

**Answers to Questions for Singles & Pairs Coaches Conference Call #2**  
**June 27, 2007**  
**8:30 p.m. ET**

The following notes are not rules and should not be used as a substitute for the ISU Communication 1445. They are answers to questions that have been brought up by coaches, skaters and officials. The questions have been answered to the best of our ability with the resources we presently have. Diligence has been given to the answers provided; however, at times, interpretations may vary even between members of the Technical Committee. Where this happens, we will do our best to seek out further clarification. As we all know, this system is dynamic and not static in structure. With that said, changes will be inevitable as the season continues. Please keep checking U.S. Figure Skating Online for the most up-to-date information.

### **Spiral Sequences**

Q Can you clarify the "change of edge" call, and let us know what to expect?

A **This has not changed since last year. The skater needs to be on an edge for three seconds before the change of edge and then again for three seconds after the change of edge. Any time the skater spends on a flat will not count towards the three seconds. Also, skaters should not change position during the change of edge.**

Q What was the concept behind making the spiral sequence simpler to achieve level 4? Why the first three attempted spirals?

A **This was an issue of time. Spiral sequences had become too long. Skaters were spending 25-30 seconds in spiral sequences last year. By limiting the spiral features to the first three spirals, the hope is to cut down the time of spiral sequences.**

### **Step Sequences**

Reminder, in order to achieve **variety in a step sequence**, which is compulsory in order to achieve level 2 and 3, skaters must have at least four different types of turns and two different types of steps. Each of these types of turns and steps must be executed at least twice during the sequence. The most common reason a skater does not achieve a higher level in a step sequence is due to a lack of steps. Don't forget the steps!

Q Please clarify features of step sequence. Briefly discuss the concept behind rotational direction for 1/3 pattern segments.

A **The point of Feature #2 is to reward skaters who show proficiency of turning in both directions. There are two options skaters can use to achieve feature #2 for step sequences. (Feature #2 is "rotations (turns, steps) in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction.")**

- **Option 1: Do all steps and turns in the same direction (i.e. clockwise) for one third of the ice, then do all steps and turns in the opposite direction (i.e. counterclockwise) for the next third of the ice.**
- **Option 2: Alternate turns down the ice, but do enough turns in each direction (i.e. clockwise and counterclockwise) such that if all the clockwise turns were put together they would take up one third of the ice and if all the counterclockwise turns were put together they would also take up one third of the ice.**

Q For complexity in the turns (feature #1), it states that all turns and steps must be executed at least once in both directions. Does this mean you have to do an outside rocker both forward and backward, or does it mean on both feet? Does the turn have to be on the same edge; i.e. in the first half can I do an outside rocker and in the second half an inside rocker?

A **Direction refers to rotational direction (clockwise vs. counterclockwise). They do not need to be exactly the same, so, for example, you could do an inside rocker in one direction and an outside rocker in the other direction.**

- Q Please explain feature #4 in more detail. Perhaps a few examples would help. The example given on the web site says it is similar to the power pulls in the junior moves. I do not quite understand this, since there is no rotation on the rocker turns.
- A **Feature #4 in a step sequence is “Quick changes of rotational direction executed by rockers and/or counters, twizzles and/or quick rotational toe steps immediately following each other.” The purpose of this feature is to reward the ability of the skater to string turns and steps together demonstrating quickness from one step/turn to the next. To be rewarded for this feature, examples would need to be balanced in their distribution throughout the sequence.**
- Q Will the distribution of steps and turns still be looked at in halves?
- A **No, the technical panel will be looking for balance throughout the step sequence.**
- Q In the Scale of Values, the GOE is factored in every case except if the skater receives a level 4 and a positive GOE. Is this a typo or is that what was intended? Has it always been this way?
- A **The reasoning for this will be checked with the ISU and will be shared with all when the information is received.**

### Spins

General advice on spins:

