



**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	2 + 2 1 feature	# entry edge & Dir Rot 2 + 2 2# features same gp	# entry edge & Dir Rot 3 + 3 3# features 2#gp OR 3# features 3#gp	# entry edge & Dir Rot 4 + 4 4# features 3#gp
SERIES DE PAS SUR UN PIED	At least 2 Turns completed	1 type of turns Validated	2 # types of turns Validated	3 # types of turns Validated (if twi it's double Tw) ?	All 4 # types of turns Validated (if twi it's double Tw) ? All Turns are clean
(Only the first attempt of the Difficult Turn is considered for level)					
SERIES DE PAS STYLE B For Free Dance (Hold)	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 Dance Hold	+ 2 # dance holds	+ 3 # dance holds	+ 3 # dance holds
Midline (MiSt)					
Diagonal (DiSt)					All steps/Turns are clean
(Only the first attempt of the Difficult Turn is considered for level)					
SERIES DE PAS STYLE B For Rythm Dance	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
Midline (MiSt)					
Diagonal (DiSt)					All steps/Turns are clean
(Only the first attempt of the Difficult Turn is considered for level)					

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	BASE (Only Step Seq)	1	2	3	4
Spin (Sp)	<p><u>Option 1</u> At least 3 rot</p> <p><u>Option 2</u> At least 2 Rot in one dir and 1 Rot in the other dir</p>	<p><u>Option 1</u> 1 podi (2t) 1 type</p> <p><u>Option 2</u> At least 2 rot in both directions</p>	<p><u>Option 1</u> 2 podi [1+1] (2t) 2 types</p> <p><u>Option 2</u> 1 podi M or L (2t) 1 type</p>	<p><u>Option 1</u> 3 podi (at least 1 being by each partner) (2t) 3 types</p> <p><u>Option 2</u> 2 podi (at least 1 being by each partner) (2t) 2 types</p>	<p><u>Option 1</u> 4 podi (2 podi in same time) (2t) 3 types Creative/Difficult Entry or Exit</p> <p><u>Option 2</u> 3 podi (2 podi in same time) (2t) 3 types Creative/Difficult Entry or Exit</p>
Combination Spin (CoSp)	<p><u>Option 1 and 2</u> 3 rot + plus d'1 rot OR Plus d' 1 rot + 3 rot</p>	<p><u>Option 1</u> 1 podi (3t) 1 type</p> <p><u>Option 2</u> At least 3 Rot in both directions</p>	<p><u>Option 1</u> 2 podi [1+1] (3t) 2 types</p> <p><u>Option 2</u> 1 podi M or L (3t) 1 type</p>	<p><u>Option 1</u> 3 podi (at least 1 being by each partner) (3t) 3 types</p> <p><u>Option 2</u> 2 podi (at least 1 being by each partner) (3t) 2 types</p>	<p><u>Option 1</u> 4 podi (2 podi in same time) (3t) 3 types Creative/Difficult Entry or Exit</p> <p><u>Option 2</u> 3 podi (2 podi in same time) (3t) 3 types Creative/Difficult Entry or Exit</p>
Rotationnal Lift (RoLi)	<p>at least 2 rot M + L</p> <p><u>ONE ARM LIFT</u> At least 2 rot (hold)</p>	<p><u>Opt 1:</u> 3 rot (M) 1 podi (3rot) or chg</p> <p><u>Opt 2:</u> 4 rot (M)</p> <p><u>ONE ARM LIFT</u> At least 2 rot (lift and hold)</p>	<p><u>Opt 1:</u> 5 rot (M) 1 podi (4rot) or chg</p> <p><u>Opt 2:</u> 6 rot (M)</p> <p><u>ONE ARM LIFT</u> 3 rot 1 hand/Arm lift (to lift, hold) OR At least 2 rot (lift, hold and set down)</p>	<p><u>Opt 1:</u> 6 rot (M) 1 podi (5rot) or chg</p> <p><u>option 2</u> 6 rot + Entry or Exit or 1 rot</p> <p><u>ONE ARM LIFT</u> At least 3 rot (lift and hold) + 1 Extra feat</p>	<p><u>Opt 1:</u> 6 rot (M) 1 podi (5rot) or chg + Entry or Exit or 1 rot</p> <p><u>option 2</u> 6 rot + 2 of Entry or Exit or 1 rot</p> <p><u>ONE ARM LIFT</u> At least 3 rot (lift, hold and ste down) + 1 Extra feat</p>
Straightline Lift (SLi) Curve Lift (CuLi) Stationary Lift (StaLi)	<p>At least 3s</p>	<p>1 podi 3s (M or L) or chg OR At least 5s</p>	<p>2 Feat out of 3 1 Podi 3s L or Chg 1 Podi 3s M Entry feat or Exit feat</p>	<p>3 Feat out of 6 1 Podi 3s L or Chg 1 Podi 3s M Entry feat L Exit feat L Entry feat M Exit feat M</p>	<p>4 Feat out of 6 1 Podi 3s L or Chg 1 Podi 3s M Entry feat L Exit feat L Entry feat M Exit feat M</p>