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## **Communication No: 013**

### **Clarifications to ISU Communication 1557 – Singles from 2009 ISU Global Seminar**

The following are key updates and clarifications for Singles from the 2009 ISU Global Seminar, and are in relation to ISU Communication 1557, which was released in April 2009.

This information is provided to ensure that skaters and coaches have the most current and relevant information in relation to ISU Communication 1557 which will be in force for the 2009/2010 Season and is to assist the skaters and coaches in how the technical level awarding will and won't be made.

This document represents an expansion of the descriptions already provided by the ISU in Communication No 1557 and is not a substitute for this communication.

#### ***ISU COMMUNICATION 1557 – RULES INTRODUCED THIS SEASON***

##### **Spirals**

- Wobble/Flat/Straight Line **DURING** Spirals. If a spiral curve has already been established and then it moves off the curve (either on a flat, different edge, straight line i.e. a wobble occurs due to a loss of balance etc, then the remainder of the spiral is ignored.

For example, if a “wobble” occurs after for example 2 seconds, then the curve is re-established for a further duration, **only** those first 2 seconds are the ones that count. Due to this “short” spiral, no “extra Level Features” can be awarded for a Difficult Variation etc. if it was also being attempted (due to the spiral only being 2 seconds). The short duration of the spiral may also affect the final Level (dependent on Short or Free Program) and if it was a spiral reliant on meeting the Change of Foot requirement.

- Flat/Wobble **BEFORE** establishing Spiral position. Although this has not changed, it is now specifically listed for the first time within the new Handbook. The “time counting” of the spiral commences once the curve/edge is established. This can result in a “short” spiral if the total spiral is only 3 seconds long and the first portion of the spiral is on a flat, wrong edge or straight line.

This is a common problem after a “Change of Edge” Feature. **\*\*If a Flat / Wobble / Straight Line occurs after/before a “Change of Edge” Feature attempt, the Change of Edge feature cannot be awarded as the requirement is a complete 3 second spiral (on a curve) both immediately BEFORE and AFTER.\*\***

##### **Spins**

- Change to “recording” a failed Combination/with Change of Foot spins in Short Program. Previously if a Combination Spin did not meet the requirements of a Combination Spin with Change of foot, the spin that was executed was listed, marked with an asterisk (as being a wrong element) and awarded no points.

The calling protocol now for Short Programs will be to put in the actual Code of the required element, CCoSp but award No Level (no points).

An example of this would be when 3 Revs is not executed on one of the two feet (as it takes 3 Revs to be classified a spin), e.g. The first foot has all the relevant

revolutions/positions, but after the change there is an error/fall and the spin ends after less than the required 3 Revs. In this example, the Free Program would read CoSp and be awarded what ever level may have been achieved on the parts of the spin that were executed correctly but in the Short Program it would read CCoSp no level.

- Windmill/Illusion will be considered a Difficult Variation if performed 3 consecutive times within a spin.
- Biellmann position in a spin. If a Biellmann (or Biellmann-type position) is achieved **directly/immediately** from a Camel spin position, i.e. directly from a Donut type position and achieves no “Upright type Position” of spinning before hitting the Biellmann (or Biellmann-type position), then the position is considered a Difficult Variation of a Camel Position.

However, if there **are** Upright Position rotations before hitting the Biellmann, or Biellmann-type position, i.e. achieving the position from a Layback/Upright etc. then the position is considered a Difficult Variation of an Upright Position.

- For Junior Men & Ladies Short Program – Flying Sit (season 2009/2010). A butterfly/deathdrop are not allowed as the “flying” part and if used will lead to “No Level” being called.

**\*\*Point to remember** – there is only a total quota of 2 Difficult Variations allowed to be awarded per spin. Some features that are classified as “Difficult Variations” are not necessarily related to “difficult positions”.

These being:

- Increase in Speed (on either a Camel, Sit or Difficult Variation of an Upright, eg. Layback),
- Clear Jump within a Spin (providing there is 2 Spin Revs before and after the Jump on the same foot as the Jump);
- The new Windmill/Illusion feature
- Difficult Change of Position.