- Keep the basic spin positions in mind (camel, sit, upright)
  - Watch out for any grey areas – these are areas that aren’t clearly explained in the rules and become a judgment call of the technical panel calling each event. Grey areas increase the chance that a call on an element could change from event to event.
  - Don’t forget about Grade of Execution (GOE)
- Q In the Junior Ladies FREE SKATE, can a skater do a back entry layback & then pump to the forward layback, meeting the U.S. requirement for a spin in one position? If this okay, am I correct in the call being a change foot layback spin?
- A **Yes, this would be o.k. in the free skate as long as the skater is in a layback position on both feet.**
- Q For the eight revolutions in one position feature of spins in singles, does the skater have to stay absolutely still, or can he/she enhance the spin with arm or head movements that do not affect the basic position?
- A **A skater is permitted to move the arm or head to enhance the basic position and still achieve the feature of “eight revolutions without any changes in position/variation or edge”. This is in a grey area, though, so if you do add any movement, please keep it to a minimum, retaining the true beauty of the basic position, as intended. Remember that, if it does not aesthetically enhance the execution, the skater will be penalized in the GOE from the judges.**
- Q In the layback spin, if a skater's stays in a traditional layback position for eight revolutions and moves arms and/or leg to increase speed, will they get the two features – holding position for eight revolutions and increase of speed) (Body position/core does NOT change)?
- A **Increase of speed is not its own feature anymore but is now considered a difficult variation (camel, sit and layback). We will need to research this question further with the ISU before we can provide an answer.**

- Q Referring to ISU 1445, under the remarks on spins, about 2/3's down the page, it states "for camel, sit and layback positions once the position has been established a clear increasing of speed will be considered a difficult variation." If the increase of speed is considered a difficult variation, does this mean that you cannot receive a feature for an increase of speed and receive a feature for a difficult variation (showing core strength and/or balance) on the same foot in a combination spin?
- A **Yes, as in a combination spin, you can only receive credit for one difficult variation on each foot, if the increase of speed is to be considered a difficult variation then that precludes other difficult variation features.**
- Q For the increase of speed in a layback, I was recently told that the increase had to be maintained throughout the rest of the spin. I have not read this anywhere and would like clarification on this issue.
- A **The increase of speed has to be very clear/noticeable and must be maintained through the end of the position (camel, sit or layback).**
- Q If a skater increases the speed and holds the position with increased speed for eight revolutions, will they receive two features?
- A **Yes**
- Q In ISU 1445 under the *clarifications - spins - remarks – bullet #4*: "in any spin a clear jump within a spin started and landed on the same foot (at least two revolutions before and after the jump) will be considered a difficult variation" For which "position" would this difficult variation be given – i.e., if jumping from forward camel to forward sit, would the difficult variation be given in the camel or the sit?
- A **We need to get further clarification on this question.**
- Q In a **sit spin**, if a skater jumps in the middle, do they have to be on the same edge and in the same position for at least two revolutions, or can they double dip? For example: a skater is in a back sit spin on an outside edge, does two revolutions, jumps up and comes down in a sit spin on an inside edge and does it in a pancake position for two more revolutions. Would the skater get three features for that?
- A **Skaters can double dip. Because the skater is landing on the same foot and in the same basic position, both edges would count toward the change of edge, the skater would also receive credit for two difficult variations – the clear jump within the spin started and landed on the same foot and the pancake position.**
- If this were part of a combination spin, the skater would not get credit for a feature for the pancake position, so this would only receive two features. This is because the clear jump within the spin would count as the one difficult variation on that foot and in the sit position.**
- Q In the short program, can a skater use the butterfly (tapping foot down) as a difficult change of foot in the combination spin? I know we can do it in the long, but I'm wondering about the short.
- A **Yes, in the combination spin in the short program the change of foot may be executed in the form of a step-over or a jump (rule 3616(4), 2007 U.S. Figure Skating rulebook, pg. 556).**
- Q If a spin in one position with change of foot is performed and only one basic position (on one foot) is obtained - how would the spin be called?
- A **The spin would be called as to the position attained, but it could not receive higher than a level 1. For example, if a skater performs a forward sit spin and then changes feet and does a back spin in an intermediate position, the spin would be called "*sit spin with a change of foot, level 1*" or CSSp1.**

- Q If skater leaves basic position of a spin to transition into difficult variation of same basic position, how would this be called?
- A **This would not affect the level of the spin but would be considered by the judges in the GOE.**
- Q In a flying camel, no change of position, if the skater pulls her leg up behind her and her back comes up, would this still be considered a camel position or would it now be considered an intermediate position?
- A **A basic camel is defined as *the free leg backwards with the knee higher than the hip level*. If the torso comes up a little bit in a catch foot position, the spin would still be considered a camel, but if the torso comes up more than 45 degrees, it would be considered an upright spin.**
- Q In an upright spin, if the skater bends his/her skating knee slightly when changing edge, will this now be considered an intermediate position or is there some flexibility in this area?
- A **A skater can have a slight bend to his/her skating leg in an upright spin, so if the knee bend on the change of edge is only slight, it would still be considered an upright position.**

