



## Commission Sportive Nationale de Danse sur Glace

### Level of Difficulty of Required Elements in Free Dance Couple (non ISU) (translated from Communication 92)

#### SPIN

**Basic Positions in Dance Spins: cf. ISU Communication 1567**

**Examples of Difficult Variation of Basic Positions: cf. ISU Communication 1567**

**Definition and requirements** – A Spin of one revolution minimum on one foot for each partner (may be started on two feet)

#### Calling specifications for Spins:

**Basic requirement** for calling a Spin Level 1 – at least **one** revolution for both partners (Judges shall not mark higher than -2 if only one revolution has been performed).

1. A Spin will be identified but given No Level when the couple commences the entry edge without performing one full revolution.
2. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after the Spin has commenced and the Spin continues on one foot by each partner after touchdown without interruption, its Level will not be higher than 1.
3. If a Combination Spin is performed instead of the required Spin, the element is called Combination Spin No Level and a deduction of -1,0 for element not according to the Well Balanced Program is applied.

Level 1	Level 2
A Spin that does not meet Level 2 requirements but meets the definition, requirements and calling specifications for a Spin.	At least 3 full continuous rotations on one foot for both partners (may be started on 2 feet)  <b>And</b> 1 Difficult Variation of any Basic Position for one partner (for 1 rotation in a fully established position)

## STEP SEQUENCES

**General Requirements:** cf. ISU Communication 1567.

**Calling Specifications for Step Sequences:**

- Basic requirements
- points 1, 2, 3 and 7
- Judges responsibilities 1 to 4

of ISU Communication 1567.

If the direction of a Circular Step Sequence is specified and the couple performs the Step Sequence in the other direction, the Circular Step Sequence is not called and no deduction applies.

Level 1	Level 2
A Step Sequence that does not meet Level 2 requirements but meets the definition, requirements and calling specifications.	Footwork must include at least 3 different types from the following 6 types of turns for each partner (one of which must be a Twizzle) : Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle  <b>And</b> Must include at least 2 of the following Dance Holds: Kilian (or Kilian Variation), Waltz (or Tango) and Foxtrot.  <b>And</b> The content mentioned above must be distributed over at least 75% of the chosen pattern.

## TYPES OF POSES

Examples of Difficult Types of Poses: Attitude, Ina Bauer, Spread Eagle.

The following Types of Poses are not difficult: Crouch, Lunge, Shoot the Duck.

If an Attitude is required, it is identified if the free leg is elevated higher than the level of the hip for at least one second.

## SYNCHRONIZED POSE

**Definition and requirements:** must be in accordance with Rule 1107, paragraph 15 f).

**Calling specifications:** a Synchronized Pose is identified but No Level is given if the duration for one of the partners or both partners is less than the required duration according to the definition (3 seconds minimum), or if the required Type of Pose is not included (Pre Juvenile : Attitude for one partner).

If a Synchronized Combination Pose is performed instead of the required Synchronized Pose, the element is called Synchronized Pose, its Level is the Level of the first part of the Combination Synchronized Pose and no deduction applies.

Level 1	Level 2	Level 3
A Synchronized Pose that does not meet Level 2 or 3 requirements but meets the definition, requirements and calling specifications. Pre Juvenile: a Synchronized Pose that includes at least one Attitude maintained above a horizontal line for at least one second but does not meet Level 2 or 3 requirements.	Both partners maintain a Pose for at least 3 seconds and perform it on edges. Pre Juvenile: at least one the partners performs an Attitude maintained above a horizontal line for at least 1 second.	Both partners maintain a different difficult Type of Pose for at least 3 seconds and perform it on edges. Pre Juvenile: at least one of the partners performs an Attitude maintained above a horizontal line for at least 3 seconds.

## SYNCHRONIZED COMBINATION POSE

**Definition and requirements:** must be in accordance with Rule 1107, paragraph 15 f).

**Calling specifications:** a Synchronized Combination Pose is identified but No Level is given if the duration for one of the partners or both partners is less than the required duration according to the definition (3 seconds minimum for each part), or if the required Type of Pose is not included (Juvenile : Attitude for both partners).

If there is more than one connecting step between the two Types of Poses for one of the partners or both partners, the Level of Difficulty is reduced by one level.

If a Synchronized Pose is performed instead of the required Synchronized Combination Pose, the element is not called and no deduction applies.

Level 1	Level 2	Level 3
A Synchronized Combination Pose that does not meet Level 2 or 3 requirements but meets the definition, requirements and calling specifications. Juvenile: a Synchronized Combination Pose that includes for each partner at least one Attitude maintained above a horizontal line for at least one second but does not meet Level 2 or 3 requirements.	1 Type of Pose maintained for at least 3 seconds and performed on edges for both partners and on each part. Juvenile: both partners must perform, in one of the parts, simultaneously or not, an Attitude maintained above a horizontal line for at least one second.	Both partners maintain simultaneously a different difficult Type of Pose for at least 3 seconds in one of the parts, and the whole Synchronized Combination Pose is performed on edges. Juvenile: both partners must perform, in one of the parts, simultaneously or not, an Attitude maintained above a horizontal line for at least one second.