For example: If 2 Difficult “Positions” are executed, along with an Illusion and Increase in Speed, only a total of 2 Level Features can be awarded for “Difficult Variations”.\*\*

## Step Sequences

- Modest Upper Body Movement Clarification (how often). It is now clearly defined that the upper body consists of arms, head and torso. “Modest” means the visible use (3 or more times balanced throughout the Step Sequence), of two of these three body parts (at the same time) of the upper body during skating movements, e.g. not at stand still.
- Full Upper Body Movement Clarification (how often). It is now clearly defined that the upper body consists of arms, head and torso. “Full” means the visible use (3 or more times balanced throughout the Step Sequence), of all three of these three body parts (at the same time) of the upper body during skating movements, e.g. not at stand still.
- Quick Rotational Changes of Direction on listed Turns/Steps (how often). It is now clearly defined that there must be clear rotational direction change (left/right). These changes must be done DURING listed Turns/Steps, e.g. during Rockers, Counters, Brackets, Mohawks, Choctaws etc. Such “quick changes” must be executed at least 3 times through the Sequence to be awarded a level feature.

\*\*It is important to note that from 2010 however (after ISU Congress), Modest and Full Upper Body Movement **will only count** if it is performed **during** actual listed Turns/Steps, e.g. Brackets, Rockers, Mohawks etc. Currently however (and until the rule changes, Body Movement is counted if it is performed during “skating movements”, but not at a stand still).\*\*

## CLARIFICATION OF EXISTING RULES

### Spirals

- Increase in Spiral requirements for Short Program – if 2 spirals (of the 3 attempted) do not achieve the minimum 3-second duration (based on the criteria above, ie. no wobbles, flats etc and must be on a curve to comply), No Level will be awarded.

Previously it was only No Level if all 3 spirals did not meet the min. 3-second requirement. However, as per existing rule, if 1 spiral is “short” in the Short Program, no more than Level 1 will be awarded. \*\*Note, at least 2 spirals of 3 second duration are required to achieve greater than Level 1 in the Free Program.

- Full Balance to be achieved in Spiral Sequence to achieve Levels 3-4 (ie. forwards/backwards, inside/outside edges must be performed throughout the Spiral Sequence).
- Only 1 spiral containing the Biellmann Position is permitted within each the Short and Free Programs. The first attempt (regardless of success) will be the one counted and all following attempts will be ignored in attaining Level Features.
- Difficult Variations – Variations **MUST NOW BE** “significantly different” from each other. This means that the core body needs to be significantly different on the second variation attempt, ie. a “standard” catch with a different hand hold, or performed backwards versus forwards, or on different feet etc. is not “Different”.

However, a “catch” does differ from a correctly executed “Biellmann” position – being the “skater’s free leg is pulled from behind to a position higher than and towards the top of the head, close to the axis of the skater”, demonstrating a different core body position.

- Split Positions in Spirals can be repeated twice, with the second attempt being classed as a “Difficult Variation” if different enough than the other Difficult Variation that is performed.
- A “drop” in the free leg/foot, and then a “return to position” above the hip within a Spiral will be ignored and not treated as a “new spiral”. However, the “counting of spiral duration” will cease at the point where the leg/foot dropped and may result in Levels being reduced if the drop occurred before the 3-second minimum duration.

Note, same as spins, there is only a quota of 2 Difficult Variations awarded in the Spiral Sequence.

### Spins

- Second Difficult Variation on all spins that are not in a spin in one position, e.g. Combination Spins with or without Change of Foot. The English used on this explanation is not particularly clear. The clarification is as: A second Difficult Variation CAN BE executed on the other foot in the SAME POSITION as it was done on the first

foot, and can even be performed in the same Difficult Variation if you so wish (although this is not showing variety of skill and may not reflect as well in the GOE).

For e.g. a Cannonball difficult variation feature on left foot, can be performed on the right foot if so desired when in a Combination Spin. NOTE – if it is only a 1 position spin, e.g. sit change sit, then the Difficult Variation must be different from the first. If executing a Combination Spin without Change of Foot, the Difficult Variations MUST be in different basic positions to be awarded Level Features.

