

D**PAIR SKATING****1 Definition**

Pair skating consists of:

- 1.1 a short program; and
- 1.2 a free skating program.

2 General rules for all pair skating

- 2.1 The composition of a pair shall be one lady and one man.
- 2.2 Pair skating is defined as the skating of two persons in unison who perform their movements in harmony with each other so as to give the impression of genuine pair skating as compared to individual single skating. Proper selection of an appropriate partner is of the utmost importance.
- 2.3 Both partners need not always perform the same movements; they may separate from time to time, but they must give an impression of unison and harmony of composition of program and of execution of the skating. Movements performed entirely on two feet must be kept to a minimum.
- 2.4 All elements should be linked together by connecting steps of a difficult nature and by other comparable Free Skating movements, together with a variety of positions and holds whilst fully utilising the entire ice surface.
- 2.5 For the purpose of these regulations a lift means a complete lift with full extension of the lifting arm, if required for the type of lift concerned. Small lifts, which may be either ascending, descending or rotational in nature, in which the man does not raise his hands higher than shoulder level, as well as movements which may include the holding of the lady by the legs are also permitted.
- 2.6 Spinning movements, in which the man swings the lady around in the air while holding her hand or foot, are illegal. Also illegal are the jumps of one of the partners towards the other partner, rotational movements with the grip of one of the partners on the leg, arm and neck of the other partner. Nevertheless, the so called 'death spiral', in which the lady circles around the man, is permitted. One skate of the lady must remain on the ice throughout the death spiral. Twist-like or rotational movements during which the lady is turned over one or more times with her skating foot leaving the ice are not permitted. Multiple execution throughout a program of

movements, where neither skate is on the ice must be penalised.

- 2.7 Harmonious steps and connecting movements, in time to the music, should be maintained throughout the program.
- 2.8 For all pair skating lifts, partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand-to-upper-part-of-the-leg (above the knee) grips.
- 2.9 Pair lifts are classified as follows:

- Group One - Armpit Hold position
- Group Two - Waist Hold position
- Group Three - Hand to Hip or upper part of the leg (above the knee) position
- Group Four - Hand to Hand position (Press Lift type)
- Group Five - Hand to Hand position (Lasso Lift type)

The above listed lifts are in order of their difficulty, from the easiest to the most difficult. However, Groups Three and Four are to be considered as being of the same difficulty. The Axel Lasso (side-by-side Lasso) and the Reverse Lasso Lift are considered to be the most difficult Group Five lifts. For all of the Lift Groups, a one (1) hand hold may increase the difficulty of the lift. The Lift's Group is determined by the Hold at the moment the Lady passes the Man's shoulder. In Groups 3 to 5, full extension of the lifting arm(s) is mandatory.

- 2.10 In the Senior and Junior Pair Skating sections, all classified pair skating lifts require a minimum of two (2) revolutions by the lady, and a minimum of one (1) and a maximum of three and a half (3½) revolutions by the man. In the Novice and Pre-Novice Pair Skating sections, all classified pair skating lifts require a minimum of one (1) revolution by the lady.
- 2.11 Changes of hold during the lift are permitted. A change of hold means going from one of the grips listed in 2.8 above to another or from one hand to another in a one hand hold. Once changing hold, the man must maintain the new hold for at least one (1) revolution to be considered a change of hold.
- 2.12 The Lady's positions are classified as follows: Upright (Lady's upper body vertical), Star (Lady's position sideways with upper body parallel to the ice) and Platter (Lady's position flat, facing up or down with upper body parallel to the ice). A change of position means going from one of these positions to another with one full revolution in each position.

2.13 The conclusion of the lift commences when the man begins to bend the arm(s) after their full extension and the lady consequently commences to descend.

2.14 Level features (except those relating to take-offs or landings) are counted from the moment the Man's arms are fully extended until the conclusion of the Lift. Three and a half allowed revolutions of the Man are counted from the moment the Lady leaves the ice until the conclusion of the Lift.

3 The short program – General regulations

3.1 The short program for pairs is defined as the skating of required elements with connecting steps in harmony with music of the pairs' choice. The sequence of the required elements is optional.

