

# Level of Difficulty Matrix

## Singles and Pairs

Based on requirements in ISU Communications through 1494

Note: Requirements and their interpretation are continuously subject to change.

Rev. 1 March 2009

In this document, items in **red** differ among the levels.  
Difficulty factors in bold are REQUIRED to reach the level.

# SPINS - SINGLES

Level 2	Level 3	Level 4
<p><b>BASIC</b></p> <p><b>No change of foot, no change of position, and no flying entry.</b></p> <p><b>(Applies to Upright, Camel, Sit and Layback spins)</b></p>		
<p><b>2</b></p> <ul style="list-style-type: none"> <li>• 1 difficult variation.</li> <li>• Second (different) difficult variation.</li> <li>• Backwards entry.</li> <li>• Change of edge in one basic position. <i>Can count only once.</i></li> <li>• At least 8 rotations without any changes in position/variation or edge (for camel, sit, layback, difficult variation of upright).</li> </ul> <p><i>Intermediate positions do not count towards features.</i></p> <p><b>Additional features for Layback</b></p> <ul style="list-style-type: none"> <li>• 1 change of position (back to side, or reverse), at least 3 rotations in each position.</li> <li>• Biellmann after layback spin. - <i>In SP — after 8 rotations in layback.</i></li> </ul>	<p><b>3</b></p> <p>Same features apply to all levels.</p>	<p><b>4</b></p> <p>Same features apply to all levels.</p>
<p>For all spins:</p> <ul style="list-style-type: none"> <li>• A change of edge in an intermediate position is NOT a feature.</li> <li>• A clear increase in speed is a difficult variation in a layback, sit or camel position.</li> <li>• A flying entry with “backwards” rotations is only one feature.</li> <li>• The Biellmann position counts only ONCE as a feature in the Short Program, and only TWICE in the Free Skating.</li> </ul>		

# SPINS - SINGLES

Level 2	Level 3	Level 4
<p><b>FLYING</b></p> <p><b>No change of foot and no change of position.</b></p> <p><b>(Applies to Upright, Camel, Sit and Layback spins)</b></p>		
<p><b>2</b></p> <ul style="list-style-type: none"> <li>• 1 difficult variation.</li> <li>• Second (different) difficult variation.</li> <li>• Backwards entry / difficult variation of flying entry / landing on same foot as take off / changing foot on landing.</li> <li>• Change of edge in one basic position. <i>Can count only once.</i></li> <li>• At least 8 rotations without any changes in position/variation or edge (for camel, sit, layback, difficult variation of upright).</li> </ul> <p><i>Intermediate positions do not count towards features.</i></p>	<p><b>3</b></p> <p>Same features apply to all levels.</p>	<p><b>4</b></p> <p>Same features apply to all levels.</p>

For all spins:

- A change of edge in an intermediate position is NOT a feature.
- A clear increase in speed is a difficult variation in a layback, sit or camel position.
- A flying entry with “backwards” rotations is only one feature.
- The Biellmann position counts only ONCE as a feature in the Short Program, and only TWICE in the Free Skating.

# SPINS - SINGLES

Level 2		Level 3		Level 4	
<b>CHANGE FOOT</b> <b>Change of foot, no change of position.</b>					
2	<ul style="list-style-type: none"> <li>• 1 difficult variation.</li> <li>• Second difficult variation. - <i>Must be on different foot, may be same variation as the first.</i></li> <li>• Difficult change of foot.</li> <li>• Backwards entry / difficult variation of flying entry / landing on same foot as take off / changing foot on landing in a flying spin.</li> <li>• Change of edge in one basic position. <i>Can count only once.</i></li> <li>• Change of direction of rotation, immediately following each other.</li> <li>• At least 8 rotations without any changes in position/variation foot or edge (for camel, sit, layback, difficult variation of upright). - Can count once per foot - twice total.</li> </ul> <p><i>Intermediate positions do not count towards features.</i></p>	3	Same features apply to all levels.	4	Same features apply to all levels.
<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p>For all spins:</p> <ul style="list-style-type: none"> <li>• A change of edge in an intermediate position is NOT a feature.</li> <li>• A clear increase in speed is a difficult variation in a layback, sit or camel position.</li> <li>• A flying entry with “backwards” rotations is only one feature.</li> <li>• The Biellmann position counts only ONCE as a feature in the Short Program, and only TWICE in the Free Skating.</li> </ul> </div>					

# SPINS - SINGLES

Level 2		Level 3		Level 4	
<b>COMBINATION</b>					
<b>No change of foot, change of position.</b>					
<b>2</b>	<ul style="list-style-type: none"> <li>• 1 difficult variation in a basic or intermediate position.</li> <li>• Second difficult variation. - <i>Must be in different position.</i></li> <li>• Backwards entry / difficult variation of flying entry / landing on same foot as take off or changing foot on landing in a flying spin.</li> <li>• Change of edge in one basic position. <i>Can count only once.</i></li> <li>• All three basic positions.</li> <li>• At least 8 rotations without any changes in position/variation foot or edge (for camel, sit, layback, difficult variation of upright). - <i>Can count once per foot - twice total.</i></li> </ul>	<b>3</b>	Same features apply to all levels.	<b>4</b>	Same features apply to all levels.
<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p>For all spins:</p> <ul style="list-style-type: none"> <li>• A change of edge in an intermediate position is NOT a feature.</li> <li>• A clear increase in speed is a difficult variation in a layback, sit or camel position.</li> <li>• A flying entry with “backwards” rotations is only one feature.</li> <li>• The Biellmann position counts only ONCE as a feature in the Short Program, and only TWICE in the Free Skating.</li> </ul> </div>					

Difficult variations can be earned only once each in upright, sit, camel and intermediate positions, to a maximum of two features.

