SOLO DANCE CRITERIA 2022-23

INDEX

1.0 BASIC PRINCIPLES OF CALLING

1.1 Calling specifications and Levels of difficulty of required elements
The information is presented in the following order:
- Basic principles of calling applicable to all Required Elements;
- For each Required Element:
  - additional principles of calling,
  - additional definitions, specifications to definitions and notes, applicable to additional principles of calling and Levels of Difficulty,
  - Levels of Difficulty including Characteristics of Levels and Adjustment to Levels.

1.2 Basic principles of calling applicable to all Required Elements
1. The Technical Panel shall identify what is performed despite what is listed on the Program Content Sheet.
2. The Levels shall be determined according to the Basic and Additional Principles of Calling and 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.
4. <u>If a Fall or interruption occurs at the attempt of any Required Element, refer to the Additional Principles of Calling for each Required Element</u>
5. If a Fall or interruption occurs during a Required Element, the Required 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 Basic Level are not met. This does not

apply to Pattern Dance, Pattern Dance Element or Step Sequence (except One Foot Step Sequence).

6. If a Fall or interruption occurs at any part of the Required Element and the skater tries to continue the same element as a 2nd attempt to fill the time, this part is not identified as an Element. This does not apply to Pattern Dance, Pattern Dance Element, Step Sequence (except One Foot Turns Sequence).

7. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after a Required Element has commenced and the Element continues without interruption its Level shall be reduced by 1 level per error – Refer to the Additional Principles of Calling these Elements: Dance Spin, Pose, Set of Twizzles, One Foot Turns Sequence. Step Sequence (except One Foot Turns Sequence) - Refer to the Additional Principles of Calling for these elements.

8. If a program concludes with the skater starting an element within the required duration of the program f(including the additional 10 seconds allowed), the element and it's Level shall be identified until the Element stops completely. Elements started after the required duration of the program (including the additional 10 seconds allowed) shall not be identified.

9. If a Spin (FD) or a Pose (RD and FD) is performed in a Step Sequence, such element will receive the abbreviation +ExEl. It indicates that the element receives No Value, the deduction -1 is applied and it will occupy a separate box, and NOT count as a Required Element (e.g. APo+ExEl, DSp+ExEl).

10. If a Dance Spin is performed in a Step Sequence in Rhythm Dance, the Dance Spin is not identified (Dance Spin is not a required element and there is no provision to identify it as an extra element).

11. The Technical Panel shall decide whether any feature to fulfil the Characteristics of levels is given credit, unless this feature is expressly designated as not eligible for Level in the present Communication or in the Q&A for Technical Panels.

12. The definition of "intricate" when referring to technical elements does not necessarily mean difficult. It can also be defined as creative, interesting and unique.

13. 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 at least Basic Level are fulfilled and No Level if the minimum requirement for Basic Level are not fulfilled.

2.0 PATTERN DANCE AND PATTERN DANCE ELEMENTS

2.1 Additional definitions, specifications to definitions and notes for Junior and Senior

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 Point Features are technical requirements valid for one season and are published in the corresponding ISU Communication.

A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).

2.2 Levels of difficulty for Junior and Senior

Characteristics of Levels for Pattern Dance Element

Basic Level	Level 1	Level 2	Level 3	Level 4
50% of Pattern Dance Element is completed	75% of Pattern Dance Element is completed	**1 Key Point** is correctly executed	**2 Key Points** is correctly executed	**3 Key Points** is correctly executed

2.3 Additional Principles of Calling for Junior and Senior

1. The process used by the Technical Panel to identify Key Points and their correct execution is the same process as for 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 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 Points 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 or the Key Point is not identified due to a fall or interruption.

2. Evaluating the percentage of steps for Pattern Dances is based on the total number of steps completed.

3. If a Fall or interruption occurs at the attempt to or during a Pattern Dance Element and the element is 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.

4. Level 4 shall be considered only when the Pattern Dance Element is not interrupted at all, either through Stumbles, Falls or any other reason.

5. If the Pattern Dance Element is interrupted 4 beats or less, the key points are called as identified and the level will be reduced by 1. It is reported on the Judges Details per Skater chart as: "<" to indicate an interruption of 4 beats or less. Example: Yes, Yes, Yes, Yes – Level 4 becomes Level 3.

6. If the Pattern Dance Element is interrupted more than 4 beats but 75% of the steps are completed, the key points are called as identified and the level will be reduced by 2. It is reported on the Judges Details per Skater chart as: "<<" to indicate an interruption of more than 4 beats. Example: Yes, Yes, Yes, Yes – Level 4 becomes Level 2.

7. If a skater completes less than 75% of the Pattern Dance Element, the Technical Specialist calls Key Points as performed (Yes, No, Timing), identifies with the Pattern Dance Element Name and "NO Level" adding "Attention". It is reported on the Judges Details per Skater charts as: "!" to indicate that less than 75% of the Pattern Dance Element has been completed.

8. For Pattern Dance Elements, an interruption may be but is not limited to Fall(s), missing step(s), touchdown(s), ect.

2.4 Additional definitions, specifications to definitions and notes for all other categories

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 Point Features are technical requirements valid for one season and are published in the corresponding ISU Communication.