3.2 The required elements for the:

3.2.1 Senior, Junior and Novice sections shall be those specified by (a) the most recent ISU regulation(s) or communication(s); or (b) in Section D of these regulations, with the former always taking priority.

3.2.2 Pre-Novice section they shall be those as specified by the most recent Section D of these regulations or NTC communication(s).

3.3 The short program shall be skated in all Senior and Junior International competitions and in the Senior, Junior, Novice and Pre-Novice sections at the National-, Interprovincial- and Provincial Championships and may be included in other competitions at provincial level.

3.4 The duration of the short program shall not exceed the time limit as set forth by the most recent ISU regulation(s) or communication(s) for the Senior, Junior and Novice sections or Section D of these regulations and for the Pre-Novice section they shall be those as specified by Section D of these regulations or the most recent NTC communication. The duration of the short program may be less than the specified time limit provided all the required elements are included. The time of the program shall be reckoned from the moment one of the skaters of the pair begins to move or skate until arriving at a complete stop at the end of the program. If the pair fails to finish the program within the maximum time limit, the timekeepers shall advise the Referee who shall indicate same by the blowing of a whistle. The timekeepers shall inform the Referee of the number of seconds in excess.

There must be a 1.0 point deduction for up to every five (5) seconds in excess. An element commenced after the maximum time limit shall be considered as omitted.

- 3.5 No extra marks are obtained by unnecessarily extending the program to the maximum time allowed. Connecting steps are allowed and must be marked.
- 3.6 Additional elements or repetitions, even of elements which have failed are not marked and consequently do not block a "box" (spot) of another type of element. If, however, such an unprescribed or additional element performed substitutes a required element that was not performed, the respective box will be blocked and this performed element will be considered as "not according to the requirements" and with no value.

4 The free skating program – General regulations

- 4.1 The pair free skating program consists of a well-balanced program composed and skated to music of the pairs' choice for a specified period of time. A good program contains moves of Single Skating executed simultaneously, either symmetrically (mirror skating) or in parallel (shadow skating) and especially typical Pair Skating moves such as pair spins, spirals, lifts, partner assisted jumps and so forth, linked harmoniously by steps and other movements.
- 4.2 Any additional element or elements exceeding the prescribed numbers will not be counted in the result of a pair. Only the first attempt or allowed number of attempts of an element will be taken into account.
- 4.3 A well-balanced Free Skating programme for:
 - 4.3.1 the Senior, Junior and Novice sections must conform to (a) the most recent ISU regulation(s) or communication(s); or (b) Section D of these regulations, with the former always taking priority.
 - 4.3.2 the Pre-Novice section they shall be those as specified by Section D of these regulations or the most recent NTC communication(s).
- 4.4 The free skating program shall be skated in all Senior and Junior International competitions and in the Senior, Junior, Novice and Pre-Novice sections at the National-, Interprovincial- and Provincial Championships and may be included in other competitions at provincial level.

- 4.5 The duration of the free skating program shall not exceed the time limit as set forth by the most recent ISU regulation(s) or communication(s) or Section D of these regulations for the Senior, Junior and Novice sections and for the Pre-Novice section they shall be those as specified by Section D of these regulations or the most recent NTC communication(s). The time of the program shall be reckoned from the moment one of the skaters' of the pair begins to move or skate until arriving at a complete stop at the end of the program. Programs must be completed within ten (10) seconds (either plus or minus) of the required time. The timekeepers shall advise the Referee of the expiration of the required time plus ten (10) seconds and the Referee shall indicate same by the blowing of a whistle. If the program is completed before or after the required time minus or plus ten (10) seconds, respectively, the timekeepers shall inform the Referee of the number of seconds lacking or in excess. If a pair fails to finish the program within the allowed range of time, there should be a 1.0 point deduction for up to every five (5) seconds lacking or in excess. No element commenced after the maximum time limit (time plus ten (10) seconds) shall be considered in the marking. If the duration of the program is thirty (30) seconds or more under the required time limit no marks will be awarded.