# SPINS - SINGLES

Level 2	Level 3	Level 4
<b>CHANGE COMBINATION</b> Change of foot and change of position.		
<p><b>2</b></p> <p><b>All three basic positions mandatory in Short Program to exceed level 1.</b></p> <ul style="list-style-type: none"> <li>• 1 difficult variation in a basic or intermediate position.</li> <li>• Second difficult variation in a basic position.  <i>- Must be on different foot, or in a different position if on same foot.</i></li> <li>• Difficult change of foot.</li> <li>• Backwards entry / difficult variation of flying entry / landing on same foot as take off or changing foot on landing in a flying spin.</li> <li>• Change of edge in one basic position. <i>Can count only once.</i></li> <li>• All three basic positions on each foot</li> <li>• Change of direction of rotation, immediately following each other.</li> <li>• At least 8 rotations without any changes in position/variation foot or edge (for camel, sit, layback, difficult variation of upright).  <i>- Can count once per foot - twice total.</i></li> </ul>	<p><b>3</b></p> <p><b>All three basic positions mandatory in Short Program to exceed level 1.</b></p> <p>Same features apply to all levels.</p>	<p><b>4</b></p> <p><b>All three basic positions mandatory in Short Program to exceed level 1.</b></p> <p><b>All three basic positions mandatory in Free Skating to achieve level 4.</b></p> <p>Same features apply to all levels.</p>
For all spins: <ul style="list-style-type: none"> <li>• A change of edge in an intermediate position is NOT a feature.</li> <li>• A clear increase in speed is a difficult variation in a layback, sit or camel position.</li> <li>• A flying entry with “backwards” rotations is only one feature.</li> <li>• The Biellmann position counts only ONCE as a feature in the Short Program, and only TWICE in the Free Skating.</li> </ul>		

# SEQUENCES - SINGLES

Level 2		Level 3		Level 4	
<b>STEP SEQUENCE</b>					
2	<ul style="list-style-type: none"> <li>• <b>Mainly using simple variety of turns and steps throughout.</b></li> <li>• Rotations in each direction with full body rotation covering at least 1/3 of the pattern in total for each rotational direction.</li> <li>• Moderate use of upper body movement.</li> <li>• Immediate changes of rotational direction executed by rockers and/or counters and/or twizzles and/or quick steps following each other.</li> </ul>	3	<ul style="list-style-type: none"> <li>• <b>Mainly using <span style="color: red;">variety</span> of turns and steps throughout.</b></li> <li>• Rotations in each direction with full body rotation covering at least 1/3 of the pattern in total for each rotational direction.</li> <li>• Moderate use of upper body movement.</li> <li>• Immediate changes of rotational direction executed by rockers and/or counters and/or twizzles and/or quick steps following each other.</li> </ul>	4	<ul style="list-style-type: none"> <li>• <b>Mainly using <span style="color: red;">complex</span> turns and steps throughout.</b></li> <li>• Rotations in each direction with full body rotation covering at least 1/3 of the pattern in total for each rotational direction.</li> <li>• <span style="color: red;">Full</span> use of upper body movement.</li> <li>• Immediate changes of rotational direction executed by rockers and/or counters and/or twizzles and/or quick steps following each other.</li> </ul>
<b>SPIRAL SEQUENCE</b>					
2	<ul style="list-style-type: none"> <li>• <b>Three positions with change of foot, and at least one unassisted position required for SP.</b></li> <li>• 1 difficult variation of position.</li> <li>• Second difficult variation on a different foot than the first.</li> <li>• Change of edge during one spiral.                             <ul style="list-style-type: none"> <li>- <i>Held for 3 sec before and after.</i></li> </ul> </li> <li>• Unsupported change of free leg position or direction of skating maintaining the spiral.                             <ul style="list-style-type: none"> <li>- <i>Held for 3 sec before and after the change.</i></li> </ul> </li> <li>• Free leg in total split position, one or both arms hold permitted.</li> <li>• Holding spiral position (without interruption) for 6 or more seconds.</li> </ul>	3	<p><b>Spirals on both feet, forwards and backwards, inside and outside required for level 3-4</b></p> <p>Same features apply to all levels.</p>	4	<p><b>Spirals on both feet, forwards and backwards, inside and outside required for level 3-4</b></p> <p>Same features apply to all levels.</p>