A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).

2.5 Levels of difficulty for all other categories

Characteristics of Levels for Pattern Dances

Basic Level	Level 1	Level 2	Level 3	Level 4
50% of Pattern Dance Element is completed	75% of Pattern Dance Element is completed	**1 Key Point** is correctly executed	**2 Key Points** is correctly executed	**3 Key Points** is correctly executed

2.6 Additional Principles of Calling for all other categories

1. The process used by the Technical Panel to identify Key Points and their correct execution is the same process as for 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 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 Points 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 or the Key Point is not identified due to a fall or interruption.

2. Evaluating the percentage of steps for Pattern Dances is based on the total number of steps completed.
3. If a Fall or interruption occurs at the entrance to or during a Pattern Dance and the dance is immediately resumed, the dance 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.
4. If the Pattern Dance is interrupted less than 25% (through stumble, falls, ect), the key points are called as identified and the level will be reduced by 1, adding "downgraded <". It is reported on the Judges Details per Skater chart as: "<" to indicate an interruption of less than 25%.
5. If the Pattern Dance is interrupted more than 25% but 50% of the steps are completed, the key points are called as identified and the level will be reduced to "Basic Level" adding "downgraded <<". It is reported on the Judges Details per Skater chart as: "<<" to indicate an interruption between 25% to 50%.
6. If a skater completes less than 50% of the steps, the Technical Specialist calls Key Points as performed, identifies with the Pattern Dance Name and "NO Level" adding "Attention". It is reported on the Judges Details per Skater charts as: "!" to indicate that less than 50% of the Pattern Dance has been completed.
7. For Pattern Dance/Pattern Dance Elements, an interruption may be but is not limited to Fall(s), missing step(s), touchdown(s), ect.

3.0 DANCE SPINS
Dance Spin - A spin skated by the skater. To be performed on the spot around a common axis on one foot with or without change(s) of foot.

3.1 Additional Principles of Calling
1. The first performed Dance Spin shall be identified as the required Dance Spin, classified as a Spin or a Combination Spin and given a Level, or No Level if the requirements for Basic Level are not met. However, if a Choreographic Element is required with Choreographic Spinning Movement as an option, this element shall be identified as Choreographic Spinning Movement anywhere in the program where it is first performed. Any subsequent Dance Spin and/or Choreographic Spinning Movement performed after the Required Dance Spin and/or Choreographic Spinning Movement shall not be identified.
2. A change of direction or one foot turns on the spot before resuming the rotations shall not be considered as an "interruption".
3. Only features and rotations will be counted from the moment the skater is on one foot.
4. If a Fall or Interruption occurs at the attempt of a Dance Spin and the Dance Spin is resumed, the Dance Spin shall be identified and given a Level according to what is executed after the resumption.
5. If a Fall or interruption occurs during a Dance Spin, the Dance Spin shall be identified and given Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Basic Level are not met.
6. If during the Dance Spin any of the following mistake apply for up to half a rotation and the Dance Spin then continues without interruption, the level will be reduced by 1:
   > ➤ Touch down/loss of control with additional support by free leg/foot and/or hands – per touch down. A push without changing a foot is considered as a "touch down".
7. A push without a change of foot is consider as a touch down (intentional or unintentional) and the Level will be reduced by 1 per each touch down.

3.2 Additional Definitions, Specifications to Definitions and Notes
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 approximately 120 degrees or smaller, it will be considered as a Sit Position)

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 approximately 120 degrees, it will be considered as an Upright or Camel position depending on the other criteria that characterize these Positions.

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 approximately 120 degrees, it will be considered as a Sit Position.

Difficult Variation of Basic Positions (Examples):

Upright spin
a) Bielmann 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 (doughtnut/ring); Maximum one half of a blade length between head and blade

Sit spin
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 the back of the 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 Difficult Variation of the Sit Position.

Camel spin
a) Upper body (shoulder and head) turned upwards – facing up so that the line of the shoulders is at least past the vertical point
b) 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) 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 the thighs about 180 degrees)
e) Simple Camel by the man with the free leg on horizontal line or higher

Notes:
1. If example d) for Upright Position and b) for Camel Position is performed after each other it shall be considered as the same Difficult Variation.
2. If example a) for Upright Position and c) for Camel Position is performed after each other it shall be considered as the same Difficult Variation.
3. Rotations shall be considered for total number of rotations when performed fully, continuously on one foot.

4. Rotation in Difficult Variation shall be considered for Level when performed continuously in a fully established position.

Entry Feature
a) Unexpected entry without any evident preparation b) Continuous combination different creative and/or difficult and/or intricate steps or movements or a continuous combination of both creative and/or difficult and/or intricate step(s) with movement(s) immediately before the Dance Spin Note: The definition of "intricate" when referring to technical elements does not necessarily mean difficult. It can also be creative, interesting, unique.

Exit Feature
a) Continuous combination different creative and/or difficult and/or intricate steps or movements or a continuous combination of both creative and/or difficult and/or intricate step(s) with movement(s) immediately before the Dance Spin Note: The definition of "intricate" when referring to technical elements does not necessarily mean difficult. It can also be creative, interesting, unique.

