

Calling Specifications and Levels of Difficulty of  
required Elements for Solo Ice Dance in Bavaria



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I want to thank the National Ice Skating Association of Great Britain and Northern Ireland (NISA) to allow me taking their Calling requirements for Solo Dance as a very helpful reference and template for the Technical Requirements for Solo Ice Dance in Bavaria. All requirements were adopted from the ISU Handbook Judges and Referees, the Handbook for Technical Panels, the Handbook for Pattern Dances 2016/2017 and the ISU Communications 2003 and 1998. Please read these Handbooks and all pertinent ISU Communications which are available at [www.isu.org](http://www.isu.org), in preparation for the competition.

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# 1. PATTERN DANCE ELEMENTS

## I. General Calling Rules

1) The process used by the Technical Panel to identify Key Points and their correct execution is the same process as for the identification of Required Elements and Levels (i.e. by majority). Correct or incorrect execution of Key Points is reported on the Judges Details per skater Chart (.pdf) as;

- “Yes” meaning “all Key Point Features are met and all Edges / Steps are held for the required number of beats”, or,
- “Timing” meaning “all Key Point Features are met but one or several Edges / Steps are not held for the required number of beats” or,
- “No” meaning “one or several Key Point Features are not met, whether or not Edges / Steps are held for the correct number of beats”

2) If a Fall or interruption occurs at the entrance to or during a Pattern Dance Element or a Partial 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 Level 1 are not met.

Pattern Dance Element:

- a series of prescribed steps, turns and movements in a Short Dance consisting of,
- a Sequence of a Pattern Dance listed in ISU Rule 707 or,
- a section of a Pattern Dance listed in ISU Rule 707 or,
- a combination of steps/ turns from Pattern dances listed in ISU Rule 707.

For the definition of individual steps please see ISU Rule 704.

## II. Beginners (Anfänger) and Basic Novice (Neulinge)

There will be no Key Points prescribed, and **no Levels evaluated**. The Technical Panel will determine the name of the Pattern Dance and confirm the Sequence/Section that requirements for the Base Level are fulfilled. The Judges evaluate the Pattern Dance with the GOE. All Components of Pattern Dances are judged. The factor of the Components is 0.7. For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5 as per Rule 353, paragraph 1.b)

## III. Advanced Novice (Nachwuchs) Levels explanation

For Advance Novice Pattern Dances, there will be **2 Key points described**, and Key Points up to Level 3 will be evaluated. The Key Points and the Key Point Features for the season 2016-17 are described in the Communication 2003. The Judges evaluate the Pattern Dance with the GOE. All Components of Pattern Dances are judged. The factor of the Components is 0.7. For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5 as per Rule 353, paragraph 1.b)

One group of two Pattern Dances shall be drawn before the first practice of the competition from the two groups announced for the season:

Season 2016/17 and every third season: Group 3 and Group 1

Group 1:	European Waltz (2 sequences)	Gruppe 3:	Kilian (6 sequences)
	Tango (2 Sequences)		Blues (3 Sequences)

Key Points European Waltz (source: Communication 2003)		
<b>Each Sequence (EW1Sq &amp; EW2Sq)</b>	<b>Key Point 1</b> Lady Steps 6 & 7 (RBO, LBO) Man Steps 6 & 7 (LFO, CR-RFO3)	<b>Key Point 2</b> Lady Steps 13-15 (LFO3, RBO, LFO3) Man Steps 13-15 (RBO, LFO3, RBO)
<b>Key Point Features</b>	1. Correct Edges 2. LBO (# 7 Lady): started close beside the skating foot 3. CR-RFO3 (# 7 Man): correct turn	1. LFO3 (# 13 Lady, # 14 Man): correct Turns 2. RBO (# 14 Lady, # 15 Man): started close beside the skating foot



<b>Key Points Kilian (source: Communication 2003)</b>		
<b>Each Sequence (KI1Sq, KI3Sq, KI5Sq)</b>	<b>Key Point 1</b> Lady Steps 3 & 4 (LFO, RFO) Man Steps 3 & 4 (LFO, RFO)	<b>Key Point 2</b> Lady Steps 9-11 (XB-LFI XF-OpCho, RBO, XB-LBI) Man Steps 9-11 (XB-LFI XF-OpCho, RBO, XB-LBI)
<b>Key Point Features</b>	1. Correct Edges	1. Correct Edges 2. XF-OpCho (# 9): correct Turn 3. XF-OpCho (# 9): correct placement