# LIFTS - PAIRS

Level 2		Level 3		Level 4	
<b>TWIST</b>					
<b>2</b>	<ul style="list-style-type: none"> <li>• At least 90° split by lady.</li> <li>- <i>Each leg at least 45° from body axis.</i></li> <li>• Catch at sides of lady's waist without her hands touching the man.</li> <li>• Lady's arm(s) above head in air position.</li> <li>- <i>Minimum of one full revolution.</i></li> <li>• Difficult takeoff.</li> <li>- <i>Steps or skating moves executed by both partners immediately preceding the takeoff, etc.</i></li> </ul>	<b>3</b>	Same features apply to all levels.	<b>4</b>	<p>Same features apply to all levels.</p> <p><i>All features are required to reach level 4.</i></p>

# LIFTS - PAIRS

Level 2		Level 3		Level 4	
GROUPS 1 - 5					
2	<ul style="list-style-type: none"> <li>• Difficult (simple for Junior) variation in takeoff.</li> <li>• 1 changes of hold and/or of lady's position.               <ul style="list-style-type: none"> <li>- One revolution before and after the change, counts twice if repeated.</li> </ul> </li> <li>• Difficult variation of the lady's position.               <ul style="list-style-type: none"> <li>- One full revolution.</li> </ul> </li> <li>• Difficult (simple for Junior) carry.               <ul style="list-style-type: none"> <li>- Not in SP.</li> </ul> </li> <li>• Difficult one-hand hold of the man.               <ul style="list-style-type: none"> <li>- Multiple credit for each full rotation by man.</li> <li>- In the SP, counted a maximum of twice.</li> <li>- In the FS, counted a maximum of three times in the first lift with three revolutions in one-hand hold, and maximum of twice in all other lifts with one-hand hold.</li> </ul> </li> <li>• Difficult (simple for Junior) variation in landing.</li> <li>• Change of rotational direction by man.</li> </ul>	3	Same features apply to all levels.	4	Same features apply to all levels.

# DEATH SPIRALS - PAIRS

Level 2		Level 3		Level 4	
<b>DEATH SPIRALS - ALL EDGES</b>					
<b>2</b>	<ul style="list-style-type: none"> <li>• Difficult entry and/or exit. - <i>Counts when both partners are on one foot and already on the entry curve.</i></li> <li>• Change of lady's arm hold. - <i>One revolution in each hold.</i></li> <li>• Change of man's arm hold. - <i>One revolution in each hold.</i></li> <li>• Difficult variation of lady's position during the death spiral. - <i>One revolution in this variation.</i></li> <li>• Two full revolutions of the lady in the death spiral.</li> <li>• Additional full revolution of the lady after the first two revolutions. - <i>Multiple credit for each full rotation.</i></li> </ul>	<b>3</b>	Same features apply to all levels.	<b>4</b>	Same features apply to all levels.

A difficult entry and exit together in a death spiral is one feature.

# SIDE BY SIDE SPINS - PAIRS

Level 2	Level 3	Level 4
<p><b>BASIC</b></p> <p><b>No change of foot and no change of position.</b></p> <p><b>Includes Layback spins and Flying spins.</b></p>		
<p style="font-size: 2em;">2</p> <ul style="list-style-type: none"> <li>• 1 difficult variation.</li> <li>• Second (different) difficult variation.</li> <li>• Flying or backwards entry.</li> <li>• Change of edge in one basic position. <i>Can count only once.</i></li> <li>• At least 6 rotations without any changes in position/variation or edge (for camel, sit, layback, difficult variation of upright).</li> </ul> <p><i>Intermediate positions do not count towards features.</i></p>	<p style="font-size: 2em;">3</p> <p>Same features apply to all levels.</p>	<p style="font-size: 2em;">4</p> <p>Same features apply to all levels.</p>

In all spins a flying entry into “backwards” rotations is only one feature.

Increase in speed by partners is a NOT a difficult variation in pairs.

# SIDE BY SIDE SPINS - PAIRS

Level 2	Level 3	Level 4
<b>CHANGE FOOT</b> <b>Change of foot, no change of position.</b>		
<p style="font-size: 2em; font-weight: bold; margin: 0;">2</p> <ul style="list-style-type: none"> <li>• 1 difficult variation.</li> <li>• Second difficult variation.  <i>- Must be on different foot, may be same variation as the first.</i></li> <li>• Flying or backwards entry.</li> <li>• Change of edge in one basic position. <i>Can count only once.</i></li> <li>• Two changes of foot (not for SP)</li> <li>• Change of direction of rotation, immediately following each other.</li> <li>• At least 6 rotations without any changes in position/variation foot or edge (for camel, sit, layback, difficult variation of upright).  <i>- Can count once per foot - twice total.</i></li> <li>• <i>Intermediate positions do not count towards features.</i></li> </ul>	<p style="font-size: 2em; font-weight: bold; margin: 0;">3</p> <p style="text-align: center;">Same features apply to all levels.</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">4</p> <p style="text-align: center;">Same features apply to all levels.</p>

# SIDE BY SIDE SPINS - PAIRS

Level 2	Level 3	Level 4
<p><b>COMBINATION</b></p> <p><b>No change of foot, change of position.</b></p>		
<p><b>2</b></p> <ul style="list-style-type: none"> <li>• 1 difficult variation in a basic or intermediate position.</li> <li>• Second difficult variation. - <i>Must be in different position.</i></li> <li>• Flying or backwards entry.</li> <li>• Change of edge in one basic position. <i>Can count only once.</i></li> <li>• All three basic positions.</li> <li>• At least 6 rotations without any changes in position/variation foot or edge (for camel, sit, layback, difficult variation of upright). - <i>Can count once per foot - twice total.</i></li> </ul>	<p><b>3</b></p> <p>Same features apply to all levels.</p>	<p><b>4</b></p> <p>Same features apply to all levels.</p>

Difficult variations can be earned only once each in upright, sit, camel and intermediate positions, to a maximum of two features.