3.3 Levels of Difficulty

A Difficult Variation shall be considered for Level when held for at least 3 <u>continuous</u> rotations in a Spin.

<u>In a Spin with different direction of spinning rotation Level 3 or 4 shall be considered only when each part of the Dance Spin includes at least one of the Different Difficult Variations given credit for Level.</u>

Characteristics of Levels for Dance Spin - DSp

Basic Level	Level 1	Level 2	Level 3	Level 4
Spin: At least **3 rotations continuously** on one foot	**1 Difficult Variation** in any Basic Position *OR* At least **3 rotations** in one direction and <u>more than **1 rotation**</u> in the other direction	**2 different Difficult Variations** from 2 different Basic Positions *OR* **1 Difficult Variation** in any Basic Position AND **Different direction** of spinning rotation and at least **3 rotations** in each direction	**3 different Difficult Variations** from 3 different Basic Positions *OR* **2 different Difficult Variations** from 2 different Basic Positions AND **Different direction** of spinning rotation and at least **3 rotations** in each direction	*OPTION 1* **3 different Difficult Variations** from 3 different Basic Positions AND **Entry** feature or **Exit** feature *OR* **2 different Difficult Variations** from 2 different Basic Positions AND **Different direction** of spinning rotation and at least **3 rotations** in each direction AND **Entry** feature or **Exit** feature

4.0 POSE / COMBINATION POSE
4.1 Additional Principles of Calling
1. The first performed Pose(s) shall be identified as the required Pose(s) and given a Level, or No Level if the requirements for Basic Level are not met. Subsequent Poses shall be identified as Pose classified as Extra Element with no value and the deduction -1 is applied.
2. Any Pose or part of a Combination Pose of a repeated Type shall be classified as an "Additional Element" will receive the abbreviation* (e.g. SPo*). It indicates that the element receives No Value, the deduction -1 is applied, it occupies a box and it will count as a Pose (does not apply to the second part of a Combination Pose composed of two Poses on two curves forming a serpentine pattern).
3. To be considered a different Type, Poses of a similar Category must be skated on different edges.
4. Any Pose of a Type not according to the Required Elements for Rhythm Dance or Free Dance Program shall be classified as an Extra Element with no value.
5. A brief movement less than 3 seconds, in which a pose position is attained but is not sustained shall not be considered as a Pose.
6. <u>If a Fall or an interruption occurs during a Pose, the Pose shall be identified and given a Level based on what was executed prior to the Fall or interruption.</u>

Applicable to Combination Poses:

1. A Combination Pose shall be identified with the first two fully established Types of Single Poses performed forming two approximately equal parts or it shall be identified as a Single Pose of the Type forming the larger part. The Level of each of the two Types of Pose shall be given separately.

2. If for any reason one of the parts of a Combination Pose cannot be identified, only the other part shall be identified, as a Single Pose, and given a Level according to the requirements met, or No Level if the requirements for Basic Level are not met, and classified as "+Combo". The subsequent elements shall be identified as if both parts of the Combination Pose had been performed and identified.

3. If one of the Single Poses forming the Combination Pose includes an illegal Movement/Pose, the deduction for Illegal Element/Movement will apply once and the Part of the Combination Pose including the Illegal Movement/Pose will receive Level 1 if the requirements for Basic Level are met (example of all: "Po1 Illegal Element+Po4 Combo).

4. If both Single Poses forming the Combination Pose include an Illegal Movement/Pose (same or different), the deduction for Illegal Element/Movement will apply twice and both parts of the Combination Pose will receive Basic Level if the requirements for Basic Level are met (example of call: "PoB Illegal Element+PoB Illegal Element Combo").

5. In a Combination Pose, if a skater performs an Illegal Element/Movement as an Entry Feature (such as a Jump of more than one revolution): the deduction for Illegal Element/Movement will apply and the first part of the Combination Pose will receive Basic Level if the requirements for Basic Level are met. The second part of the Posse will receive a Level according to the requirements met.

6. In a Combination Pose, if a skater performs an Illegal Element/Movement as an Exit Feature (such as a Jump of more than one revolution): the deduction for Illegal Element/Movement will apply and the second part of the Combination Pose will receive Basic Level if the requirements for Basic Level are met. The first part of the Pose will receive a Level according to the requirements met.

7. Any Difficult entry feature(s) connected with the 1st Pose and considered for Level for the chosen Type of Pose will also upgrade the 2nd Pose in a combination pose.

8. Any Difficult exit feature(s) connected with the 2nd Pose and considered for Level for the chosen Type of Pose will also upgrade the 1st Pose in a combination pose.