<b>Key Points Tango (source: Communication 2003)</b>		
<b>Each Sequence (KI1Sq, KI3Sq, KI5Sq)</b>	<b>Key Point 1</b> Lady Steps 3 & 4 (LFO, RFO) Man Steps 3 & 4 (LFO, RFO)	<b>Key Point 2</b> Lady Steps 9-11 (XB-LFI XF-OpCho, RBO, XB-LBI) Man Steps 9-11 (XB-LFI XF-OpCho, RBO, XB-LBI)
<b>Key Point Features</b>	1. Correct Edges	1. Correct Edges 2. XF-OpCho (# 9): correct Turn 3. XF-OpCho (# 9): correct placement

<b>Key Points Blues (source: Communication 2003)</b>		
<b>Each Sequence (BL1Sq, BL2Sq &amp; BL3Sq)</b>	<b>Key Point 1</b> 1. Lady & Man Steps #5-7 (RBO, LFO, CRRFO-SwR)	<b>Key Point 2</b> Lady/Man Steps 12 & 13 (LFI ClCho, RBO)
<b>Key Point Features</b>	1. Correct Edges	1. Correct Edges 2. ClCho (# 12): correct Turn 3. ClCho (#12): correct placement of the free foot

#### IV. Junior (Junioren) Levels Explanation

Junior Pattern Dance Elements: Two (2) Sequences of Blues, either skated one after the other or separately. Step #1 of each Sequence must be skated on a different side of the ice surface.

##### Specifications:

- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- Rule 708 paragraph 1 applies with the following alterations:  
subparagraph d) – Timing: first sentence reads “The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.
- Step #1 of each Pattern Dance Blues must be skated on a different side of the ice surface.

There will be **2 Key points described**, and Key Points up to Level 3 will be evaluated.

Key Points Blues (source: Communication 2003)		
<b>Each Sequence (BL1Sq, BL2Sq &amp; BL3Sq)</b>	<b>Key Point 1</b> 1. Lady & Man Steps #5-7 (RBO, LFO, CRRFO-SwR)	<b>Key Point 2</b> Lady/Man Steps 12 & 13 (LFI ClCho, RBO)
<b>Key Point Features</b>	1. Correct Edges	1. Correct Edges 2. ClCho (# 12): correct Turn 3. ClCho (# 12): correct placement of the free foot

**V. Key Point and Key Point Features:**

A Key Point is correctly executed when all its related Key Point Features are met and all its Edges/Steps are held for the required number of beats. Key Points and Key Point Features are technical requirements valid for one season and are published in the corresponding ISU Communication. A change of edge within the last beat of the step is permitted to prepare the push/transition to the next step.

<b>Characteristics of Level (source: Communication 2003)</b>		
<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>
75% of Pattern Dance Element is completed by both partners	Pattern Dance Element is not interrupted more than 4 beats in total, either through Stumbles, Falls or any other reason AND 1 Key Point is correctly executed	Pattern Dance Element is not interrupted more than 4 beats in total, either through Stumbles, Falls or any other reason AND 2 Key Point is correctly executed

## 2. SOLO ICE DANCE SPIN

**Definition** of Solo Dance Spin – A spin on one foot with at least three (3) rotations

### **Basic Positions in Solo Ice Dance Spin**

#### 1. **Upright Position:**

performed on one foot with skating leg straight or slightly bent and body upright (on a nearly vertical axis), arched back or bent to the side. (If the angle between the thigh and shin of the skating leg is less than 120 degrees, it will be considered as a Sit Position)

#### 2. **Sit Position:**

performed on one foot with skating leg bent in a one-legged crouch position and free leg forward, to the side or back. (If the angle between the thigh and shin of the skating leg is more than 120 degrees, it will be considered as an Upright or Camel position depending on the other criteria that characterise these positions).

#### 3. **Camel Position:**

performed on one foot with skating leg straight or slightly bent and body bent forward so that the waist line is horizontal and the core of the body is less than 45 degrees above the horizontal line (if it is more, the position will be considered as Upright) and the free leg extended or bent upward on a nearly horizontal line or higher. If the angle between the thigh and the shin of the skating leg is less than 120 degrees, it will be considered as a Sit Position.

