

LEVELS OF DIFFICULTY PAIRS, CLARIFICATIONS, SEASON 2010-2011

LIFTS.

Definition of carries and one hand holds

Basic: Holds Hand-to-Hand, Hand-to-Hip, Hand-to-Waist and Hand-to-Armpit.

Positions Upright (lady's upper body vertical), Star (lady's position sideways with upper body parallel to the ice) and Platter (lady's position flat, facing up or down with upper body parallel to the ice).

Carry Two hand Carry up to 3 seconds with no revolution of the man.

Simple: Take-off Includes but is not limited to change of hand hold on ascent of lift.

Landing Different landing foot, change of hold on descent.

Carry Duration at least 3 seconds.

Difficult: Take-off Includes but not limited to: Somersault take-off, dance lift going immediately into a Pair lift take-off without the lady touching the ice between two lifts, one hand take-off, Spread-Eagle, Ina Bauer or Spiral by one by one or both partners as the entry curve.

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

Carry Includes at least one of the following features: during the carry the man for at least 3 seconds skates on one foot or holds the partner on one arm or performs crossovers or performs Spread Eagle or a similar move.

Position A movement of a leg(s), arm(s) or upper body which requires more physical strength or flexibility and that has an effect on the balance of the main body core. Only these variations can increase the Level.

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

STEP SEQUENCES

Types of turns (executed on one foot) : three turns, twizzles, brackets, loops, counters, rockers.

Types of steps (executed on one foot whenever possible) : toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, running steps.

Simple variety must include at least 7 turns & 4 steps, none of the types can be counted more than twice.

Variety must include at least 9 turns and 4 steps, none of the types can be counted more than twice.

Use of upper body movements means the visible use for a combined total of at least 2/3 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.

SPINS. Solo spins: same as Single Skating

Pair spins: Entrance from backward outside or inside edge requires that each partner rotates at least two (2) revolutions on a backward outside/inside edge.

execution of 4 difficult variations (each variation of each partner counted separately, at least 2 rev. in each variation) will result in 2 Level features independent on the order of these variations if at least 2 of these variations are executed in basic positions.

DEATH SPIRAL

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

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

Any part of the Death Spiral with a higher lady's or man's position is not valid for Level features 3) and 4). During the change of pivot a higher man's position is possible, but for the feature 2) the man must have one revolution in the "low" pivot position before and after the change.

Change of arm hold by the lady or man requires one full revolution in the death spiral position before and after this change.

However if both partners change arms at the same time, only one Level feature will be awarded.

Difficult entry, exit: Skater(s) must demonstrate positions that affect main body core and balance on the entry curve. Only these positions can be counted for Level features. An example of a difficult exit also: Lady exits immediately into a lift (dance or other) or into a jump.

Entry commences at the beginning of entry curve when one or both partners are already on one foot on the edge of the death spiral.

Exit starts when the Man starts bending his "holding" arm in the elbow and ends when the Lady comes to the vertical position.