



**2011-2012 LEVELS OF DIFFICULTY- SINGLE SKATING
EFFECTIVE JULY 1, 2011 – JUNE 30, 2012**

Number of features for Levels: 2 for Level 2, 3 for Level 3, 4 for Level 4

See ISU Communication 1672 for Junior and Senior Levels of Difficulty.

<p align="center">Step Sequences</p>	<p>1) Simple variety (Level 2), variety (Level 3), complexity (Level 4) of turns and steps throughout (compulsory)</p> <p>2) Rotations (turns, steps) in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction</p> <p>3) Use of upper body movements <u>for at least half of the pattern</u></p> <p>4) At least half a pattern on one foot only</p> <p>5) <u>Two different combinations of 3 difficult turns</u> (rockers, counters, brackets, twizzles, loops) quickly executed within the sequence.</p> <p><i>Pre-Juvenile, Juvenile, Junior Bronze, Senior Bronze & Junior Silver: All step sequences can be called no higher than Level 1, regardless of features</i></p>
<p align="center">All Spins</p>	<p>1) A difficult variation in a basic or (for spin combinations only) in an intermediate position</p> <p>2) Another difficult variation in a basic position which must be significantly different from the first one and:</p> <ul style="list-style-type: none"> • spin in one position with change of foot – on different foot than the first one • spin combination without change of foot – in different position than the first one • spin combination with change of foot – on different foot and in different position than the first one <p>3) Change of foot executed by jump</p> <p>4) Backward entrance/difficult variation of flying entrance/landing on the same foot as take-off or changing foot on landing in a Flying Sit Spin</p> <p>5) Clear change of edge in sit (only from backward inside to forward outside), camel, <u>layback and Biellmann position</u></p> <p>6) All 3 basic positions on both feet</p> <p>7) Both directions immediately following each other in sit or camel spin</p> <p>8) At least 8 revolution without changes in position/variation, foot or edge (camel, <u>difficult sit</u>, layback, difficult upright), counts <u>once per spin</u></p> <p>Additional features for the Layback spin:</p> <p>9) One <u>clear</u> change of position backwards-sideways or reverse, at least 3 revolutions in each position (counts also if the Layback spin is a part of any other spin)</p> <p>10) Biellmann position after layback spin (SP – after 8 revolutions for Junior and Senior, 6 revolutions Novice and 5 revolutions Pre-Novice in layback spin)</p> <p>Backward <u>and flying</u> entry, change of edge and any type of difficult spin variation count as features that can increase the Level only once per program (in the first spin they are attempted);</p> <p><u>Pre-Juvenile, Juvenile, Junior Bronze, Senior Bronze & Junior Silver: All spins can be called no higher than Level 1, regardless of features.</u></p> <p><u>For spin combinations with change of foot all 3 basic positions are mandatory for Levels 2-4 in both short and free skating.</u></p> <p><u>For spins with change of foot at least one basic position on each foot is mandatory for Levels 2-4 in free skating. In case this requirement is not fulfilled in short program, the spin will have no Level and consequently no value.</u></p> <p>In any spin with change of foot the maximum number of features attained on one foot is two.</p>



Clarifications

Step Sequences (Singles and Pair): Use of upper body movements means the visible use for a combined total of at least half of the pattern of the step sequence any movements of the arms, head and torso that have an effect on the balance of the main body core.

Singles: Two combinations of difficult turns are considered to be the same if they consist of the same turns done in the same order and on the same edges.

Spins (Singles): Backward and flying entry, change of edge and any type of difficult spin variation count as features that can increase the Level only once per program (in the first spin they are attempted). Normal flying camel entry does not count as a Level feature, but counts as such an attempt.