4.2 Additional Definitions, Specifications to Definitions and Notes

- ATTITUDE (Apo) – A position or stance on one leg during which the skater moves either forwards or backwards on a curve with the supporting leg either slightly bent or straight and the free leg held higher than the level of the hip and in front, behind or to the side, bent or extended, free or held

- CROUCHING POSE (CPo) – A movement on two feet during which the skater moves on the ice with both legs bent more than 90°

- INA BAUER (IPo) – A movement on two feet during which the skater moves on the ice with one foot on a forward edge and the other on the same backward edge, on different but parallel curves

- LUNGE/DRAG (LPo) – A movement in which a skater moves on the ice with skating knee bent more than 90° with the other leg extended behind and touching the ice

- SPREAD EAGLE (SPo) – A movement on two feet on and edge during which a skater moves on the ice with one foot on a forward edge and the other on the same backward edge, on the same curve

- TEA POT/SHOOT THE DUCK/HYDRO BLADE (TPo) – A movement on one foot where the skater moves on the ice with the skating knee bent to 90° and the thigh parallel to the ice, with the other leg extending forwards either parallel to the ice or pulled towards the core with the head and body bent to meet the knee

Difficult Types of Poses
a) An Attitude with a full split when the legs of the skater are extended in one line with the angle between thighs about 180°
b) A "Bielmann": body in any orientation (e.g. upright, horizontal ect.) 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
c) An Attitude 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)
d) Hydro Blade. The core of the body must be clearly positioned away from the vertical axis
e) A Sprial/Simple Camel Position with the free leg in a horizontal position or higher for the man only
f) Spread Eagle
Note:
• A chosen example of Difficult Pose skated on the same edge shall be considered for Level only the first time it occurs
• Examples b) full Bielmann and c) full doughnut/ring shall be considered as the same

Difficult turns as connection step: A difficult turn as connection step between 2 Single Poses to form a Combination Pose is defined as either a Rocker, a Counter or a Bracket. No extra steps, pushes or touch downs are allowed.

Change of edge between 2 Poses: The change of edge connecting 2 Poses should be a clean change of edge from one definite edge to a different definite edge with the second edge being clearly established within 2 seconds. When two Poses are Attitudes the free leg must be held higher than the hip.

Entry feature
a) Unexpected entry without any evident preparation
b) Difficult/transitional entry (Example; from a twizzle or jump)
c) Continuous combination of intricate steps OR a continuous combination of different movements, OR a continuous combination of both intricate step(s) and intricate movement(s) performed immediately before the Pose

Exit feature
a) Continuous combination of intricate steps OR a continuous combination of different movements, OR a continuous combination of both intricate step(s) and intricate movement(s) performed immediately before the Pose
b) Difficult/transitional exit

Arm feature
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. Note: Simple use of the hands and/or forearms only is not sufficient to be given credit for the feature.

4.3 Levels of Difficulty for a Single Pose

Pose: A movement in which the skater adopts/attains a sustained position for a minimum of 3 seconds. A Pose should enhance the music chosen and express its character and should be performed in an elegant manner without obvious feats of strength and awkward and/or undignified actions and positions.

Single Pose: The duration of a Single Pose should not exceed 7 seconds. Where 2 Single Poses are specified there must be more than 3 steps between them.

Combination Pose: The duration of the Combination Pose should not exceed 12 seconds. A Combination Pose combining:
- a) Two different Types of Single Poses
- b) With not more than 1 connection step between the two poses.

The time is measured from the pose begins and until it is fully executed, if the time is longer than 7 seconds there will be given a deduction of 1 point (this is shown in Judges Scores as ">" (Extended Lift)).

A Pose is called but given No Level if the duration is less than the required duration by definition (3 seconds).

Characteristics of Levels for Pose

Basic Level	Level 1	Level 2	Level 3	Level 4
A Pose position is established for at least 3 seconds	A simple Pose position is established and held for at least 3 seconds on a definite clean edge	The Pose position is **difficult** and established for at least 3 seconds on a definite clean edge	**2 Features out of a)-e):** a) Ina Bauer on definite opposing edges established for at least 3 seconds and performed in a straight line or on a curve **OR** b) A **difficult** Pose position which is established for at least 3 seconds on a definite clean edge **AND** **1 additional feature from** c) **Entry** feature d) **Exit** feature e) **Arm** feature **a) or b) features must be included**	**3 Features out of a)-e):** a) Ina Bauer on definite opposing edges established for at least 3 seconds and performed in a straight line or on a curve **OR** b) A **difficult** Pose position which is established for at least 3 seconds on a definite clean edge **AND** **2 additional features from** c) **Entry** feature d) **Exit** feature e) **Arm** feature **a) or b) features must be included**

4.4 Adjustments to Level
1. If there is more than one connecting step between the 2 poses in a Combination Pose the Level is reduced by 1 Level.
2. For a change of edge between poses in a combination pose, if the change of edge is not established within 2 seconds the Level shall be reduced by 1 Level.

5.0 TWIZZLES

5.1 Additional Principles of Calling

1. The first performed Set of Twizzles shall be identified as the required Set of Twizzles (Set of Sequential Twizzles in Rhythm Dance and Set of Synchronized Twizzles in Free Dance) and given a Level, or No Level if the requirements for Basic Level are not met. The first Set of Twizzling Movements performed after the required Set of Synchronized Twizzles shall be identified as Choreographic Twizzling Movement. Subsequent Sets of Twizzles shall not be identified.

2. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs within a Set of Twizzles and the Set of Twizzles continues without interruption, its Level shall be reduced by 1 Level per error. If more than two uncontrolled steps are performed during the Set of Twizzles, this mistake is considered an interruption.
   - ➢ Any loss of control resulting in an error of up to two uncontrolled steps is a stumble/touchdown – reduce one level.
   - ➢ More than two uncontrolled steps are an interruption and any features/rotations from this point are not considered for the level.

3. If a Fall or interruption occurs at the entry edge to the first Twizzle, the element is given No Level.

4. If a Fall or interruption occurs during any part of the Set of Twizzles, the Set of Twizzles shall be identified and given a level according to the requirements met before the Fall or interruption.

5. If any part of the first two Twizzles becomes a Pirouette or checked Three Turns, its Level shall be reduced
   - ➢ by 1 Level if one of the two Twizzles become Pirouettes or checked Three Turns
   - ➢ by 2 Levels if both Twizzles become Pirouettes or checked Three Turns.

6. If there is a full stop before the first or the second Twizzle, the Level of the Set of Twizzles shall be reduced by 1 Level per stop.

7. 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.

5.2 Additional Definitions, Specifications to Definitions and Notes

A Set of Twizzle is a travelling turn on one foot with one or more than one rotation which is quickly rotated with a continuous (uninterrupted) action.

The 4 different types of entry edges on Twizzles are:
  - Forward Inside
  - Forward Outside
  - Backward Inside
  - Backward Outside

Group A (upper body and hands including wrists)		

- Elbow(s) at least level with or higher than the level of the shoulders. Elbow(s) could be above the head, at the same level as the head or lower than the head. Hand(s) not clasped or touching any part of the arms
- Significant continuous motion of arm(s)
- Hands touching behind back and extended away from the body
- Hands touching in front, extended away from the body, with arms straight
- Core of body is shifted away from the vertical axis

Group B (skating leg and free leg)		

- Free leg held out below the knee in front or behind not touching the skating leg in at least 45 degrees open hip position
- Coupé in front or behind with free foot in contact with the skating leg in an open hip position
- Holding the blade or boot of the free foot
- Free foot crossed behind the skating foot and close to the ice
- Free leg held out at least at the level of the knee (i.e. extended or bent with an angle of 90 degrees or more between thigh and shin, to the front, to the side or to the back or combination of those)
- Sit position (at least 90 degrees between the thigh and the shin of the skating leg)
- Changing the level of the skating leg (knee) with a continuous wave (up/down) motion

Group C (pattern, entry, exit)		

- Performing a third Twizzle of at least 3 rotations, performed correctly, started with different entry edge than the first two Twizzles, and preceded by a maximum of one step for Set of Sequential Twizzles and for Set of Synchronized Twizzles
- Entry to the first or the second Twizzle from a Dance Jump (the entry edge for the Twizzle will be determined by the landing edge of the Dance Jump)
- Two Twizzles performed on one foot without change of foot, with no limit on turns or movements performed on one foot between required Twizzles
- Set of Twizzles performed directly from creative and/or difficult and/or intricate or unexpected entry

Note:
- A chosen Additional Feature from Group 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)
- There is no limit on turns or movements performed on one foot on the change of foot or the steps between required Twizzles.
- The definition of "intricate" when referring to technical elements does not necessarily mean difficult
- If there is more than one step performed between the 2nd and 3rd Twizzle, the 3rd Twizzle is no longer considered for Level as a Group C feature
- In a Set of Twizzles to achieve the 'C' Feature of Two Twizzles performed on one foot without change of foot, with no limits on turns or movements, performed on one foot between Twizzles.
  The requirement for this feature to be considered is that there are three completed rotations during the Twizzle immediately following the "C" feature. This same requirement applies if this "C" feature is performed between the 1st and 2nd Twizzles as well as between the 2nd and 3rd Twizzles. If, in addition, the 3rd twizzle is performed with at least three rotations AND is executed correctly, then the Technical Panel should consider this as another "C" feature for Level. In this case, the skater will receive two "C" features for Level.

5.3 Levels of Difficulty
Calling a Set of Twizzles Basic Level is that the skater executes at least one full rotation for both Twizzles either one on each foot or two on the same foot. The Technical Panel determines the level of Twizzles according to the criteria.

Set of Sequential Twizzles: At least two Twizzles with up to 1 step between Twizzles.

Set of Synchronized Twizzles: At least two Twizzles with minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles.

Characteristics of Levels for Twizzles

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 Additional Features**	Different entry edge and different direction of rotation for the two Twizzles AND At least **2 rotations** in each of the two Twizzles AND At least **2 different Additional Features**	Different entry edge and different direction of rotation for the two Twizzles AND At least **3 rotations** in each of the two Twizzles AND At least **3 different Additional Features** from **2 different Groups** OR At least **3 different Additional Features** from **3 different Groups**	Different entry edge and different direction of rotation for the two Twizzles AND At least **4 rotations** in each of the two Twizzles AND At least **4 different Additional Features** from **3 different Groups**

