creative steps and/or movements performed immediately before the Edge Element. Complex is defined as consisting of many different and connected parts. Considered for Level only the first time performed.
b. Difficult/transitional entry (Example; from a twizzle or jump)
c. Unexpected entry without any evident preparation

Exit Features :

a. Continuous combination of complex and creative steps and/or movements performed immediately following the Edge Element. Complex is defined as consisting of many different and connected parts. Considered for Level only the first time performed.
b. Difficult/transitional exit (Example : directly from the position into a twizzle/difficult turn or different/difficult position or brief Edge Element Type not held for 3 seconds. No additional steps are allowed prior to the exit unless on two feet and then only a push from the skating foot is allowed.

Arm/Upper Body Features :

a. Significant and continuous movement of the arm/s. Where one arm is being used to support the free leg in position the free arm should be used in a significant and continuous motion. Simple use of the hands/forearms only is not sufficient. The movement must be performed for at least 3 seconds during the execution of the Element to be considered as a feature.
b. Additional feature for spirals, upper body (shoulder and head) turned upwards-facing up so that the line of the shoulders is at least 45 degrees past the vertical point and no additional support of the free leg. Must be held for 3 seconds.
c. Additional feature for Ina Bauer, back arched back with head bent back, tilted towards the ice. Must be held for 3 seconds.

Combination Dance Edge Element Additional Features:

a. **Difficult Turn as a connecting step between two Short Edge Elements** to form a Combination Edge Element is defined as either, a Rocker, a Counter, Twizzle (any number of rotations allowed) or a Bracket. The turn must be identifiable to be considered as a Feature. Only one extra step, push or touchdown is allowed prior to the start of the second side of the Combination Edge Element. The step may be prior to or after the difficult turn.

b. **Change of edge between two Short Edge Elements**, the change of edge connecting two Short Edge Elements should be a clean change of edge from one definite edge to a different definite edge with the second edge being clearly established. If the second edge is established after 2 seconds the feature will not be considered.

Characteristics of Levels for Dance Edge Element

Basic Level	Level 1	Level 2	Level 3	Level 4
An Edge Element of any Type established in position for at least 3 seconds.	An Edge Element of any Type established in position for at least 3 seconds. With one from the following: **a)** Entry feature **b)** Exit Feature c) Arm Feature	An Edge Element of any Type established in position for at least 3 seconds. With two from the following: **a)** Entry feature **b)** Exit Feature **c)** Arm Feature **OR** 1 Difficult Position	An Edge Element of any Type established in position for at least 3 seconds. With three of the following: **a)** Entry feature **b)** Exit Feature **c)** Arm Feature **OR** 1 Difficult Position AND 1 additional feature	An Edge Element of any Type established in position for at least 3 seconds. With a Difficult Position AND 2 additional features from the following : **a)** Entry feature **b)** Exit Feature **c)** Arm Feature

Notes :

- Each part of a Combination Edge Element may be upgraded with an Entry or Exit Feature.
- A Combination Edge Element Additional Feature may upgrade either one of the two parts.

Adjustments to Level :

During an Edge Element, any deviation from the established edge will reduce the level by “1" by the Technical Panel. The element will still receive a Basic Level only if the requirements for a Basic Level are met.

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TWIZZLES

ADDITIONAL PRINCIPLES OF CALLING

1. The first Set of Twizzles shall be identified as the required Set of Twizzles and a Level given according to what is performed.
2. A second Set of Twizzles performed after the required Set of Twizzles shall be identified as Choreographic Twizzling Movement. Subsequent Sets of Twizzles shall not be identified.
3. If a loss of control with additional support (e.g. stumble/touchdown by free leg/foot and/or hand(s)) the following will apply:
   • Any loss of control resulting in an error of **up to one** uncontrolled step is a stumble/touchdown – reduce 1 Level.
   • **More than one** uncontrolled step is an Interruption and any features/rotations from this point are not considered for the Level.
4. If a Fall or Interruption occurs during any part of the Set of Twizzles and fulfill the requirement for Basic Level, the Set of Twizzles shall be identified and given a level according to the requirements met before the Fall or Interruption.
5. If a Fall or Interruption occurs at the entry edge to the first Twizzle and before the requirements for Basic Level have been fulfilled and the Twizzle Element is resumed, the Twizzle Element shall be identified and given a Level according to what is executed after resumption.
6. Entry edge to either Twizzle cannot be from a stand-still, otherwise the Level will be reduced by one Level per stop.
7. If any part of any Twizzle within the first two Twizzles becomes a Spin or checked Three Turns, its Level shall be reduced:
   • By one Level if one of the two Twizzles become Spins or checked Three Turns
   • By two Levels if both Twizzles become Spins or checked Three Turns.
8. If there is more than the maximum or less than the minimum permitted number of steps between required Set of Twizzles, the Level shall be reduced by 1 Level. Each push and/or transfer of weight while on two feet between Twizzles is considered as a step.