# SIDE BY SIDE SPINS - PAIRS

Level 2	Level 3	Level 4
<p><b>CHANGE COMBINATION</b>  <b>Change of foot and change of position.</b></p>		
<p style="font-size: 2em; font-weight: bold; margin: 0;">2</p> <ul style="list-style-type: none"> <li>• 1 difficult variation in a basic or intermediate position.</li> <li>• Second difficult variation in a basic position.  <i>- Must be on different foot, or in a different position if on same foot.</i></li> <li>• Flying or backwards entry.</li> <li>• Change of edge in one basic position. <i>Can count only once.</i></li> <li>• All three basic positions on one foot  <i>- Counts twice if executed on both feet.</i></li> <li>• Two changes of foot (not for SP)</li> <li>• Change of direction of rotation, immediately following each other.</li> <li>• At least 6 rotations without any changes in position/variation foot or edge (for camel, sit, layback, difficult variation of upright).</li> </ul>	<p style="font-size: 2em; font-weight: bold; margin: 0;">3</p> <p style="text-align: center;">Same features apply to all levels.</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">4</p> <p style="text-align: center;">Same features apply to all levels.</p>

# PAIR SPINS

Level 2	Level 3	Level 4
<b>PAIR SPIN</b> <b>No change of foot, change of position optional.</b>		
<p style="text-align: center; font-size: 2em;"><b>2</b></p> <ul style="list-style-type: none"> <li>• 2 changes of basic positions of both partners.</li> <li>• Additional change(s) of basic position of both partners after the first two.               <ul style="list-style-type: none"> <li>- <i>Applies only once.</i></li> </ul> </li> <li>• 3 difficult variations of position of partners, one of which can be an intermediate position.               <ul style="list-style-type: none"> <li>- <i>Each variation of each partner counts seperately.</i></li> </ul> </li> <li>• Additional difficult variation(s) of position of partners after the first three.               <ul style="list-style-type: none"> <li>- <i>Applies only once.</i></li> </ul> </li> <li>• Backwards outside or inside edge entry.</li> <li>• Both directions immediately following each other.</li> <li>• At least 6 revolutions without any changes in position/variation and foot.</li> </ul>	<p style="text-align: center; font-size: 2em;"><b>3</b></p> <p style="text-align: center;">Same features apply to all levels.</p>	<p style="text-align: center; font-size: 2em;"><b>4</b></p> <p style="text-align: center;">Same features apply to all levels.</p>

Both partners must change foot at least once and change position at least once for a spin to be a pair combination spin. Otherwise it will be called a basic pair spin.

# PAIR SPINS

Level 2		Level 3		Level 4	
<b>PAIR SPIN COMBINATION</b> <b>At least 1 change of foot and at least 1 change of position.</b>					
<b>2</b>	<ul style="list-style-type: none"> <li>• 2 changes of basic positions of both partners.</li> <li>• Additional change(s) of basic position of both partners after the first two.               <ul style="list-style-type: none"> <li>- <i>Applies only once.</i></li> </ul> </li> <li>• 3 difficult variations of position of partners, one of which can be an intermediate position.               <ul style="list-style-type: none"> <li>- <i>Each variation of each partner counts seperately.</i></li> </ul> </li> <li>• Additional difficult variation(s) of position of partners after the first three.               <ul style="list-style-type: none"> <li>- <i>Applies only once.</i></li> </ul> </li> <li>• Backwards outside or inside edge entry.</li> <li>• Change of direction of rotation, immediately following each other.</li> <li>• At least 6 revolutions without any changes in position/variation and foot.</li> </ul>	<b>3</b>	<p>Same features apply to all levels.</p>	<b>4</b>	<p>Same features apply to all levels.</p>

Both partners must change foot at least once and change position at least once for a spin to be a pair combination spin. Otherwise it will be called a basic pair spin.