### **Examples of Difficult Variation of Basic Positions:**

#### i) *Upright Position:*

- a) Biellmann type: body upright pulling the boot by the hand above and behind the level of the head (the heel of the boot pulled by the hand 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 one half of a blade length between head and blade;

ii) *Sit Position:*

a) Full Sit Position (free leg bent or straight) with free leg directed forward with thigh of skating leg at least parallel to the ice.

b) Full Sit Position (free leg bent or straight) with free leg directed backward with thigh of skating leg at least parallel to the ice.

c) Full Sit Position (free leg bent or straight) with free leg directed to the side with no more than 90 degrees between the thigh and shin of the skating leg.

d) Full Sit Position (free leg crossed extended behind and directed to the side) not more than 90 degrees between thigh and shin of skating leg.

e) Full Sit Position (free leg crossed behind and touching the skating leg) with thigh of skating leg at least parallel to the ice.

f) Full Sit Position with free leg directed forward with not more than 90 degrees between the thigh and shin of skating leg and back of upper body parallel to the ice.

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

iii) *Camel Position:*

a) Camel Spin with 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) Camel Spin with body nearly horizontal or bent sideways horizontally with head and free foot almost touching (doughnut / ring); Maximum one half of a blade length between head and blade;

c) Camel Spin with body nearly horizontal with the heel of the boot pulled by the hand above level of the head

d) Camel Spin with body bent forward to the spinning leg and free leg extended backward and upward up to almost a full split (with the angle between the thighs about 180 degrees); e) Simple Camel by the man with the free leg on a horizontal line or higher.

**Notes:**

1. A simple camel spin by a lady will not be considered as a difficult variation of a camel spin.
2. A Difficult Variation shall be considered for a Level when held for at least 2 rotations in a Spin or 3 rotations in a Combination Spin.
3. Any variation of a 'doughnut / ring' position mentioned above may be used only once in the spin or combination spin. A Biellmann and a Camel with boot pulled by the hand above the level of the head will not be considered as two different difficult variations.

**Calling Specifications for Solo Ice Dance Spins:**

Basic Requirement for calling a Spin Level 1- At least three (3) rotations for all categories / positions

1. If the spinning movement has started and the skater is on two feet for more than  $\frac{1}{2}$  a rotation, the level of difficulty of the spin will be reduced by 1 level.
2. If a fall occurs at the entrance or during the spin and is immediately followed by another Spin or Spinning movement (for purpose of filling time), this additional part will receive no value and will not occupy another box.
3. If the Spin has commenced and immediately is stopped by a fall, stumble or any other interruption, it will be called Spin- No level and the element will block a box for a Spin.
4. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after the Spin has commenced and the Spin continues on one foot after the touch down without interruption, the level of difficulty will be determined by the number of executed rotations and will be reduced by 1 level per touch down. If the skater remains on 2 feet to re-establish the Spin for more than  $\frac{1}{2}$  a rotation, the Spin will be called Level 1. . 5. Spin Option 1 – without change of spinning direction  
Spin Option 2 – with different spinning direction on each part

Spin Option 1 – without change of spinning direction

Spin Option 2 – with different spinning direction on each par

<b>Characteristics of Level Solo-Spins (source: Communication 2003)</b>			
<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
At least three (3) rotations for all categories / positions	Spinning movement started on one foot  AND <b>Option 1</b> 1 difficult variation from any Basic Position (for at least 2 rotations in established position)  <b>Option 2</b> Change of direction with at least 2 rotations in each direction	Spinning movement started on one foot  AND <b>Option 1</b> At least 2 difficult variations from 2 different types of Basic Positions (each difficult variation for at least 2 rotations in established position)  <b>Option 2</b> Change of direction with at least 2 rotations in each direction AND 1 difficult variation from any Basic Position (for at least 2 rotations in established position)	Spinning movement started one foot  AND <b>Option 1</b> At least 3 difficult variations from 3 different types of Basic Positions (each difficult variation for at least 2 rotations in established position)  <b>Option 2</b> Change of direction with at least 2 rotations in each direction AND At least 2 difficult variations from 2 different types of Basic Positions (each difficult variation for at least 2 rotations in established position)

### **Calling Specifications for Solo Ice Dance Combination-Spins**

Definition of a Solo Combination Spin – A spin performed as above of at least three (3) rotations on one foot after which a change of foot is made and at least three (3) further rotations occur on the 2nd foot. A change of foot means “change to another foot”. The change of foot must not exceed ½ a rotation on two feet.

**Basic Positions & Examples of Difficult Variations** of Basic Positions: see Solo Spin.

## Calling Specifications for Combination Spins

Basic Requirement for calling a Solo Combination Spin Level 1: a spin with at least 3 rotations in each part. A change of foot means “change to the other foot”.

The change of foot must not exceed ½ a rotation on two feet.