6.0 STEP SEQUENCES

6.1 Additional Principles of Calling for Step Sequences

1. The first performed Step Sequence of a required Type shall be identified as the required Step Sequence and given a Level, or No Level if the requirements for Leve Basic are not met. Subsequent Step Sequences of that group and Step Sequence of a group not according to the Required elements for Rhythm Dance or Free Dance shall not be identified. When there is an incorrect element performed as not according to the requirements (such as a Circular Step Sequence instead of MiSt/DiSt for the 2022/23 RD), the Technical Panel will what they see as CiSt, add a * additional element No Level, and -1.0 deduction.
2. If a Fall or an interruption occurs at the attempt 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. straight line, circle-shape ect.
4. RD season 2022/23 for Pattern Dance Type Step Sequcence (PSt) (Style D) the following four turns must be performed: Rocker, Counter, Choctaw, Forward Outside Mohakw. Only the first attempt for each of these four turns are consider for Level. Additional attempts of the same difficult turn are ignored.

6.2 Additional Definitions, Specifications to Definitions and Notes for Step Sequences

Steps and turns must be distributed evenly throughout the sequence and must be skated with distinct edges, and to the rhythm(s) of the music.

Group A: Straight Line Step Sequences
• Midline (MiSt): Skated along the full length of the ice surface on the Long Axis or <u>Short Axis</u>.
• Diagonal (DiSt): Skated as fully corner to corner as possible.

Group B: Curved Step Sequences
• Circular (CiSt): May be skated in anticlockwise or clockwise direction - utilizing the full width of the ice surface on the short axis.
• Serpentine (SeSt): Commences in either direction (clockwise or anticlockwise) at the long axis at one end of the rink and progresses in three bold curves or in two bold curves (S-shaped) and ends at the long axis of the opposite end of the rink; pattern utilizing the full width of the ice surface.

Group C: Partial Step Sequence
• Pattern Dance Type (PSt): Perform on the ice surface anywhere or as described by Ice Dance Technical Committee.
• One Foot (OFSt): Performed on one foot.

Turns
• One Foot Turn – a rotational movement on one foot in which the skater moves from forward to backward or backward to forward.
• Two Foot Turn – a rotational movement from one foot to the other foot in which the skater moves forward to backward or backward to forward.
• Turns: Three Turn, Bracket, Rocker, Counter, Mohawk, Choctaw, Twizzles

Difficult Turns
• Bracket
• Rocker
• Counter
• Choctaw
• Outside Mohawk <u>(except from backward entry edge)</u>
• Twizzles (single Twizzles for Level 1 and 2, double Twizzle for Level 1-4), skated on distinct and recognizable edges and in accordance with the description of Twizzle in Rule 704

Steps
• Steps – the visible tracing on the ice that is executed on one foot. It may consist of an edge, change of edge, a turn
• Examples of steps are edges, changes of edge, stroke, cross stroke, crossed step in front, crossed step behind, chassé, progressive, swing roll, cross roll, slip step and toe step

Difficult Turns in One Foot Turns Sequence
• Bracket
• Rocker
• Counter
• Twizzles (single Twizzles for Level 1 and 2, double Twizzle for Level 3 and 4), skated on distinct and recognizable edges and in accordance with the description of Twizzle in Rule 704

Note: An error in any part of a turn will result in the turn not being counted for the Level. This also applies to an error in any part of a Twizzle or "Double Twizzle", the entire Twizzle is not

counted 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 counted even as a "Single Twizzle".

Style of Step Sequences
Level of difficulty of the Step Sequences shall be determined as per the following Characteristics of Levels:
- Junior Rhythym Dance One (1) Step Sequence: Style B
- Senior Rhythym Dance One (1) Step Sequence: Style B
- Senior Rhythym Dance One (1) Pattern Dance Step Sequence (PSt): Style D
- Advanced Novice, Junior and Senior Free Dance: Style B

6.3 Levels of Difficulty for Step Sequences
To obtain a Basic Level in the solo step sequence, at least 50% of the step sequence must be completed by the skater and must include steps & turns.

Characteristics of Levels Style B

	Basic Level	**Level 1**	**Level 2**	**Level 3**	**Level 4**
Interruption	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
Footwork		Footwork includes at least **1 Type of Difficult Turn**	Footwork includes at least **3 Types of Difficult Turns**	Footwork includes at least **4 Types of Difficult Turns**	Footwork includes at least **5 Types of Difficult Turns**
Multi-directional				Turns multi-directional	Turns multi-directional
Steps/turns					All Steps/Turns are 100% clean

Characteristics of Levels Style D

	Basic Level	**Level 1**	**Level 2**	**Level 3**	**Level 4**
Interruption	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
Footwork		Footwork includes **1 Difficult Turn** in total	Footwork includes **2 Difficult Turn** in total	Footwork includes **3 Difficult Turn** in total	Footwork includes **4 Difficult Turn** in total
Steps/turns					All Steps/Turns are 100% clean

6.4 Additional Principles of Calling for One Foot _Turns_ Sequences
1. One _Turns_ Step Sequence consists of Difficult Turns performed on one foot.
2. If a loss of control with additional support (touch down 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 one Level per error.
3. An interruption is a touch down with an obvious shift of weight from the skating foot to the other foot.

