



Commission Sportive Nationale de Danse sur Glace
Fiche Technique Synthétique – Niveaux de Difficulté Eléments Requis Couples ISU

	BASE (Only Step Seq)	1	2	3	4
Synchronized/Sequential Twizzles (Stw)		at least 1+1 for both partner	# entry edge & Dir Rot 2 + 2 same gp 2# features same gp	# entry edge & Dir Rot 3 + 3 3# features 2#gp	# entry edge & Dir Rot 4 + 4 3# features 3#gp
SEQ DE PAS STYLE A	at least 50%	at least 50%	75%	90%	100%
Circular (CiSt)		2 # types of turns	5 Turns (one type twice but no more)	7 Turns (if twi included, it's double twi and one type twice but no more) multidirectional	9 Turns (if twi included, it's double twi and one type twice but no more) multidirectional
Serpentine (SeSt)			+ 1 foot section 2# (B,R,C,Tw)	+ 1 foot section 3# (B,R,C, if twi it's double Tw)	+ 1 foot section 4# (B,R,C, double Tw)
Midline (MiSt)	+ 1 dance hold	+ 1 Change hold	+ 1 change of hold + 2 # dance holds	+ 2 change of hold + 2 # dance holds	+ 3 change of hold + 3 # dance holds
Diagonal (DiSt)					All steps/Turns are clean
SEQ DE PAS STYLE B and B*	at least 50%	at least 50%	75%	90%	100%
Circular (CiSt)		1 type of turns	3 # types of turns	4 # types of turns (if twi included, it's double twi) multidirectional	5 # types of turns (if twi included, it's double twi) multidirectional
Serpentine (SeSt)		+ 1 Change hold	+ 2 change of hold + 2 # dance holds	+ 2 change of hold + 3 # dance holds	+ 3 change of hold + 3 # dance holds
Midline (MiSt)	+ 1 dance hold				
Diagonal (DiSt)					All steps/Turns are clean
SQ DE PAS NOT TOUCHING STYLE B*	at least 50%	at least 50%	75%	90%	100%
Not Touching Midline		1 type of turns	3 # types of turns	4 # types of turns (if twi included, it's double twi) multidirectional	5 # types of turns (if twi included, it's double twi) multidirectional
Not Touching Diagonal					
Not Touching Serpentine					
Not Touching Circular					All steps/Turns are clean
Spin (Sp)		3 rot for both together	2 podi [1+1] (2t) 2 types <u>Option 2</u> 2 rot each D 1 podi M or L (2t) 1 type	3 podi (at least 1 being by each partner) (2t) 3 types <u>Option 2</u> 2 rot each D 2 podi (at least 1 being by each partner) (2t) 2 types	4 podi (2 podi in same time) (2t) 3 types Creative/Difficult Entry or Exit <u>Option 2</u> 2 rot each D 3 podi (2 podi in same time) (2t) 3 types Creative/Difficult Entry or Exit

	BASE (Only Step Seq)	1	2	3	4
Combination Spin (CoSp)		<p>3 rot + plus d'1 rot OR</p> <p>Plus d' 1 rot + 3 rot</p>	<p>2 podi [1+1] (3t) 2 types</p> <p><u>Option 2</u></p> <p>2 rot each D without Chgt foot 3 rot each D in same time as chgt foot</p> <p>1 podi M or L (3t) 1 type</p>	<p>3 podi (at least 1 being by each partner) (3t) 3 types</p> <p><u>Option 2</u></p> <p>2 rot each D without Chgt foot 3 rot each D in same time as chgt foot</p> <p>2 podi (at least 1 being by each partner) (3t) 2 types</p>	<p>4 podi (2 podi in same time) (3t) 3 types Creative/Difficult Entry or Exit</p> <p><u>Option 2</u></p> <p>2 rot each D without Chgt foot 3 rot each D in same time as chgt foot</p> <p>3 podi (2 podi in same time) (3t) 3 types Creative/Difficult Entry or Exit</p>
Rotationnal Lift (RoLi)		at least 3 rot M + L	<p><u>Opt 1.a:</u> 4 rot (M) 1 podi (3t) or chg <u>Opt 1.b:</u> 5 rot (M)</p> <p><u>option 2</u></p> <p>2 rot 1 hand/Arm lift (One Arm lift, hold, set down) <u>Option 2.b:</u> 3 rot 1 hand/Arm lift (to lift, hold)</p>	<p>5 rot (M) 1 podi (4t) or chg</p> <p><u>option 2</u></p> <p>3 rot 1 hand/Arm lift (One Arm lift, hold, set down)</p>	<p>Opt 1.a: 6 rot 1 podi (5t) or chg Opt 1.b: Level 3 + Diff Entry or Diff Exit (exclu gp B)</p> <p><u>option 2</u></p> <p>3 Rot 1 hand/Arm lift (One Arm lift, + extra feature)</p>
Straightline Lift (SILi) Curve Lift (CuLi) Stationary Lift (StaLi)		at least 3s	1 podi 3s (M or L) or chg	<p>2 Feat out of 3</p> <p>1 Podi 3s L or Chg 1 Podi 3s M Diff Entry or Diff Exit</p>	<p>3 Feat out of 4</p> <p>1 Podi 3s L or Chg 1 Podi 3s M Diff Entry Diff Exit</p>