# SEQUENCES - PAIRS

Level 2		Level 3		Level 4	
STEP SEQUENCE					
2	<ul style="list-style-type: none"> <li>• <b>Mainly using simple variety of turns and steps throughout.</b></li> <li>• Rotations in each direction with full body rotation covering at least 1/3 of the pattern in total for each rotational direction.</li> <li>• Moderate use of upper body movement.</li> <li>• Changes of position (crossing each other twice while doing steps and turns) of the pair for at least 1/3 of the sequence.</li> <li>• Not separating from each other all the time (staying in the same position, changes of hold are allowed).</li> </ul>	3	<ul style="list-style-type: none"> <li>• <b>Mainly using <b>variety</b> of turns and steps throughout.</b></li> <li>• Rotations in each direction with full body rotation covering at least 1/3 of the pattern in total for each rotational direction.</li> <li>• Moderate use of upper body movement.</li> <li>• Changes of position (crossing each other twice while doing steps and turns) of the pair for at least 1/3 of the sequence.</li> <li>• Not separating from each other all the time (staying in the same position, changes of hold are allowed).</li> </ul>	4	<ul style="list-style-type: none"> <li>• <b>Mainly using <b>variety</b> of turns and steps throughout.</b></li> <li>• Rotations in each direction with full body rotation covering at least 1/3 of the pattern in total for each rotational direction.</li> <li>• <b>Full</b> use of upper body movement.</li> <li>• Changes of position (crossing each other twice while doing steps and turns) of the pair for at least 1/3 of the sequence.</li> <li>• Not separating from each other all the time (staying in the same position, changes of hold are allowed).</li> </ul>

# SEQUENCES - PAIRS

Level 2	Level 3	Level 4
<b>SPIRAL SEQUENCE</b>		
<p style="font-size: 2em; margin: 0;">2</p> <ul style="list-style-type: none"> <li>• <b>Two or more positions of both with change of feet required for SP.</b></li> <li>• 1 difficult variation of position of both partners.</li> <li>• Second difficult variation on different feet than the first one executed by both partners.</li> <li>• Change of edge by both partners in a spiral. - <i>Held for 3 sec before and after.</i></li> <li>• Unsupported change of free leg position or direction by both partners while maintaining the spiral position. - <i>Held for 3 sec before and after.</i></li> <li>• Free leg in total split position by one or both partners, one or both arms hold permitted.</li> <li>• Difficult variation of position by one partner (second partner in spread-eagle/shoot-the-duck-/similar position).</li> <li>• Holding spiral position for 6 seconds or more.</li> </ul>	<p style="font-size: 2em; margin: 0;">3</p> <p style="text-align: center;"><b>Spirals of both partners, forwards and backwards, inside and outside required for level 3-4</b></p> <p style="text-align: center;">Same features apply to all levels.</p>	<p style="font-size: 2em; margin: 0;">4</p> <p style="text-align: center;"><b>Spirals of both partners, forwards and backwards, inside and outside required for level 3-4</b></p> <p style="text-align: center;">Same features apply to all levels.</p>

# Level of Difficulty Matrix

## Dance

Based on requirements in ISU Communication through 1496

Note: Requirements and their interpretation are continuously subject to change.

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Unlike Singles and Pairs, which use lists of difficulty factors to specify levels, Dance uses sets of requirements presented as combinations of options for each level. Within each option, latitude exists for choosing the details of the element. This approach is, at times, obscure.

These tables are an attempt to present the dance level requirements in a way that brings some small order to the Byzantine complexity of Dance levels.

Items in the tables that are highlighted in blue are explicitly identified in ISU Communications as level options for a type of element. The remainder are deduced from the options.

Combinations of criteria whose levels are not unambiguously specified in ISU Communications are noted with a question mark.

## Stationary - Straight - Curve Lifts

<b>NOTE: Lifts sustained off the ice for less than 3 seconds are called No-Level</b>	<b>Lifted Partner Pose</b>		
	<b>Requirements to right not met</b>	<b>Difficult Pose (for at least than 3 seconds)</b>	<b>Significant Change of Pose</b>
<b>Requirements below not met</b>	<b>1</b>	<b>2</b>	<b>2</b>
<b>Lifting Partner in Difficult Position (for at least 3 seconds)</b>	<b>2</b>	<b>3</b>	<b>3</b>
<b>Lifting Partner in Difficult Position (for at least 3 seconds) AND Creative/Difficult Entry</b>	<b>2</b>	<b>4</b>	<b>4</b>

## Rotational Lifts

NOTE: Lifts sustained off the ice for less than 3 seconds are called No-Level	Lifted Partner Pose				
	Requirements to right not met	Significant Change of Pose	1 Difficult For 3 Rotations	1 Difficult For 4 Rotations	1 Difficult For 5 Rotations
<b>Lifting Partner — 3 Rotations</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>Lifting Partner — 4 Rotations</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2*</b>
<b>Lifting Partner — 5 Rotations</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>
<b>Lifting Partner — 6 Rotations</b>	<b>1</b>	<b>4</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Lifting Partner — At Least 5 Rotations AND Creative/Difficult Entry</b>	<b>1</b>	<b>4</b>	<b>2</b>	<b>4</b>	<b>4</b>

### ONE-ARM ROTATIONAL LIFTS:

Held at least two rotations in one-hand hold - Level 2

Held at least three rotations in one-hand hold - Level 3

Held at least three rotations in one-hand hold, with one-arm takeoff, air hold and setdown - Level 4

(\*) Would require the lifted partner to rotate in the air in addition to the lifting partner rotating on the ice.