1. A Solo Combination Spin will be identified as a Solo Spin when the skater commences the entry edge to the second part of the Combination Spin but without having completed one full rotation.
2. If the skater does not attempt to change foot in the Combination Spin, it will be called as a Solo Spin (and may be contrary to the regulations).
3. If the spinning movement has been started and the skater is on two feet for more than ½ a rotation, the level of difficulty will be reduced by 1 level. 4. If there is more than ½ a rotation on 2 feet during the change of foot, the level of difficulty will be reduced by 1 Level. 5. If a fall occurs at the entrance to or during a Combination Spin and is immediately followed by another spin or spinning movement (for the purpose of filling time) this additional part will receive no value and will not occupy another spin box.
4. If the Combination Spin has commenced and is immediately stopped by a fall, stumble or any other interruption, it will be called Spin-No Level and the element will block a spin box.
5. If a loss of control with additional support (touch down by free leg/foot hand(s)) occurs after the Combination Spin has commenced and the Combination Spin continues on one foot after touch down without interruption, the Level will be determined by the number of executed rotations and will be reduced by 1 Level per touchdown. However, if the skater remains on 2 feet to re-establish the spin for more than ½ rotation, the Spin will be called Level 1.

Combination Spin Option 1 – with same spinning direction

Combination Spin Option 2 – with different spinning direction on each part

**Characteristics of Level Solo Combination-Spins (source: Communication 2003)**

<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
<p>Combination spin: at least 3 rotations in each part.</p>	<p>Spinning movement started on one foot</p> <p>AND</p> <p><b>Option 1</b> 1 difficult variation from 1 Basic position (minimum 3 rotations in established position) in either part.</p> <p><b>Option 2</b> Change of direction with at least 3 rotations in each direction.</p>	<p>Spinning movement started on one foot</p> <p>AND</p> <p><b>Option 1</b> 2 difficult variations from 2 different Basic Positions (minimum 3 rotations in established position)</p> <p><b>Option 2</b> Change of direction with at least 3 rotations in each direction AND 1 difficult variation from any Basic Position (for at least 3 rotations in established position)</p>	<p>Spinning movement started on one foot</p> <p>AND</p> <p><b>Option 1</b> A total of 3 difficult variations from 3 different Basic positions (minimum 3 rotations in established position),</p> <p><b>Option 2</b> Change of direction with at least 3 rotations in each direction AND At least 2 difficult variations from 2 different types of Basic Positions (each difficult variation for at least 3 rotations in established position).</p>

### 3. SOLO SET OF TWIZZLES

#### **Definition and Requirements:**

A travelling turn executed on one foot with one or more rotations which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the skating foot with the free foot in any position during the turn then placed beside the skating foot to skate the next step.

A series of checked Three Turns is not acceptable as this does not constitute continuous action. If the travelling action stops during the execution of the Twizzle it becomes a Solo Spin (Pirouette).

The **four (4) different types** of entry edges for twizzles are as follows;

- Forward Inside
- Forward Outside
- Backward Inside
- Backward Outside

#### **Additional principles of Calling**

1. The first performed Set of Twizzles shall be identified as the Set of Twizzles and given a Level, or No Level if the requirements for Level 1 are not met. Subsequent Twizzles shall not be identified.
2. If a Fall or interruption occurs at the entrance to or during a Set of Twizzles and is immediately followed by other Twizzles (for the purpose of filling time), the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Level 1 are not met, and the additional part shall not be identified.
3. Set of Sequential Twizzles – up to 1 step between Twizzles (Junior and Senior Short Dance only)
4. Set of Synchronized Twizzles – up to 3 steps between Twizzles
5. A step between Twizzles means stepping onto the other foot to perform one intermediate / transition step or one-foot turn (e.g. bracket, counter) to enable the performance of the second Twizzle on the same foot as the first Twizzle should the skater wish to do so.



## **Additional Features and Difficult Additional Features (groups of examples)**

### **Group A (upper body and hands)**

- a) Elbow(s) at least level with or higher than the level of the shoulders (hand(s) could be above the head, at the same level as the head, or lower than the head.)
- b) Significant continuous motion of the arms.
- c) Hands clasped behind the back and extended away from the body
- d) Straight arms clasped in front and extended away from the body (between the waist and chest level and lower than the level of the shoulders
- e) Core of body is shifted off the vertical axis

### **Group B (skating leg and free leg)**

- a) Coupée in front or behind with free foot at least at the top of the calf and hip in fully open position
- b) Holding the blade or boot of the free foot.
- c) Free leg crossed behind above the knee
- d) Free leg held out (i.e. extended or bent with an angle of 90 degrees or more between the thigh and the shin, to the front, to the side or to the back or a combination of those) at 45 degrees or more to the vertical.
- e) Sit position (at least 90 degrees between the thigh and the shin of the skating leg)
- f) Changing the level of the skating leg (knee) with a continuous motion