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ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

Twizzle Features (groups of examples)

Group A– (Upper Body and hands, including wrists)

1. Elbow(s) at least at level with or higher than the level of the shoulders. Elbows(s) could be above the head, at the same level as the head, or lower than the head. Hands may not be clasped or touching any part of the arms.
2. Significant continuous motion of arm(s).
3. Hands touching behind back and extended away from the body.
4. Hands touching in front, extended away from the body, with arms straig

Group B– (Skating Leg and Free Leg)

1. Coupé in front, side or behind with free foot in contact with the skating leg in at least 45 degrees open hip position
2. Holding the blade or boot of the free foot
3. Free foot crossed behind the skating foot and close to the ice
4. Free leg extended or bent with more than 45 degrees from the inner thigh to the vertical axis
5. Sit position (at least 90 degrees between the thigh and shin of the skating leg)
6. Changing the level of the skating leg (knee) with a continuous wave (up/down) motion

Group C– (Entry and Exit)

1. Third twizzle of at least 3 rotations, performed correctly, started with different entry edge from the first two Twizzles, and preceded by a maximum of one step for Set of Sequential Twizzles and for Set of Solo Twizzles
2. Entrance to the first or second Twizzle from a Dance Jump (the entry edge for the Twizzle will be determined by the landing edge of the Dance Jump).
3. Two Twizzles performed on one foot without change of foot, with no limit on turns or movements performed on one foot between required Twizzles or between the second and third twizzle in Free Dance in Novice Categories and between the second and third twizzle in Free Dance in Junior and Senior categories .
4. Set of Twizzles performed directly from creative and/or difficult and/or intricate or unexpected entry.

Notes for Additional Features :

1. The Feature may be performed in either Twizzle or both but will only count when done correctly the first time.
2. A chosen Additional Feature from Groups A and B shall be considered for a Level if it is fully achieved and established: within the first half rotation of the Twizzle, and held until the number of rotations needed for that Level is fully completed (2 rotations for Level 2, 3 rotations for Level 3, 4 rotations for Level 4).
3. There is no limit on turns or movements performed on one foot on the change of foot or the steps between required Twizzles.
4. If there is more than one step performed between the 2nd and 3rd Twizzle in a Set of Twizzles, the 3rd Twizzle is no longer considered for Level as a Group C feature.
5. Any number of connecting turns after the Twizzle rotations considered for level, including additional single Twizzle(s), are permitted.
6. Any change of weight when on two feet between Twizzles will be considered a step.

Characteristics of Levels for Twizzle Element

Basic Level	Level 1	Level 2	Level 3	Level 4
At least **1 rotation** in each of the two Twizzles.	At least **2 rotations** in each of the two Twizzles. **AND** at least 1 Feature. (Features must be held for one full revolution for Groups A & B.)	Different entry edge and different direction of rotation for the two Twizzles. At least **2 rotations** in each Twizzle **AND** 2 different Features from the same or different groups. (Features must be held for two full revolutions for Groups A & B.)	Different entry edge and different direction of rotation for the two Twizzles. At least **3 rotations** in each Twizzle **AND** 3 different Features from two or three different groups. (Features must be held for three revolutions for Groups A & B.)	Different entry edge and different direction of rotation for the two Twizzles. At least **4 rotations** in each Twizzle **AND** 4 different Features from three different groups. (Features must be held for four revolutions for Groups A & B.)

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STEP SEQUENCES

ADDITIONAL PRINCIPLES OF CALLING

Applicable to Step Sequences:

1. The first performed Step Sequence of a required type shall be identified as the required Step Sequence of that Type and given a Level, or No Level if the requirements for Basic Level are not met. Subsequent Step Sequences of that Type and Step Sequences of a Type not according to the Required Elements for Free Dance shall not be identified.
2. If a Fall or Interruption occurs at the entrance to or during a Step Sequence and the Element is immediately resumed, the Element shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or No Level if the requirements for Basic Level are not met.
3. The percentage of steps for a Step Sequence is evaluated on the overall pattern completed per the prescribed shape, i.e. midline, circular, serpentine, diagonal etc…

Characteristics of Levels for Step Sequence Element

Requirements	Basic Level	Level 1	Level 2	Level 3	Level 4
Interruptions	No more than 50% of the pattern in total	No more than 50% of the pattern in total	No more than 25% of the pattern in total	No more than 10% of the pattern in total	No interruptions
Difficult Turn(s) Correctly Executed		at least **1** Type of Difficult Turn	at least **3** Types of Difficult Turns	at least **4** Types of Difficult Turns	at least **5** Types of Difficult Turns
Multidirectional				**Turns Multidirectional**	**Turns Multidirectional**
Steps/Turns					**All Steps/Turns are 100% clean**

Notes:

Only the first attempt of each difficult turn will be considered for level. List of difficult turns for consideration: Rocker, Counter, Bracket, Twizzle for Level 1 and 2, Double Twizzle for Level 3 and 4, Forward Outside Mohawk, Choctaw.