4. If a Fall or interruption occurs at the entry edge to the first difficult turn of the One Foot <u>Turns</u> Sequence, the element is given No Level.
5. If a Fall or interruption occurs during a One Foot <u>Turns</u> 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 No Level if the requirements for Basic Level are not met.

6.5 Additional Definitions, Specifications to Definitions and Notes for One Foot Turns Sequences

Types of One Foot <u>Turns</u> Sequence Difficult Turns: Bracket, Rocker, Twizzle (Twizzle with one rotation – "Single Twizzle" for Level 1 and 2 or Twizzle with two rotations – "Double Twizzle" for Levels 3-4), skated on distinct and recognizable edges and in accordance with the description of Twizzle in Rule 704.

Note: 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 Twizzle or "Double Twizzle", execution within any part of the Turn, it is not considered even as a "Single Twizzle".

6.6 Levels of Difficulty for One <u>Turns</u> Step Sequences
To obtain
Characteristics of One <u>Turns</u> Step Sequence

Basic Level	Level 1	Level 2	Level 3	Level 4
At least 1 Types of One Foot Turn is executed	1 Type of One Foot Turns <u>correctly executed</u>	2 different Types of One Foot Turns <u>correctly executed</u>	3 different Types of One Foot Turns <u>correctly executed</u>	ALL 4 different Types of One Foot Turns <u>correctly executed</u> **AND** **all turns are 100% clean**

7.0 CHOREOGRAPHIC ELEMENTS

7.1 Additional Principles of Calling
1. If a Choreographic Element is required:
   a) Choreographic Spinning Movement/ Sliding Movement / Character Step Sequence / <u>Choreographic Rhythm Sequence</u> can be performed anywhere in the program.
   b) Choreographic Twizzling Movements are to be performed after the required Set of Twizzles.
   c) Subsequent Choreographic Spinning Movements, Choreographic Twizzling Movements and Choreographic Character Step Sequence shall not be identified.
   d) Subsequent Sliding movements, which are identified as Illegal Element/Movement and/or a Fall shall be called as Illegal Element/Movement and/or a Fall but not considered as an Additional Element (not considered as a Choreographic Sliding Movement).
2. Choreographic Spinning Movement shall be identified at the attempt to the element and confirmed when two or more rotations are performed.
3. A Choreographic Set of Twizzling Movements shall be identified at the attempt to the element and confirmed if in the first part the skater performs at least 2 continuous travelling rotations and in the second part the skater performs at least 2 continuous rotations <u>with up to 3 steps between the first and second twizzling movement</u>. It is performed after the required Set of Twizzles.
4. Choreographic Sliding Movement shall be identified at the attempt to the element and confirmed when the skater executes sliding movements on the ice for at least 2 seconds. A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall.
5. Choreographic Character Step Sequence / <u>Choreographic Rhythm Sequence</u> shall be identified at the attempt to the element and confirmed when the skater performs steps

around the short axis must proceed from from barrier to barrier. The requirement form barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier.

6. 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.

7. Only the first performed required number of different Choreographic Elements shall be identified as the required Choreographic Elements.

8. 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.

Choreographic Spinning Movement
Performed anywhere in the program, during which the skater performs at least 2 continuous rotations. A continuous spinning movement on two feet or alternate feet or one foot and one knee/boot (not on two knees), on a common axis which may be moving.

Choreographic Twizzling Movement
Performed after the required Set of Twizzles, composed of 2 parts. Both parts on one foot or two feet or a combination. The first part must travel (cannot be on the spot) and the second part can be on the spot or travelling or a combination of both.

Choreographic Sliding Movement
Performed anywhere in the program, during which the skater performs a controlled sliding movement on any part of the body. May also rotate. Controlled sliding on 2 knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during the element. Sliding Movement cannot finish as a stop on 2 knees or sitting/lying on the ice, otherwise it will be identified as a Fall/Illegal Element and a deduction for Fall/Illegal Element is applied.

Choreographic Character Step Sequence
Performed anywhere in the program. Must be placed around the short axis (up to 10 m on either side of the short axis) and must proceed from barrier to barrier. Touching the ice with hand(s) is allowed.

Note:
The Base Value is the same for all Choreographic Elements.

SCALE OF VALUES
SOV – ISU Com. 2473

SOV for Solo Dance Rhythm and Free Dance

		-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
Pattern Dance Element – Rhythm Dance												
Pattern Dance Type Step Sequence Style D Woman	PStWB	-1,88	-1,50	-1,13	-0,75	-0,38	**2,50**	0,38	0,75	1,13	1,50	1,88
	PStW1	-2,63	-2,10	-1,58	-1,05	-0,53	**3,50**	0,53	1,05	1,58	2,10	2,63
	PStW2	-2,63	-2,10	-1,58	-1,05	-0,53	**4,00**	0,53	1,05	1,58	2,10	2,63
	PStW3	-2,63	-2,10	-1,58	-1,05	-0,53	**4,75**	0,53	1,05	1,58	2,10	2,63
	PStW4	-2,63	-2,10	-1,58	-1,05	-0,53	**5,50**	0,53	1,05	1,58	2,10	2,63
Pattern Dance Type Step Sequence Style D Man	PStMB	-1,88	-1,50	-1,13	-0,75	-0,38	**2,50**	0,38	0,75	1,13	1,50	1,88
	PStM1	-2,63	-2,10	-1,58	-1,05	-0,53	**3,50**	0,53	1,05	1,58	2,10	2,63
	PStM2	-2,63	-2,10	-1,58	-1,05	-0,53	**4,00**	0,53	1,05	1,58	2,10	2,63
	PStM3	-2,63	-2,10	-1,58	-1,05	-0,53	**4,75**	0,53	1,05	1,58	2,10	2,63
	PStM4	-2,63	-2,10	-1,58	-1,05	-0,53	**5,50**	0,53	1,05	1,58	2,10	2,63