## Reverse Rotational Lift (Page 1 of 2) - Two-Arm Holds

<p><b>NOTE: Lifts must be sustained off the ice for at least 2 rotations in each direction.</b></p> <p><b>A lift sustained off the ice for less than 2 rotations in each direction will be called no-level.</b></p> <p><b>A lift sustained off the ice for less than 2 rotations in one direction will be called a Rotational Lift.</b></p>	<b>Lifted Partner Poses</b>					
	<b>Requirements to right not met</b>	<b>1 Difficult in One Direction For 2 Rotations</b>	<b>1 Significant Change of Pose in One Direction</b>	<b>1 Difficult in One Direction For 3 Rotations AND 1 Significant Change of Pose in Other Direction</b>	<b>1 Difficult in Each Direction (1) For 3 Rotations in Each Direction</b>	<b>1 Significant Change of Pose in Each Direction (1)</b>
<b>Lifting Partner 4 Rotations with at least 2 in each direction</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1*</b>	<b>1</b>
<b>Lifting Partner 5 Rotations with at least 2 in each direction</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2*</b>	<b>2</b>
<b>Lifting Partner 6 or more Rotations with at least 3 in each direction</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>4</b>
<b>Lifting Partner 6 or more Rotations with at least 3 in each direction AND Creative/Difficult Entry</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>4</b>	<b>4</b>

(1) Communications do not specify if the two difficult poses or two changes in pose can be the same, or must be different.

(\*) Would require the lifted partner to rotate in the air in addition to the lifting partner rotating on the ice.

## Reverse Rotational Lift (Page 2 of 2) - One-Arm Holds

	Level 2	Level 3	Level 4
<b>Required Rotations</b>	<p>At least 2 in one direction.</p> <p>At least 4 total rotations.</p>	<p>At least 2 or 3 in each direction.</p> <p>At least 5 or 6 total rotations.</p> <p><i>See two options below</i></p>	<p>At least 2 in each direction.</p> <p>At least 5 total rotations.</p>
<b>One-Arm Hold</b>	<p>At least 2 rotations in one-hand hold in one of the directions.</p>	<p><b>Choice of one of the following:</b></p> <ul style="list-style-type: none"> <li>• <b>At least 2 rotations in one-hand hold in each direction.</b></li> </ul> <p><b>At least 2 rotations in each direction.</b></p> <p><b>At least 5 rotations total.</b></p> <ul style="list-style-type: none"> <li>• <b>At least 3 rotations in one-hand hold in one of the directions.</b></li> </ul> <p><b>At least 3 rotations with lifted partner in difficult pose for the other direction.</b></p> <p><b>At least 3 rotations in each direction.</b></p> <p><b>At least 6 rotations total.</b></p>	<p>At least 2 rotations in one-hand hold in each direction.</p> <p><b>AND</b></p> <p><b>One-hand hold for takeoff, air hold, and setdown.</b></p>

## Serpentine Lifts

<b>Note: Lift must be sustained off the ice for at least 3 seconds in each direction (on each curve).  Lifts not sustained for 3 seconds off the ice in each direction will be called no-level.</b>	<b>Lifted Partner Pose</b>					
	<b>Requirements to right not met</b>	<b>1 Difficult Pose</b>	<b>1 Significant Change of Pose</b>	<b>1 Difficult Pose and 1 Significant Change of Pose</b>	<b>1 Significant Change of Pose for Each Curve</b>	<b>1 Difficult For Each Curve</b>
<b>Requirement below not met</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>2</b>
<b>Lifting Partner in Difficult Position on One Curve</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>
<b>Lifting Partner in Difficult Position on Both Curves</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>
<b>Lifting Partner in Difficult Position on Both Curves AND Creative/Difficult Entry</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>4</b>	<b>4</b>

- Difficult poses by lifter partner must be held at least 3 seconds to count.
- Difficult poses by lifted partner on different curves must be different poses.
- Difficult positions by lifting partner must be held at least 3 seconds to count.
- Difficult positions by lifting partner on different curves must be different positions.
- A difficult pose combined with a significant change of pose must be on different curves.

## One-Foot Spin

	Level 2	Level 3	Level 4
<b>Required Rotations</b>	At least 4 by both partners.	At least <b>5</b> by both partners.	At least <b>6</b> by both partners.
<b>Difficult Variations of Position</b>	<p>One difficult different variation from any type of basic position for each partner.</p> <p>Must be held for at least 2 rotations.</p>	<p>Choice of one of the following:</p> <ul style="list-style-type: none"> <li>• <b>Two different difficult variations from two different basic positions, one executed by one partner and the second executed simultaneously by the other partner, each held for at least 5 rotations.</b></li> <li>• <b>Three different difficult variations from three different basic positions, all executed by one partner, each held for at least 2 rotations.</b></li> </ul>	<p><b>Four different difficult variations from three different basic positions.</b></p> <p>Two executed by both partners, or three difficult variations in at least two different basic positions for one partner and one difficult variation for the other partner.</p> <p>At least one difficult variation must be performed by partners simultaneously.</p> <p><b>Each difficult variation must be held for at least 2 rotations.</b></p>

Spins must start on one foot by both partners and must have at least 3 rotations on one foot by both partners.

In basic one-foot Dance Spins, each difficult variation must be in a different basic spin position.

