



Technical Notification 136

Updated: September 1, 2016 to update ISU rule reference

Dated: September 26, 2013

Re: Singles – Spins – Clarification of Difficult Variations for Upright Straight (US) and Upright Layback (UL)

A position in an upright spin in which the skater places the free leg in back and crossed behind the spinning leg (not touching the ice) can be considered a difficult variation of an upright spin if the definition of difficult variation is satisfied.

If in this position the skater executes a difficult variation with the torso straight or sideways, and the definition of difficult variation is satisfied, the call will be assigned to the **Upright Straight or Sideways (US)** category.

If in this position the skater fulfills the definition of layback or sideways leaning position as described in ISU Technical Rule 510* (see below) the call will be assigned to the **Upright Layback (UL)** category.

If in this position the skater bends the skating leg more than "slightly bent" in the upright straight position or the layback/sideways leaning position, and the definition of difficult variation is satisfied, the call will be assigned to the **Non-Basic Position (NBP)** category.

***ISU Special Regulations and Technical Rules 2016**

Singles and Pairs

Rule 610

Spins

Layback Spin is an upright spin in which head and shoulders are leaning backward with the back arched. The position of the free leg is optional.

Sideways Leaning Spin is an upright spin in which head and shoulders are leaning sideways and the upper body is arched. The position of the free leg is optional.