### **Group C (pattern, entry, exit)**

- a) A third Twizzle is performed of at least 3 rotations, performed correctly, started with a different entry edge than the first two Twizzles and preceded by a maximum of one step for a Set of Sequential Twizzles or a maximum of 3 steps for a Set of Synchronised Twizzles.
- b) Entrance to the first Twizzle is from a dance jump (the entry edge for the Twizzle will be determined by the landing edge of the Dance Jump.)
- c) Set of twizzles is performed on one foot without a change of foot, with no limit or turns or movements performed on one foot between Twizzles.

### **Adjustments to levels**

Basic Requirements for calling a Set of Twizzles Level 1 is that the skater executes at least one full rotation for both Twizzles. The Technical Panel determines the level of Twizzles according to the criteria. If any part of the Twizzle becomes a spin it lowers the level of Difficulty by 1 level per spin.

1. If a loss of control with additional support (touch down by free leg/foot and/or hand(s) occurs after a Twizzle has commenced and the Twizzle continues after the touchdown (without interruption) only the rotations before the touchdown shall be considered for level.
2. If any part of the Twizzle becomes a Pirouette (spin) or checked three turns, its Level shall be reduced. □ by one level if one of the Twizzles become Pirouettes or checked three turns. □ by two levels if two of the Twizzles become Pirouettes or checked three turns.
3. If there is a full stop before the first Twizzle, the level of the Set of Twizzles shall be reduced by 1 Level.
4. If there is a full stop before the second Twizzle the Level of the set of Twizzles shall be reduced by one Level.
5. If there is more than one step between the Twizzles in a Set of Sequential Twizzles or more than three steps in a Set of Synchronized Twizzles, the Level of the Set of Twizzles shall be reduced by one Level.

<b>Characteristics of Level Solo-Spins (source: Communication 2003)</b>			
<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
At least 1 rotation in each of the two Twizzles	Different direction of rotation and different entry edge for the 2 Twizzles  AND At least 2 rotations in each of the two twizzles  AND At least 2 different Additional Features	Different entry edge, different direction of rotation for the 2 Twizzles  AND At least 3 rotations in each of the two twizzles  AND At least 3 different Additional Features from 2 different groups	Different entry edge, different direction of rotation for the 2 Twizzles  AND At least 4 rotations in each of the two twizzles  AND At least 3 different Additional Features from 3 different groups

## 4. SOLO STEP SEQUENCES

**Definition:** A series of prescribed or un-prescribed steps, turns and movements in a Short dance or Free Dance.

### **Basic Requirements:**

1. All steps and turns must be skated on distinct, recognisable edges, otherwise the Technical Panel will not consider this turn among those required for the level of difficulty (types of turns will be identified only when they are executed with correct distinct edges and these turns are in accordance with the description in Rule 704).
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 Level 1 are not met.
3. If an illegal element is included in the Step Sequence (e.g. jump of more than one revolution, lying on the ice etc.), the Technical Panel will apply a deduction for an illegal element (-2 per violation) and the Level of the Step Sequence will be reduced by 1 Level if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called No Level.
4. In programs requiring one Step Sequence, the level of the Step Sequence shall be given using the Characteristics of levels Style A, except for the categories of Advance Novice and below, when one Step Sequence Style B is required.
5. In programs requiring two Step Sequences the level of the first identified Step Sequence shall be given using the Characteristics of Levels Style A and the level of the second identified Step Sequence shall be given the Characteristics of Levels Style B.

## Characteristics of Level Style A

Level 1	Level 2	Level 3	Level 4
<p>Step sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason.</p> <p>AND Footwork includes at least 2 different Types of Difficult turn</p>	<p>Step sequence is not interrupted more than 25% of the pattern in total, either through Stumbles, Falls or any other reason.</p> <p>AND Footwork includes at least 5 Difficult Turns (one of which being a Twizzle or double Twizzle) and out of which one type cannot be taken into consideration more than 2 times.</p> <p>AND <u>One Foot Section Turns which includes which 2 different types of one foot section turn</u></p>	<p>Step sequence is not interrupted more than 10% of the pattern in total, either through Stumbles, Falls or any other reason</p> <p>AND Footwork includes at least 7 Difficult Turns (one of which being a Double Twizzle) and out of which one type cannot be taken into consideration more than 2 times.</p> <p>AND Turns are multi-directional</p> <p>AND <u>One Foot Section Turns which includes which 3 different types of one foot section turns</u></p>	<p>Step sequence is not interrupted at all, either through Stumbles, Falls or any other reason</p> <p>AND Footwork includes at least 9 Difficult Turns (one of which being a Double Twizzle) and out of which one type cannot be taken into consideration more than 2 times.</p> <p>AND Turns are multi-directional</p> <p>AND <u>One Foot Section Turns which includes which 4 different types of one foot section turns</u></p> <p>AND 100% of Difficult Turns are performed clearly on correct Edges and all other Steps/Turns are clean</p>