5 Senior Pairs Section Requirements

- 5.1 The lady and the man comprising the pair must have reached the age of 14 before the 1st of July preceding the competition.
- 5.2 To be eligible to compete in:
- 5.2.1 the National Championships, the pair must have passed the Pairs Gold Star Test; and
 - 5.2.2 an Interprovincial Championship, the pair must have passed the Skating Skills Level 5 Test.
- 5.3 The NTC shall announce which group of required elements and the commencement and end dates for the skating season if the announced group of required elements and/or skating season does not correspond to the ISU group of elements and/or skating season.
- 5.4 The Short Program – Senior
- 5.4.1 The maximum duration of the program shall be 2 minutes and 50 seconds.

5.4.2 The required elements shall be as follows:

5.4.2.1 Group C (1 July 2008 – 30 June 2009)

- a) Any hip lift take-off (Group Three)
- b) One Twist lift (double or triple)
- c) One Throw jump (double or triple)
- d) One Solo jump (double or triple)
- e) Solo spin combination with only one (1) change of foot and at least one (1) change of position
- f) Pair spin combination with only one (1) change of foot and at least one (1) change of position
- g) Death spiral forward inside
- h) Spiral sequence

5.4.2.2 Group A (1 July 2009 – 30 June 2010)

- a) Any hand-to-hand lift take-off (Group Four)
- b) One Twist lift (double or triple)
- c) One Throw jump (double or triple)
- d) One Solo jump (double or triple)
- e) Solo spin combination with only one (1) change of foot and at least one (1) change of position
- f) Pair spin combination with only one (1) change of foot and at least one (1) change of position
- g) Death spiral backward outside
- h) Step sequence (straight line, circular or serpentine)

5.4.2.3 Group B (1 July 2010 – 30 June 2011)

- a) Any Lasso lift take-off (Group Five)
- b) One Twist lift (double or triple)
- c) One Throw jump (double or triple)
- d) One Solo jump (double or triple)
- e) Solo spin combination with only one (1) change of foot and at least one (1) change of position
- f) Pair spin combination with only one (1) change of foot and at least one (1) change of position
- g) Death spiral backward inside
- h) Spiral sequence

A detailed clarification and description of each of the required elements can be found in Section D, part 7 of these regulations or ISU rule 513.

5.5 The Free Skating Program – Senior

5.5.1 The maximum duration of the program shall be 4 minutes and 30 seconds (plus or minus 10 seconds).

5.5.2 A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section D, part 8 of these regulations or ISU rule 521.

6 Junior Pairs Section Requirements

6.1 The lady and the man comprising the pair must have reached the age of 13 but not the age of 19 for the lady and 21 for the man before the 1st of July preceding the competition.

6.2 To be eligible to compete in:

6.2.1 the National Championships, the pair must have passed the Pairs Intergold Star Test; and

6.2.2 an Interprovincial Championship, the pair must have passed the Skating Skills Level 4 Test.

6.3 The NTC shall announce which group of required elements and the commencement and end dates for the skating season if the announced group of required elements and/or skating season does not correspond to the ISU group of elements and/or skating season.

6.4 The Short Program – Junior

6.4.1 The maximum duration of the program shall be 2 minutes and 50 seconds.

6.4.2 The required elements shall be as follows:

6.4.2.1 Group C (1 July 2008 – 30 June 2009)

- a) Toe loop hip-lift take-off (Group Three)
- b) Twist lift (double)
- c) Double or triple Loop throw jump
- d) Double Lutz solo jump
- e) Solo spin combination with only one (1) change of foot and at least one (1) change of position
- f) Pair spin combination with only one (1) change of foot and at least one (1) change of position
- g) Death spiral forward inside

h) Spiral sequence

6.4.2.2 Group A (1 July 2009 – 30 June 2010)

- a) Hand-to-hand Loop lift take-off (Group Four)
- b) Twist lift (double)
- c) Double or triple Salchow Throw jump
- d) Double Flip or double Axel solo jump
- e) Solo spin combination with only one (1) change of foot and at least one (1) change of position
- f) Pair spin combination with only one (1) change of foot and at least one (1) change of position
- g) Death spiral backward outside
- h) Step sequence (straight line, circular, serpentine)

6.4.2.3 Group B (1 July 2010 – 30 June 2011)

- a) Toe Lasso-lift take-off (Group Five)
- b) Twist lift (double)
- c) Double or triple Toe-Loop throw jump
- d) Double Loop or double Axel solo jump
- e) Solo spin combination with only one (1) change of foot and at least one (1) change of position
- f) Pair spin combination with only one (1) change of foot and at least one (1) change of position
- g) Death spiral backward inside
- h) Spiral sequence

A detailed clarification and description of each of the required elements can be found in Section D, part 7 of these regulations or ISU rule 513.