### Jumps

- Q If a Lutz **clearly** changes edge, is the intended jump called or does it relate to GOE?
- A **If the technical panel suspects that a skater has changed edge on the entrance to a flip or a Lutz, the technical panel will call the intended jump and then call for a review. The review must be done at regular speed. If, upon review, the technical panel confirms that the skater changed edge on the take off, the technical panel notifies the referee, who notifies the judges. The judges must then give the jump a negative GOE.**
- Q Referring to #5 regarding *Jump Combinations (Single and Pair Skating, Short Program and Free Skating)* (ISU 1445, pg. 2): can you explain what is meant by "a slight touch down (without weight transfer)"? If I touch down with my hand or if I push with my toe during the three turns, would these still be considered a combination?
- A **If a skater touches down only with the hand in between the two jumps of a combination, it would still be called a combination.**
- If the skater touches down with the free foot in between the two jumps of a combination such that there is no weight on the free foot (i.e. a lazy free foot), this would be considered a "slight touch down" and it would still be called a combination.**
- If the skater pushes with the free toe in between the two jumps of a combination, weight has now been placed on the free foot and this is no longer considered a "slight touch down". In this scenario in a short program, the second jump would not count and the call would be "*first jump + combo*" (so if the first jump is a double Lutz it would be 2Lz+combo). In this scenario in a free program, depending on what takes place between the two jumps besides pushing with the foot, they would either be called as a jump sequence or as two separate jumps.**

Q Referring to #7 regarding *Jumps Combinations and Sequences (Single and Pair Free Skating)* (ISU 1445, pg. 2) "If a skater falls out of the first jump and then does a jump immediately after, the technical panel will ignore the second jump but the judges will evaluate the quality of what the skater actually does." Does this mean the judges would evaluate the second jump?

A **In the short program, if the skater steps out of the first jump and then does a second jump immediately after, the second jump would not be called. The combination will be called as the "first jump + combo" (so if the first jump is a triple Salchow it would be 3S+combo). Since this combination now consists of only one jump, the judges are required to give a GOE of -3, regardless of whether or not the skater does the second jump.**

**In the free skating, both jumps would be evaluated by the judges in the GOE.**

### Jump Sequences

Q Jump sequence: If I cannot perform a Mohawk or three turn, can I jump the three turn to do 2A+3S+SEQ?

A **A jumped three turn may still be considered a three turn. This is a grey area, so keep it out.**

### Death Spiral

Q Can a team receive both the difficult entry AND the difficult exit on the same death spiral or can you ONLY get one of those features per death spiral?

A **No, you can only get one.**

Q Has there been any resolution or further discussion about the head and hip having to be lower than the skating knee? The Front and Back inside Death spiral doesn't fall into this definition very well.

A **We do not expect any further changes on this definition. If a team does a death spiral with the head and/or hip above the skating knee, the team will still get credit for a death spiral, they just can't receive anything higher than a level 1.**

Q If the man and lady change hands at the SAME time it only counts for one feature. Is there any rule about when a partner can change hands? (i.e. man changes hands and approximately ¼-rotation later, the lady changes hands. The man finishes his FULL rotation after arm change and continues for another ¼ to ½ rotation so that the lady finishes her FULL rotation after arm change. Does this count for TWO features?

A **This is a grey area. The intent of the two features was to do a full rotation following each arm change, prior to the next arm change (so if the first arm change is by the man, the team would complete one rotation, following that rotation, then the lady would change arms, and the team would complete one more full rotation). If the arm changes happen too close together, this might not be counted.**

### Lifts

Q Pairs Senior Short program: ISU 1445 says that the feature of one arm hold only counts for TWO rotations in the short. "Is that worded correctly?" Is it really good for only TWO rotations? If only two one-arm rotations count, is it ok to do more than two?

A **Yes, it is correct that the one arm hold in a lift only counts toward features for TWO rotations in the short program. Yes, it is o.k. to do more than two rotations (as long as the man doesn't rotate more than 3½ times). The team won't get credit for features for any rotations in a one-arm hold beyond the first two rotations, but it could increase the GOE if done well.**