**Characteristics of Level Style B**

Level 1	Level 2	Level 3	Level 4
<p>Step sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason.</p> <p>AND Footwork includes at least 1 Type of Difficult turn</p>	<p>Step sequence is not interrupted more than 25% of the pattern in total, either through Stumbles, Falls or any other reason.</p> <p>AND Footwork includes at least 3 different types of Difficult Turns (one of which being a Twizzle or Double Twizzle)</p>	<p>Step sequence is not interrupted more than 10% of the pattern in total, either through Stumbles, Falls or any other reason</p> <p>AND Footwork includes at least 4 Difficult Turns (one of which being a Double Twizzle)</p> <p>AND Turns are multi-directional</p>	<p>Step sequence is not interrupted at all, either through Stumbles, Falls or any other reason</p> <p>AND Footwork includes at least 5 Difficult Turns (one of which being a Double Twizzle)</p> <p>AND Turns are multi-directional</p> <p>AND 100% of Difficult Turns are performed clearly on correct Edges and all other Steps/Turns are clean</p>

## 5. POSES

### Examples of Difficult types of Poses:

- Attitude/ Spiral including all possible variations such as Biellmann, Pulling the free leg up to the side etc.
- Ina Bauer
- Spread Eagle
- Hydro blade

### The following types of poses are not considered as difficult poses:

Crouching Pose, Lunge, Teapot (Shoot the duck)

When an Attitude / Spiral is required, it will be considered when the free leg **is raised higher than the hip** for a **minimum of 3 seconds**.

When an attitude is used for both parts of a combination pose, it is not required that the free leg position is different to be considered a different position. A different edge for the skating foot makes the position different. e.g. a FO spiral followed by a FI spiral would be considered as 2 different positions. If performed well a change of position may add to the aesthetic appearance of the element and would be reflected in the Judges GOE.

### Pose:

**Duration:** Maximum duration 7 seconds with the intended position attained and held for at least 3 seconds.

### Calling Specifications for Poses:

A Pose is called but given No Level if the intended position is not attained or not held for a minimum duration of **3 seconds**. To qualify as **two separate poses** the poses must have more than 3 steps between them.



Characteristics of Poses			
Level 1	Level 2	Level 3	Level 4
A Pose position is attained and held for 3 secs.	Pose position attained held for 3 secs on a definite <b>clean edge(s)</b>	A <b>Difficult Pose</b> (e.g. Attitude, Spiral, Spread Eagle, Ina Bauer, Hydro Blade) the position of which is attained and held for 3 secs on a definite <b>clean edge(s)</b>	A type of <b>Difficult Pose</b> (e.g. Attitude, Spiral, Spread Eagle, Ina Bauer, hydro blade) the position of which is attained and held for three (3) seconds on a <b>definite clean edge</b>  AND <b>Continuous movement</b> of both <b>arms</b> to the beat of the music, or the case of an Attitude where one arm is holding / supporting the free leg in position, the free arm is moving continuously to the beat of the music

The Data-Operator will set the appropriate Levels and marks for a Curve Lift (CuLi).

**Combinations Pose (including attitude positions)**

**Duration:**

Maximum duration 12 seconds with each intended position being attained and held for a minimum of 3 seconds.

## Calling specifications

The Basic requirements for a combination pose are two different pose positions attained and held for a minimum of 3 seconds for each part linked by a maximum of one connecting step.

Characteristics of Combination-Poses			
Level 1	Level 2	Level 3	Level 4
A Combination Pose that meets the Basic calling requirements for a combination pose (position attained and held for 3 sec. in each part) but does not meet the requirements for Levels 2 or higher.	The position of each type of Pose is attained and held for at least 3 seconds on a definite <b>clean edge(s)</b>	Each of the two Types of Poses are <b>Difficult*</b> , and the positions are attained and held for at least 3 seconds on a <b>clean definite edge(s)</b> .	An Attitude(s) position attained and held for at least 3 seconds in both the first part and the second part of the element on a definite clean edge(s)  AND The Attitudes are joined by <b>clean difficult** one foot turn / turns</b> (no steps pushes or touch downs allowed)  OR <b>A short (2 sec max) change of edge</b> with the free leg held higher than the hip through the change of edge.

