CLARIFICATIONS: LEVELS OF DIFFICULTY PAIR SKATING, season 2018-2019

TWIST LIFTS

Feature 1) (Lady's split): each leg straight or almost straight at least 45° from the body axis;
Feature 5) (Man's arms): straight or almost straight, going sideways and reaching at least shoulder level.

LIFTS

Take-off: *Simple:* includes but is not limited to change of handhold on ascent of lift.
Difficult: includes but not limited to: Somersault take off, small 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 or both partners as the entry curve, inside Axel take-off in 5ALi and 5SLi.
Landing: *Simple: d*ifferent landing foot (not automatically considered), change of hold on descent.
Difficult: 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 dismount.
Carry: *Simple: d*uration at least 3 seconds. *Difficult:* includes at least one of the following features: during the carry the Man for at least 3 sec. skates on one foot or holds the partner on one arm or performs crossovers or performs Spread Eagle or a similar move. Allowed in both programs, but in SP does not count as a Feature and in FS counts only the first time executed.
Difficult variation of Lady's position: a movement of leg, arm, or upper body which requires 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/Lady's position requires one full revolution of the Man 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.
Variation of the take-off/landing, change of hold/Lady's basic position and difficult variation of the Lady must be significantly different from the previously attempted variation/change to be awarded as a Level feature. One arm dismount can be counted as a feature only once per program.
Features **"change of hold/Lady's position/rotational direction"** are not awarded if the change is interrupted by carry.
Feature 5) Difficult one hand hold of the man means:
-any lift in which there is only one point of contact between the man and the lady and the lady is balancing without supporting herself on the man;
-lifts with more than one point of contact which require exceptional balance and control (e.g. "star" lift where the lady is facing away from the man).

STEP SEQUENCES

Types of difficult turns and steps: rockers, counters, brackets, twizzles, loops and choctaws.
Same definition of minimum variety**,** simple variety and variety as for single skating; requirements must be fulfilled by both partners.
Use of body movements means the visible use for a combined total of at least 1/3 of the pattern of any movements of arms, head, torso, hips and legs that have an effect on the balance of the main body core.
Crossing at least 3 times of the partners for at least 1/3, but not more than 1/2 of the sequence The couple must maintain not more than 3 meters distance between the partners throughout the crossing feature.
N**ot separating** for at least half of the pattern: only one of the two features (but not both) can be awarded.
Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) executed by both partners with a clear rhythm within the sequence.

DEATH SPIRALS

Death spiral has a Level and value if both partners execute at least 1 rev in the death spiral position (knees of the Man clearly bent, his toe anchored and arm fully extended; Lady's head must reach, at least briefly, the level of her skating knee). For a higher Level both Lady and Man must stay in the "low" position for 1 or more full revs.
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 2).
Change of arm hold by the Lady or Man is allowed, but is no longer a Level feature.
Change of pivot is considered as the end of the Death Spiral.
Entry, exit: The difficult entry position must be performed while both partners are on the entry curve and the Lady and/or the Man are moving from a difficult entry position directly and without delay to a Death Spiral position. The feature is awarded only if the low position is reached by both partners within 1 revolution after the man's toe is fixed on the ice.
Exit: starts when the Man bends his "holding" arm at the elbow; ends: when the Lady comes to vertical position.

SOLO SPINS

Level feature **"Difficult entrance into a spin"** does not include regular backward entry **and regular flying camel entry**. Clarifications for Spins in Singles are also valid for Pairs (when applicable).

PAIR SPIN COMBINATION

Pair Spin Combination can be started with a jump.

JUMPS, THROW JUMPS, TWIST LIFTS

In Short Program jumps, throw jumps and twist lifts which do not satisfy the requirements (including wrong number of revs) will have no value, but will block a corresponding element box, if one is empty.
In Free Skating, if an extra jump(s) is executed, only the individual jump(s), which is not according to the requirements, will have no value. The jumps are considered in the order of execution.