6.5 The Free Skating Program – Junior

6.5.1 The maximum duration of the program shall be 4 minutes (plus or minus 10 seconds).

6.5.2 A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section D, part 8 of these regulations or ISU rule 521.

7 Comments: Senior and Junior Short Program Required Elements

7.1 Lifts

Only the prescribed overhead lift take-off is permitted. One hand holds and/or one hand landings count as Level features only when the Man uses one hand and the Lady uses either one hand or no hands. If a change of hold and a change of Lady's position are executed at the same time, only one Level feature will be awarded.

Junior Lifts – detail descriptions:

Hand-to hand loop lift take-off:

The partners skate one behind the other, backward outside, in hand-to-hand position. The lady is lifted from the backward outside edge.

Toe Lasso lift take-off:

The partners skate in Lasso position with the lady skating backward and the man forward. The lady is lifted in the air from a backward toe take-off.

Toe Loop hip lift take-off:

The partners skate backward with a hip grip. The lady picks as in a Toe-Loop jump. The man turns together with the lady.

7.2 Twist lift

The Twist lift take-off is limited to either a Lutz or a Flip take-off by the Lady. The number of revolutions by the lady rotating freely in the air is two (2) or three (3) for Seniors and only two (2) for Juniors. The lady must be caught in the air at the waist by the man prior to landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. The man also exits from the lift on one foot. When the twist lift is executed, a split position by the lady, prior to rotating, is not mandatory.

7.3 Throw jump

Any double or triple throw jump is permitted for Senior. In contrast, only the prescribed throw jump is permitted for Junior. Throw jumps are partner assisted jumps in which the lady is thrown into the air by the man on the take-off and lands without assistance from her partner on a backward outside edge.

7.4 Solo jump

For Senior any double or triple jump is permitted but for Junior only the prescribed double jump is permitted.

7.5 Spins

There are three basic spin positions, namely (a) the camel spin (with the free leg backwards with the knee higher than the hip level), (b) the sit spin (with the lower part of the

buttocks not higher than the upper part of the knee of the skating leg and the upper part of the skating leg parallel to the ice) and (c) the upright position (any position with the skating leg extended or almost extended which is not a camel position). The Layback, Biellmann and similar variations are considered as upright position spins. Intermediate positions are all those positions that do not meet the requirements for the camel, sit and upright position spins.

Any spin that contains no basic position will receive no Level and no value but will occupy a spinning box.

The minimum number of revolutions required in a position is two (2) without any interruption and any position not meeting this requirement will not be counted.

If one or both members of the pair fall when entering a spin, a spinning movement or spin may be performed after the fall for time-filling purposes. This spin or spinning movement will not be counted as an element.

7.5.1 Solo spin combination

The number of revolutions in intermediate positions is counted in the total number of revolutions for the spin combination. Intermediate positions can be considered as difficult variations in cases where the definition of such variations is fulfilled but changing from a spin position (camel, sit or upright) to an intermediate position is not considered a change of position where the requirement is that a change of position can only be given when changing from one basic spin position to another different basic spin position. Every basic position must consist of at least two (2) revolutions.

The spin may be commenced with a jump and no previous rotation on the ice before the take off is permitted. A step over must be considered by the Judges in the GOE. There must be only one change of foot and at least one change of position (sit, camel, upright or any variation thereof) with a minimum of five (5) revolutions on each foot. The change of edge can only be counted if the change is done from one basic position to another.

The change of foot may be executed in the form of a step-over or a jump and the change of foot and the change of position may be made either at the same time or separately. The change of foot in the spin

combination must be preceded and followed by any spin position with at least three (3) revolutions.