\* An attitude Ina Bauer, Spread Eagle, Hydro blade are considered a difficult variation of a poses

\*\* A difficult one foot turn is defined as a Rocker, Counter or Bracket.

If there is more than **one connecting step** between the two types of Poses, **the Level of difficulty is reduced by one Level.**

In order to be called, a level 4 combination pose, a change of edge Attitude or two Attitudes connected by **at least one (or more) clean difficult one foot** turn must be performed.

If a change of edge combination is performed the free leg must be held **higher than the hip from** the point the first Attitude position is attained until the second Attitude position has also

been attained and held for a minimum of 3 seconds following the change of edge. The change of edge should **not exceed 2 seconds duration**.

If the free leg drops below the horizontal during the change of edge or the intermediate one foot difficult turns are not achieved, but all other requirements for level 4 are met, then the level combination pose will be awarded **level 3**.

A level 4 combination pose is called but given **No Level** if the duration is less than the required duration by definition (**3 seconds minimum for each part**), or in the **absence of a recognisable Attitude** before or after the change of edge.

If there is no recognisable Attitude in the first AND the second part of the element, the element will be called as No Level. Should there be **no recognisable difference in position and / or skating edge** between the Attitudes, the element will be **called Pose** and may be contrary to the program requirements.

To qualify as two separate poses the poses must have more than 3 steps between them.

## 6. MARKING GUIDE FOR GRADE OF EXECUTION

PATTERN DANCE ELEMENTS: CHARACTERISTICS							
	-3	-2	-1	Base	+1	+2	+3
<b>Quality/correctness of Edges/Steps/Turns for the whole of Pattern Dance Element</b>	40% or less clean Edges/Steps/Turns with many errors	50% clean Edges/Steps/Turns with 2 major errors	60% clean Edges/Steps/Turns with 1 major error	75% clean Edges/Steps/Turns with no major error	80% clean Edges/Steps/Turns with no major error	90% clean Edges/Step/Turns with no major error	100% clean Edges/Step/Turns
<b>Depth of Edges</b>	very flat	generally flat	some flats	shallow	good curves	deep	very deep
<b>Correct Pattern</b>	40%	50%	60%	75%	80%	90%	100%
DANCE SPINS: CHARACTERISTICS							
	-3	-2	-1	Base	+1	+2	+3
<b>Entry/exit</b>	awkward/step out	uncoordinated/off balance	hesitant/abrupt	controlled	smooth	fluid/with ease	fluid/seamless
<b>Move onto one foot</b>	delayed	slow	not together	simultaneous	prompt	quick/smooth	immediate
<b>Rotation</b>	very slow	deteriorates	variable stability	stable	sustained	fast with ease	very fast flawless
<b>If any:</b>							
<b>Change of foot</b>	extra push by both partners	extra push by one partner	hesitant	controlled	controlled and quick	quick, with ease	very fast seamless
<b>Change of pose</b>	awkward, very poor	uncoordinated/slow transition	labored	controlled	brief by both, distinct	brief and smooth	seamless
POSES: CHARACTERISTICS							
	-3	-2	-1	Base	+1	+2	+3
<b>Entry/exit</b>	shaky/dropped	Fumbling	hesitant/abrupt	sure/solid	smooth	flowing	seamless
<b>Ascent/descent</b>	very brief	struggling	much effort	some effort	little effort	with ease	floating, effortless
<b>Stability</b>	lose balance	Unstable	variable	stable	sure	confident	relaxed/bold
<b>If any:</b>							
<b>Change of curve</b>	both curves very flat and too short	both curves flat and not equal	one curve flat or one is too short	similar shallow curves	curves equal and fairly deep	curves equal and deep	curves equal and very deep
SET OF TWIZZLES: CHARACTERISTICS							
	-3	-2	-1	Base	+1	+2	+3
<b>Entry/Exit</b>	awkward/off balance	hesitant/lacks control	abrupt	sure/stable	sure and smooth	with ease	seamless
<b>Turns</b>	unstable, struggling	unstable, 3-4 Tw's scraped	Variable stability, 1-2 Tw's scraped	continues, stable	continues, smooth	continues, flowing	seamless, flawless
<b>Connecting steps/footwork</b>	completely uncontrolled	some lack of control and wide stepping	labored/variable	sure/clean	smooth/neat	very good and stylish	clever and exquisite
STEP SEQUENCES (ALSO APPLICABLE TO PARTIAL STEP SEQUENCE): CHARACTERISTICS							
	-3	-2	-1	Base	+1	+2	+3
<b>Edges/sureness</b>	very flat and shaky	generally flat and hesitant	some flats and variable stability	shallow but stable	good curves, secure	strong, confident	deep and quiet, bold
<b>Speed and flow</b>	struggling, labored, forced	deteriorates or limited	inconsistent/variable	some speed and some flow	good speed with variable flow	considerable speed and constant flow	considerable speed achieved effortlessly and fluidly
<b>Footwork/Turns</b>	on two feet or toe-pushing or jumped, awkward	wide stepping or one on two feet or toe-pushing or skidded	Variable or forced	generally correct	clean	clean and neat	clean and effortless

