

11 Different Categories of Difficult Variations (DVs)

CAMEL POSITION 3 categories based on direction of the shoulder line:	SIT POSITION 3 categories based on position of free leg:	UPRIGHT POSITION 3 categories based on position of torso:	LAYBACK POSITION 1 category
<hr/> (CF) Camel Forward: shoulder line twisted to parallel to the ice	<hr/> (SF) Sit Forward: free leg forward	<hr/> (UF) Upright Forward: torso leaning forward	<hr/> (UL) Upright Layback difficult variation in layback position
<hr/> (CS) Camel Sideways: shoulder line twisted to a vertical position	<hr/> (SS) Sit Sideways: free leg sideways	<hr/> (US) Upright Straight or Sideways: torso straight up or sideways	<hr/> NON-BASIC POSITIONS 1 category <hr/> (NBP) difficult variation in non-basic position
<hr/> (CU) Camel Upward: shoulder line <u>twisted to more than a vertical position</u>	<hr/> (SB) Sit Behind: free leg behind	<hr/> (UB) Upright Biellmann: Biellmann position is achieved when the skater's free leg is pulled from behind to a position higher than and towards the top of the head, close to the spinning axis of the skater.	

Definition of a Difficult Variation (DV): A DV is a movement of a body part/leg/arm/hand/head, which requires more physical strength or flexibility and has an effect on the balance of the main body core. Only these variations can increase the Level.

- 11 different categories in which a DV can be executed.
- Each category can only be used once per program for a Level Feature. **First attempt is the only one counted** whether or not the DV is achieved.
- A DV is considered as attempted when this variation is clearly visible, independent of the fact this variation was counted or not.
- A DV in a non-basic position is considered for level feature in spin combination only.
- If a DV in a non-basic position of a spin combination is quite similar to one of the executed DVs in a basic position, the last performed of these two variations will not be counted as a Level Feature.
- Once a DV has been attempted and another DV of the same category is executed, the second of the two DVs cannot be counted, but any additional feature (e.g. 8 revs, edge change, increase in speed) executed in this DV can still be counted.