## Combination Spin

To be considered a Combination Spin, both partners must complete at least three rotations on each foot (two for Juvenile and Intermediate).

	Level 2	Level 3	Level 4
<b>Required Rotations</b>	At least 3 on each foot by both partners.	At least 3 on each foot by both partners.	At least 3 on each foot by both partners.
<b>Option 1 (without change of direction)</b>	<p>A total of 2 different difficult variations from 2 different basic positions.</p> <p>Each difficult variation must be held for at least 3 rotations.</p> <p>Choice of:</p> <ul style="list-style-type: none"> <li>• One executed by one partner and the second executed by the other partner.</li> <li>• Both executed by one partner.</li> </ul>	<p>A total of 3 different difficult variations from at least 2 different basic positions.</p> <p>Each difficult variation must be held for at least 3 rotations.</p> <p>Choice of:</p> <ul style="list-style-type: none"> <li>• Two executed by one partner and the third executed by the other partner.</li> <li>• All three executed by one partner.</li> </ul>	<p>A total of 4 different difficult variations from all 3 basic positions.</p> <p>Each difficult variation must be held for at least 3 rotations.</p> <p>Choice of:</p> <ul style="list-style-type: none"> <li>• Two executed by each partner.</li> <li>• Three executed by one partner and the fourth executed by the other partner.</li> </ul>
<b>Option 2 (with change of direction)</b>	N.A.	<p>Spin includes different directions of rotation for each part of the spin for both partners.</p> <p>A total of 2 different difficult variations from 2 different basic positions.</p> <p>Each difficult variation must be held for at least 3 rotations.</p> <p><i>Communications do not specify which partners must do the difficult variations, nor on which feet.</i></p>	<p>Spin includes different directions of rotation for each part of the spin for both partners.</p> <p>A total of 3 different difficult variations from all 3 basic positions.</p> <p>Each difficult variation must be held for at least 3 rotations.</p> <p><i>Communications do not specify which partners must do the difficult variations, nor on which feet.</i></p>

## Synchronized Twizzles — Novice and Above

	Level 2	Level 3	Level 4
<b>Different Entry Edge</b>	<b>Required</b>	<b>Required</b>	<b>Required</b>
<b>Different Direction of Rotation</b>	<b>Required</b>	<b>Required</b>	<b>Required</b>
<b>Option 1  (Twizzles with change of foot)</b>	<p>Both twizzles at least <b>2</b> rotations each, with change of foot or step(s) between.</p> <p>Two different additional feature in total for both partners chosen from those listed in ISU 1496. May be from the same Group.</p> <p>Same additional feature must be done by both partners in the same twizzle.</p>	<p>Both twizzles at least <b>3</b> rotations each, with change of foot or step(s) between.</p> <p>Two different additional feature in total for both partners chosen from those listed in ISU 1496. Must be from two different Groups.</p> <p><b>For the additional features:</b></p> <ul style="list-style-type: none"> <li>• Both features may be done by both partners in one twizzle.</li> <li>• One may be done by both partners in the one twizzle with the second (different feature) done by both partners in the other twizzle.</li> </ul>	<p>Both twizzles at least <b>4</b> rotations each, with change of foot or step(s) between.</p> <p><b>Three different</b> additional feature in total for both partners chosen from those listed in ISU 1496. <b>Two</b> must be from two different Groups.</p> <p><b>For the additional features:</b></p> <ul style="list-style-type: none"> <li>• All features may be done by both partners in one twizzle.</li> <li>• Two from different groups may be done by both partners in one twizzle with the second (different feature) done by both partners in the other twizzle.</li> </ul>
<b>Option 2  (Twizzles without change of foot)</b>	<p>Both twizzles at least <b>2</b> rotations each on one foot.</p> <p>One additional feature in total for both partners chosen from those listed in ISU 1496.</p>	<p>Both twizzles at least <b>3</b> rotations each on one foot.</p> <p><b>Two different</b> additional feature in total for both partners chosen from those listed in ISU 1496. <b>May be from the same Group.</b></p>	<p>Both twizzles at least <b>4</b> rotations each on one foot.</p> <p><b>Two different</b> additional feature in total for both partners chosen from those listed in ISU 1496. <b>Must be from two different Groups.</b></p>

A maximum of one step is permitted between twizzles in the Original Dance.

A maximum of three steps are permitted between the twizzles in the Free Dance. There is no limit on turns or movements on one foot between twizzles for Option 1.