## Adjustments to Grade of Execution

PATTERN DANCE ELEMENTS: ADJUSTMENTS	No higher than:	Reduce by:	Increase by:
Not started on the prescribed beat (for each Pattern Dance Element)		1 grade	
Not holding Edges/Steps for required number of beats for one or both partners:			
▪ from one Edge/Step up to 10% of Steps of the Pattern Dance Element	+1		
▪ for more than 10% and up to 25% of Steps of the Pattern Dance Element	0		
▪ for more than 25% of Steps of the Pattern Dance Element	-1		
Pattern Dance Element missed through interruption of up to ¼ element	-1		
ADJUSTMENTS APPLICABLE TO ALL REQUIRED ELEMENTS (EXCEPT PATTERN DANCE ELEMENTS)	No higher than:	Reduce by:	Increase by:
Poses or moves awkward or not aesthetically pleasing		1 grade	
Element does not reflect the character of the chosen dance		1 grade	
Element does not fit or is not skated to the phrasing/Rhythm pattern of the music	-1		
Body lines and pose of both partners beautiful and aesthetically pleasing			1 grade
Entry or exit is unexpected			1 grade
Element is creative and enhances the choreography/character of the chosen dance			1 grade
Element fits and is skated to the phrasing/Rhythm pattern of the music			1 grade
Speed of rotations and/or across the ice maintained or accelerated during the Element			1 grade
DANCE SPINS: ADJUSTMENTS	No higher than:	Reduce by:	Increase by:
Not on spot (travelling):			
▪ in one part of Combination Spin or one direction of Spin Option 2		1 grade	
▪ in Spin Option 1, both parts of Combination Spin or both directions of Spin Option 2	-1		
Re-centers completely except Dance Spin with different directions of rotation (Option 2)	-1		
Change of feet not simultaneous (Combination Spin)	-1		
Creative entry and/or exit			1 grade
DANCE LIFTS: ADJUSTMENTS	No higher than:	Reduce by:	Increase by:
Creative entry and /or exit			1 grade
SETS OF TWIZZLES: ADJUSTMENTS	No higher than:	Reduce by:	Increase by:
Execution not simultaneous:			
▪ one Twizzle		1 grade	
▪ two Twizzles	-1		
Execution of Turn incorrect: (linked Three Turns, Pirouettes):			
▪ one Twizzle incorrect		1 grade	
▪ two or more Twizzles incorrect	-1		
Generally more than two arm length apart or partners touch each other		1 grade	
STEP SEQUENCES (ALSO APPLICABLE TO PARTIAL STEP SEQUENCE): ADJUSTMENTS	No higher than:	Reduce by:	Increase by:
Not started on the prescribed beat or not skated for an exact number of phrases (applicable to Partial Step Sequence only)		1 grade	
Pattern/placement incorrect or incomplete		1 grade	
Generally more than two arms length between partners or partners touch each other (NtSt)		1 grade	
Inclusion of Not Permitted Element (per each)		2 grades	
Separation to change a Hold exceeds one measure of music (not applicable to Partial Step Sequence)		1 grade	
Sustained Hand-in-Hand Hold with fully extended arms (Step Sequence in Hold)		1 grade	
Lack of flow (movement across the ice)	-1		
Second Step Sequence (Free Dance) performed at an obviously different skating tempo than first Step Sequence			1 grade
Creative use of a variety of Steps/Movements and Holds (Step Sequence in Hold)			1 grade
LOSSES OF BALANCE, STUMBLES AND FALLS	No higher than:	Reduce by:	Increase by:
Loss of Balance by one partner		1 grade	
Loss of Balance by both partners	0		
Stumble by one partner	0		
Stumble by both partners	-1		
Fall by one partner	-2		
Fall by both partners	-3		

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