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ONE FOOT TURNS SEQUENCE

ADDITIONAL PRINCIPLES OF CALLING

1. One Foot Turns Sequence consists of Difficult Turns performed on one foot.
2. Additional One Foot turns and power-pulls may be included.
3. If a loss of control with additional support (touchdown by free leg/foot and/or hand(s)) occurs during the One Foot Turns Sequence and continues without interruption, its Level shall be reduced by 1 Level per error.
4. If a Fall or Interruption occurs during a One Foot Turns Sequence and the Element is immediately resumed, the element shall be identified and given a Level according to the requirements met **before** the Fall or Interruption, or ignored if the requirements for Basic Level are not met.

ADDITIONAL DEFINITIONS, SPECIFICATIONS TO DEFINITIONS AND NOTES

- Types of One Foot Turn Sequence Difficult turns: Bracket, Rocker, Counter, Twizzle ("Single Twizzle" only counts for Level 1 and 2. "Double Twizzle" counts for Levels 1–4), skated on distinct and recognizable edges according to the definitions of the turns.
- An error in any part of a turn will result in the turn not being considered for the Level. This also applies to an error in any part of a "Single Twizzle" or "Double Twizzle", the entire Twizzle is not considered towards the Level. As an example : If the skater includes a "Double Twizzle" as a Difficult Turn and there is a mistake in the execution within any part of the Turn, it is not considered even as a "Single Twizzle".

Characteristics of Levels for One Foot Turns Sequence Element

Basic Level	Level 1	Level 2	Level 3	Level 4
At least **1 Type** of One Foot Turn is executed	**1 Type** of One Foot Turns correctly executed	**2 different Types** of One Foot Turns correctly executed .	**3 different Types** of One Foot Turns correctly executed	**ALL 4 different** Types of One Foot Turns correctly executed AND All Turns are 100% clean

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CHOREOGRAPHIC ELEMENTS

DEFINITIONS

Choreographic Spinning Movement:

A Choreographic Spinning Movement can be performed anywhere in the program, A continuous spinning (rotating) movement with at least Three (3) full rotations which may be stationary or travelling.
The following requirements apply:

- On two feet, or alternate feet, or one foot and one knee / boot (but not two knees)
- If a skater performs a pause within the first three (3) rotations of the spinning movement, the movement is considered broken and will not be confirmed by the Technical Panel.
- Must not meet the requirements for a Dance Spin (i.e. 3 rotations on the spot on one foot)

Choreographic Twizzling Movement:

A Choreographic Twizzling Movement must be performed after the required Set of Twizzles. It is composed of Two (2) parts and the following requirements apply:

- For both parts: on one foot or two feet or a combination of both and must travel
- For the first part: at least 2 continuous rotations must be performed
- For the second part: at least 2 continuous rotations with up to 3 steps between the first and second twizzling movement

Choreographic Character Step Sequence :

A Choreographic Character Step Sequence can be performed anywhere in the program and the following requirements apply:

- Must begin with the skater coming within two meters (6 feet) of the barrier on either side of the rink.
- Must be placed around either the SHORT Axis or LONG Axis (within 10 meters either side of the short axis) and must proceed from barrier to barrier. The pattern must be different than the chosen Style B Step sequence, and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from the barrier on each side.
  Note: Basic Novice are required to use the SHORT Axis and Intermediate Novice are required to use the LONG Axis
- Touching the ice with any part (or parts) of the body with controlled movements are allowed in the Character Step Sequence for Advanced Novice, Junior and Senior only. (example on two knees. Using both hands, etc).
- Touching the barrier at the start or finish is also permitted.
- Permitted stops must not be longer than 5 seconds each.
- Retrogressions are not permitted.
- Dance Spins and Edge Elements are not permitted. If a Dance Spin or Edge Element is performed and meets the criteria for a Basic Level, the Step Sequence will be identified, confirmed if the requirements are met, and the Extra Element will be added and a deduction of -1.0 applied (-0.5 for all Novice categories) e.g., ChSt1+ExEl. It will NOT count as a Required Element.

Choreographic Sliding Movement:

A Choreographic Sliding Movement can be performed anywhere in the program, during which the skater performs a controlled sliding movement on the ice for a minimum of 2 seconds and the following requirements apply:

- Continuous controlled sliding movement on any part of the body.
- May rotate
- No time restriction
- Controlled sliding on 2 knees or any part of the body will not be considered as a Fall by the Technical Panel during this element.
- Sliding Movement which finishes as a stop on 2 knees or sitting/lying on the ice is identified as a Choreographic Sliding Movement and a deduction for Fall is applied.
- A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall.
- Performing a simple lunge movement will not be considered a Sliding Movement.
- Additional Sliding Movements will be ignored. Appropriate penalties should be taken if the movement meets the requirements for a Fall or violates other choreographic restrictions which would then be penalized by the Technical Panel. i.e on two knees, or the weight of the body is on any another body part, it would be considered as a Fall while lightly touching the ice with a hand would be a choreographic restriction violation.