The concluding upright position at the end of the spin (if not otherwise chosen as one of the two positions, that is, it is the wind-up of the spin) is not considered to be another position if it does not exceed three (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions.

Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted.

7.5.2 Pair spin combination

The pair spin combination must consist of only one change of foot and at least one change of position (sit, camel, upright or any variation thereof) with not less than eight (8) revolutions in total. The spin combination must include at least two (2) basic positions or their variations by both partners. The change of foot and change of positions may be made either at the same time or separately, but the change of foot must be made at the same time by both partners. The rotation must be continuous and no stop is permitted. The spin combination may not be commenced with a jump. All positions executed must be held for at least two (2) revolutions to be counted. The change of foot in the spin combination must be preceded and followed by any spin position with at least three (3) revolutions.

If the pair spin combination contains no change of foot or no change of position by both partners, the element will be evaluated as follows:

- (a) With no change of foot or position by one partner: maximum Level 1;
- (b) With no change of foot or position by both partners: no level and consequently no value;

7.6 Death Spiral

Only the prescribed death spiral is permitted. During the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of one (1) revolution with the knees of the man clearly bent and in full pivot position. To qualify for a possibly higher Level, the Man should stay in a low pivot position (this is when the lower part of his buttocks is not higher than the upper part of the knee of the pivot foot). The lady must simultaneously skate on a clean edge with her body and head close to the ice

surface, however she must not touch the ice with her head or assist herself with the free hand or any other part of the body. The lady's body weight is supported by the force of the spiralling edge and the hold of the man. The man must be in a centred position with the same arm fully extended as his skating foot. The opposite arm hold by the man is possible after/before one full revolution with the regular hold. The change of the lady's arm hold or the opposite hold by the man after/before the regular hold is counted as an additional feature.

Any kind of position is counted as a feature if the pair's hold lasts for at least one (1) revolution; each additional one (1) full revolution by the lady after the first revolution will count as one additional feature to increase the level.

7.6.1 Death Spiral backward outside

Both partners are skating on a backward outside edge. The man performs a pivot and holds the hand of the lady with the same arm as his skating foot fully extended. The lady is leaning backward to the ice and her arm is also fully extended as she circles around the man in this position. Any variation of the man's position, skating direction or edge is allowed as long as the man maintains the pivot position and the lady circles around the man on an outside edge.

7.6.2 Death Spiral forward inside

The man is skating on a backward outside edge, and the lady is skating on a forward inside edge. The man performs a pivot and holds the hand of the lady with the same arm as his skating foot and fully extended. The lady is leaning sideways to the ice and her arm is also fully extended as she circles around the man in this position. Any variation of the man's position, skating direction or edge is allowed as long as the man maintains the pivot position and the lady circles around the man on an inside edge.

7.6.3 Death Spiral backward inside

The same as for the backward outside death spiral, but the lady circles around the man on a firm backward inside edge leaning to the ice.

7.6.4 Death Spiral forward outside

The same as for the forward inside death spiral except that the lady circles around the man on a firm forward outside edge.

7.7 Step sequences

All Step sequences should be executed according to the character of the music. Step sequences should be executed together or close together and may include small jump-like movements with not more than half ($\frac{1}{2}$) a revolution. Short stops in accordance with the music are permitted.

Credit will be given to a pair that change places and holds or use difficult moves together during a step sequence. A variety and/or complexity of turns and steps must be balanced in their distribution throughout the sequence subject to the workload between both partner being even if this is to be taken into account for a possibly higher Level.

7.8 Spiral sequence

A Spiral is a position with one blade on the ice and the free leg (including the knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (inside, outside), direction (forward, backward) and position of the free leg (backward, forward, sideways).

The pattern of the Spiral Sequence can be any combination of curves. The performed spirals must be on distinct edges and spiral positions performed on a straight line are ignored and not counted in the number of positions. Only the first three (3) attempted spiral positions are to be considered for Level features.

At least two spiral positions by each partner must be executed.

Each spiral must be held for at least three (3) seconds to be counted. The number of spirals, the length of time the spirals are held, the workload and the edges used must be even between both partners to be considered "balanced". If one partner executes no spiral positions, the spiral sequence will receive no Level and consequently have no value. A Spiral sequence with only one (1) position by both partners will receive no Level and consequently no value.