		-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
Poses												
Attitude	APoB	-0,75	-0,60	-0,45	-0,30	-0,15	**1,00**	0,15	0,30	0,45	0,60	0,75
	APo1	-2,29	-1,83	-1,37	-0,92	-0,46	**3,05**	0,46	0,92	1,37	1,83	2,29
	APo2	-2,29	-1,83	-1,37	-0,92	-0,46	**3,80**	0,46	0,92	1,37	1,83	2,29
	APo3	-2,29	-1,83	-1,37	-0,92	-0,46	**4,55**	0,46	0,92	1,37	1,83	2,29
	APo4	-2,29	-1,83	-1,37	-0,92	-0,46	**5,30**	0,46	0,92	1,37	1,83	2,29
Crouching Pose	CPoB	-0,75	-0,60	-0,45	-0,30	-0,15	**1,00**	0,15	0,30	0,45	0,60	0,75
	CPo1	-2,29	-1,83	-1,37	-0,92	-0,46	**3,05**	0,46	0,92	1,37	1,83	2,29
	CPo2	-2,29	-1,83	-1,37	-0,92	-0,46	**3,80**	0,46	0,92	1,37	1,83	2,29
	CPo3	-2,29	-1,83	-1,37	-0,92	-0,46	**4,55**	0,46	0,92	1,37	1,83	2,29
	CPo4	-2,29	-1,83	-1,37	-0,92	-0,46	**5,30**	0,46	0,92	1,37	1,83	2,29
Ina Bauer	IPoB	-0,75	-0,60	-0,45	-0,30	-0,15	**1,00**	0,15	0,30	0,45	0,60	0,75
	IPo1	-2,29	-1,83	-1,37	-0,92	-0,46	**3,05**	0,46	0,92	1,37	1,83	2,29
	IPo2	-2,29	-1,83	-1,37	-0,92	-0,46	**3,80**	0,46	0,92	1,37	1,83	2,29
	IPo3	-2,29	-1,83	-1,37	-0,92	-0,46	**4,55**	0,46	0,92	1,37	1,83	2,29
	IPo4	-2,29	-1,83	-1,37	-0,92	-0,46	**5,30**	0,46	0,92	1,37	1,83	2,29
Lunge/Drag	LPoB	-0,75	-0,60	-0,45	-0,30	-0,15	**1,00**	0,15	0,30	0,45	0,60	0,75
	LPo1	-2,29	-1,83	-1,37	-0,92	-0,46	**3,05**	0,46	0,92	1,37	1,83	2,29
	LPo2	-2,29	-1,83	-1,37	-0,92	-0,46	**3,80**	0,46	0,92	1,37	1,83	2,29
	LPo3	-2,29	-1,83	-1,37	-0,92	-0,46	**4,55**	0,46	0,92	1,37	1,83	2,29
	LPo4	-2,29	-1,83	-1,37	-0,92	-0,46	**5,30**	0,46	0,92	1,37	1,83	2,29
Spread Eagle	SPoB	-0,75	-0,60	-0,45	-0,30	-0,15	**1,00**	0,15	0,30	0,45	0,60	0,75
	SPo1	-2,29	-1,83	-1,37	-0,92	-0,46	**3,05**	0,46	0,92	1,37	1,83	2,29
	SPo2	-2,29	-1,83	-1,37	-0,92	-0,46	**3,80**	0,46	0,92	1,37	1,83	2,29
	SPo3	-2,29	-1,83	-1,37	-0,92	-0,46	**4,55**	0,46	0,92	1,37	1,83	2,29
	SPo4	-2,29	-1,83	-1,37	-0,92	-0,46	**5,30**	0,46	0,92	1,37	1,83	2,29
Tea Pot/Shoot the Duck/Hydro Blade	TPoB	-0,75	-0,60	-0,45	-0,30	-0,15	**1,00**	0,15	0,30	0,45	0,60	0,75
	TPo1	-2,29	-1,83	-1,37	-0,92	-0,46	**3,05**	0,46	0,92	1,37	1,83	2,29
	TPo2	-2,29	-1,83	-1,37	-0,92	-0,46	**3,80**	0,46	0,92	1,37	1,83	2,29
	TPo3	-2,29	-1,83	-1,37	-0,92	-0,46	**4,55**	0,46	0,92	1,37	1,83	2,29
	TPo4	-2,29	-1,83	-1,37	-0,92	-0,46	**5,30**	0,46	0,92	1,37	1,83	2,29