ADDITIONAL PRINCIPLES OF CALLING – ALL CHOREOGRAPHIC ELEMENTS

- Any Choreographic Element/Movement combined with another Required Element as an 'Entry' or 'Exit' feature will not be considered by the Technical Panel as a required Choreographic Element/Movement. It will only be considered by the Technical Panel as an 'entry' and/or 'exit' feature.
- Only the first performed required number of different Choreographic Elements shall be identified as the required Choreographic Elements. Subsequent Choreographic Step Sequences will not be identified and considered as choreography by the Judges panel.
- If there is an illegal element(s)/movement(s)/pose(s) during the execution of any Choreographic Element, the deduction for an illegal element(s) /movement(s) / pose(s) will apply and the element will receive No Value.

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HOW TO IDENTIFY AND CONFIRM CHOREOGRAPHIC ELEMENTS

A minimum requirement has been determined for each Choreographic Element. A Choreographic element is confirmed as soon as the requirement(s) for the element is/are reached (see chart below).

- ➔ Should the minimum requirement not be reached, the element will be ignored and will not block a box.
- ➔ Should the element be confirmed but does not meet the following requirements, it receives the "!" symbol which means the GOE is not higher than -1 (Refer to the Symbols Chart).

Choreographic Element	Minimum Requirement to be Confirmed	! applied when:	Additional Principles of Calling
Choreographic Spinning Movement	A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or travelling without interruption.	N/A	- May be performed anywhere in the program. - Subsequent Spinning Movements shall not be identified. - Must not meet the requirements for a Dance Spin (i.e. 3 rotations on the spot on one foot)
Choreographic Character Step Sequence	Perform steps around the short or long axis and must proceed from barrier to barrier.	Performed but more than 2 meters from either barrier. Or a retrogression is performed. Or the pattern is the same as the Style B Step Sequence. Or touch barrier at both start AND end of ChSt.	- May be performed anywhere in the program. - Subsequent Character Step Sequence(s) shall not be identified.
Choreographic Sliding Movement	Execute sliding movement on the ice for at least 2 seconds.	There is a loss of control that is not considered a fall.	- A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall as long as no additional support is involved. - If the Choreographic Sliding Movement does not fulfill the requirements (and therefore not identified) and the skater has performed "touching the ice with any part of the body" (as an example, on two knees), the Tech Panel will call a Fall. - Basic lunges do not fulfil the minimum requirement and will be ignored. - Subsequent sliding movements, which are identified as an Illegal Element/Movement and/or a Fall shall be called as such but not as an Extra Element (ChSL)
Choreographic Twizzling Movements	Perform at least 2 continuous travelling rotations in both the first part and second parts.	Performed with more than 3 steps in between twizzling movements.	- Must be performed after the required Set of Twizzles.

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			- Subsequent Twizzling Movements shall not be identified. - If the requirements for a Basic Level spin are met, the Twizzling Movement will be ignored, and the Spin will be called.

FALL

A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.

Note: Kneeling on both knees will be considered a fall (unless it is identified as a sliding movement when allowed or when allowed in the Choreographic Character Step Sequence).

ILLEGAL ELEMENTS / MOVEMENTS /POSES

The following elements and movements are illegal in all Solo Series Events:

- Jumps of more than half (1/2) a rotation.
- Two or more consecutive half (1/2) a rotation jumps.
- Split Jumps with a toe assisted take off. (A Ballet Jump where the skater takes off and lands on the same toe with no rotation will be considered a hop and not a split jump.) ; Split Jumps with an edge take off where the legs are spread equal to or more than 90 degrees. Such as, but not limited to a Falling Leaf.
- Illusions of more than 1 rotation.*
- Flying Dance Spins or Flying Entries to Dance Spins.
- Lying on the Ice (except where permitted)

  * Definition:
  Illusion - An Illusion is a spin that has a basic position similar to the camel, but instead of remaining "flat" throughout the duration of the spin, the skater's body tilts up and then down so the head is close to the ice with the boot of the free leg extended upwards, creating almost a full split, while the skater is spinning.

Note/Reminding:

Any element containing an illegal element/movement/pose will be called Basic Level if it meets the criteria for Basic Level. If the Element does not meet the requirement for Basic Level, the Element is ignored and the deduction for an Illegal Element/Movement/Pose will apply.

Choreographic Elements containing an Illegal Element/Movement/Pose will be called No Value.