## Synchronized Twizzle — Juvenile and Intermediate

### Number of Rotations in Twizzle

	At least 1 for Each Partner	At least 2 for Each Partner	At least 3 for Each Partner	At least 4 for Each Partner
<b>Forward Entry for Both Partners</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Backward Entry for Both Partners</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>4</b>
<b>Opposite Entry</b>	<b>Does Not Meet Requirements – No Level?</b>			

Less than one full rotation by one or both skaters – No level

## Circular - Serpentine - Straight Line Step Sequences

	Level 2	Level 3	Level 4
<b>Turns</b>	<p>At least <b>3</b> different types for each partner from (one of which must be twizzles):</p> <p>Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle</p>	<p>At least <b>4</b> different types for each partner from (one of which must be <b>double</b> twizzles):</p> <p>Bracket, Rocker, Counter, Choctaw, Outside Mohawk, <b>Double</b> Twizzle</p>	<p>At least <b>5</b> different types for each partner from (one of which must be <b>double</b> twizzles):</p> <p>Bracket, Rocker, Counter, Choctaw, Outside Mohawk, <b>Double</b> Twizzle</p>
<b>One Foot Section</b>	<p>At least <b>2</b> different types of turns for each partner from: (may be different for each skater, not necessarily skated at the same time)</p> <p>Bracket, Rocker, Counter, Twizzle</p>	<p>At least <b>3</b> different types of turns for each partner from: (may be different for each skater, not necessarily skated at the same time)</p> <p>Bracket, Rocker, Counter, Twizzle</p>	<p>At least <b>4</b> different types of turns for each partner from: (may be different for each skater, not necessarily skated at the same time)</p> <p>Bracket, Rocker, Counter, Twizzle</p>
<b>Multi-directional Turns</b>	Not required	<b>Required</b>	<b>Required</b>
<b>Extra Feature(s) (optional)</b>	<p>Up to two for each partner may be included. May be different for each skater.</p> <p>Double Threes, Spread Eagle, Drag, Shoot the Duck, Bauer, Toe Steps, Jump (up to 1/2 rotation)</p>	<p>Up to two for each partner may be included. May be different for each skater.</p> <p>Double Threes, Spread Eagle, Drag, Shoot the Duck, Bauer, Toe Steps, Jump (up to 1/2 rotation)</p>	<p>Up to two for each partner may be included. May be different for each skater.</p> <p>Double Threes, Spread Eagle, Drag, Shoot the Duck, Bauer, Toe Steps, Jump (up to 1/2 rotation)</p>
<b>Change of Hold</b>	<p style="text-align: center;">At least <b>1</b></p> <p>Must include 2 of the following 3 dance holds (sustained for at least one measure of music): Kilian or Kilian Variation Waltz or Tango Foxtrot</p>	<p style="text-align: center;">At least <b>2</b></p> <p>Must include 2 of the following 3 dance holds (sustained for at least one measure of music): Kilian or Kilian Variation Waltz or Tango Foxtrot</p>	<p style="text-align: center;">At least <b>3</b></p> <p>Must include 2 of the following 3 dance holds (sustained for at least one measure of music): Kilian or Kilian Variation Waltz or Tango Foxtrot</p>
<b>Distribution</b>	Content must be distributed over 75% of the pattern.	Content must be distributed over 75% of the pattern.	Content must be distributed over 75% of the pattern. <b>100% of the steps must be done clearly and on edges.</b>

## Mid-Line Not Touching Step Sequence, Without Sequential Twizzles

In the Original Dance the required sequential twizzles are executed during this element but are called and marked separate from the step sequence.

	Level 2	Level 3	Level 4
<b>Turns</b>	<p>At least <b>3</b> different types for each partner from the following (one of which must be a twizzle):</p> <p><b>Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle</b></p> <p><i>If included in one foot section it is not necessary to repeat such turns elsewhere in the pattern.</i></p>	<p>At least <b>4</b> different types for each partner from the following (one of which must be a double twizzle):</p> <p><b>Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle</b></p> <p><i>If included in one foot section it is not necessary to repeat such turns elsewhere in the pattern.</i></p>	<p>At least <b>5</b> different types for each partner from the following (one of which must be a double twizzle):</p> <p><b>Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle</b></p> <p><i>If included in one foot section it is not necessary to repeat such turns elsewhere in the pattern.</i></p>
<b>One Foot Section</b>	<p>At least <b>2</b> different types of turns for each partner from:</p> <p><b>Bracket, Rocker, Counter, Twizzle</b></p>	<p>At least <b>3</b> different types of turns for each partner from:</p> <p><b>Bracket, Rocker, Counter, Twizzle</b></p>	<p>At least <b>4</b> different types of turns for each partner from:</p> <p><b>Bracket, Rocker, Counter, Twizzle</b></p>
<b>Multi-directional Turns</b>	Not required	<b>Required</b>	<b>Required</b>
<b>Extra Feature(s) (optional)</b>	<p>Up to two for each partner may be included. May be different for each skater</p> <p><b>Spread Eagle, Drag, Shoot the Duck, Bauer, Toe Steps, Jump (up to 1/2 rotation)</b></p>	<p>Up to two for each partner may be included. May be different for each skater</p> <p><b>Spread Eagle, Drag, Shoot the Duck, Bauer, Toe Steps, Jump (up to 1/2 rotation)</b></p>	<p>Up to two for each partner may be included. May be different for each skater</p> <p><b>Spread Eagle, Drag, Shoot the Duck, Bauer, Toe Steps, Jump (up to 1/2 rotation)</b></p>
<b>Distribution</b>	Content must be distributed over <b>75%</b> of the pattern.	Content must be distributed over <b>75%</b> of the pattern.	Content must be distributed over <b>75%</b> of the pattern. <b>100% of the steps must be done clearly and on edges.</b>