- A Level Feature will be awarded in a Combination Spin (without Change of Foot) for all 3 Basic Positions achieved (min. 2 Revs in each basic position).

However if in a Change of Foot Combination Spin, all 3 Basic Positions on BOTH FEET (min. 2 Revs in each basic position) is required to get the Level Feature

- Only 1 Back Entry will receive a Level Feature within each the Short and Free Programs. The first attempt (regardless of success) will be the one counted and all following attempts will be ignored
- Only 1 spin containing the Biellmann Position is permitted within each the Short and Free Programs. The spin's first attempt (regardless of success) will be the one counted and all following attempts in other spins will be ignored.

NOTE – this rule is for a singular spin, i.e. a Biellmann can be executed more than once in the first spin that it is attempted in e.g. a Combination Spin with Change of Foot could indeed have 2 Biellmann's performed on different feet to achieve 2 Difficult Variation features.

- The side-ways feature of a Layback is also permitted within a layback of a Combination Spin and can be treated as an Additional Level Feature i.e. in addition to the 2 x Difficult Variation quota.

## **IMPORTANT POINTS TO REMEMBER IN ORDER TO ACHIEVE LEVELS**

### **Spins**

- Backward Entry – will only be awarded if there are 2 full revolutions on a consistent backward outside edge. Wobbles, rocking, flat edge rotating, toe pick turning will result in this feature not being awarded.
- Combination Spin (Short Program) – must have minimum of 2 Revs in the 3 Basic Positions at sometime throughout the entire spin (Camel, Sit, Upright) to receive anything above Level 1.

In Free Program, all 3 Basic Positions must be achieved (minimum 2 Revs in each) to receive Level 4. For example, if the correct Sit Spin position is not reached in the Short Program, the spin will receive No Level, regardless of all other elements within the spin.

- Cannot receive more than 3 Level Features on a singular foot in a Combination Spin with Change of Foot. A balance of skill is required on both feet to get a Level 4 – details of which Features are given for the first foot (and after the change) are listed in the new Technical Manual.
- Flying Spins: If there is a clear “jump over”, sit position not achieved in air, or over rotated on the ice before the jump (usually seen on a Flying Camel), the spin therefore **does not meet** the requirement of being a “flying spin”.

In the Short Program, this will mean that the Spin (if 3 Revs are completed in the spin

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after the fly and at least 2 Revs are completed the required Basic Position), the spin will not achieve more than a Level 1.

If in the Free Program there is no clear “fly” (as a difficult air position or difficult takeoff entry – but there is no Level Feature for the basic flying camel entry) then there will be no Level Feature awarded for the “Fly”, but any other features attained during the spin are awarded.

- Sit Spin position – the definition is now “the top of the skating leg (thigh) at least parallel to the ice”. If this position is not achieved for at least 2 continuous revs in the spin (similarly the correct position for the camel and layback) then the position will not be recognised, resulting in some cases as No Level, e.g. spin in one position/foot (flying camel or sit spin etc), or in a number of cases, a reduction of possible Levels.

## Spirals

- Change of Foot requirement in Spirals (a full 3 second spiral needs to be achieved on both left and right feet – otherwise no Level in Short Program) – required for Level 4 in Free Program.

This means that there needs to be at least one 3 second spiral executed on each foot during the entire Spiral Sequence, e.g. if there has been two x 3 second spirals done on the left foot, and the last spiral is on the right foot and is less than 3 seconds – the Spiral will receive No Level in the Short Program, and not higher than Level 3 in the Free Program.

- Change of Edge feature in Spirals. This feature is actually quite difficult to get. If there is not a complete 3 second spiral (on a curve, directly before and after the change of edge, i.e. NO flat, wobbles, or straight line spirals) then the feature will not be awarded.

In addition to this requirement, if there are any wobbles during the actual change, loss of control, or use of the body to “swing” or use as assistance to move from one edge to the other, the feature will also not be awarded.

The actual “change of edge” must not exceed 1 metre, must be “gentle” and controlled and demonstrate skill in using the muscles and skating skill to move from one edge to the other.

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