8 Comments: Senior & Junior Free Skating Program

8.1 A well-balanced Senior Free Skating Program must contain a maximum of:

8.1.1 Three (3) lifts, one of which must be from group 3 or 4, with full extension of the lifting arm(s);

8.1.2 Two (2) Twist lifts (there can be no more than four (4) lifts and Twist lifts in total and if there are two (2)

Twist lifts, these two Twist lifts must be executed with different take-offs);

- 8.1.3 Two (2) different Throw jumps;
 - 8.1.4 One (1) solo jump;
 - 8.1.5 One (1) jump combination or sequence;
 - 8.1.6 One (1) solo spin combination;
 - 8.1.7 One (1) pair spin combination;
 - 8.1.8 One (1) death spiral;
 - 8.1.9 One (1) step sequence (seasons 2008-2009 and 2010-2011); and
 - 8.1.10 One (1) sequence of spirals (season 2009-2010).
- 8.2 A well-balanced Junior Free Skating Program must contain a maximum of:
- 8.2.1 Two (2) lifts, one of which must be from group 3 or 4, with full extension of the lifting arm(s);
 - 8.2.2 One (1) Twist lift;
 - 8.2.3 Two (2) different Throw jumps;
 - 8.2.4 One (1) solo jump;
 - 8.2.5 One (1) jump combination or sequence;
 - 8.2.6 One (1) solo spin or solo spin combination;
 - 8.2.7 One (1) pair spin or pair spin combination;
 - 8.2.8 One (1) death spiral;
 - 8.2.9 One (1) step sequence (seasons 2008-2009 and 2010-2011); and
 - 8.1.10 One (1) sequence of spirals (season 2009-2010).

8.3 Remarks:

8.3.1 Lifts:

For Senior, if two (2) Group 5 lifts are performed, the take-offs must be of a different nature (Toe Lasso, Step in Lasso, Reverse Lasso or Axel type Lasso). If the take-offs are not different, the Group 5 lift performed second will not be marked but will block a lift box.

8.3.2 Carry Lifts:

One of the allowed Lifts with at least one continuous revolution of the man may include a carry. Only one such Lift can be executed. The next performed such Lift will have no value but will block a Lift box if there are still any left.

Lifts that are just "carries" consist of the simple carrying of a partner without rotation, only half a revolution of the man is allowed on the take-off and/or exit. All holds in "Carry lifts" are unrestricted. The carrying of one partner by the other on the back,

shoulder or knees is allowed in these lifts. Carry lifts shall not be counted in the number of overhead lifts. These lifts will be considered in the component "Transitions". They do not have a value and are not limited in number.

8.3.3 Twist Lift:

The number of revolutions in the Twist lift is not limited. The take-off may be different from a Lutz or Flip take-off by the lady.

8.3.4 Jump Combination:

The jump combination may consist of only two (2) jumps. If the two jumps are connected with an unlisted jump (for example the half-loop), the element will be called a jump sequence. If the first jump in a two-jump-combination fails to be successfully performed and becomes an unlisted jump, the element will still be considered as a jump combination.

In a jump combination, the landing foot of the first jump is the take-off foot of the second jump. A three turn on one foot without touching the ice with the free foot (or even with a touch, but no weight transfer) keeps the element within the definition of a jump combination but with an error.

8.3.5 Jump sequence:

A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by unlisted jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there may be no turns/steps, crossovers or stroking during the sequence. Turns are defined as three turns, twizzles, brackets, loops, counters and rockers. Steps are defined as toe steps, chasses, Mohawks, Choctaws, curves with change of edge and cross-rolls.

A jump sequence that consists of only one listed jump together with other unlisted jumps is not considered to be a jump sequence and will be called a solo jump.

8.3.6 Solo jumps, jump combinations and jump sequences:

In the case of an unequal number of revolutions of the partners in a jump performed as a solo jump or part of a combination or sequence, this jump will be called as a jump with lesser amount of revolutions executed by the partners. All jumps executed with

more than 2 revolutions (Double Axel and all triple and quadruple jumps) must be of a different nature (different name), however the jump combination or sequence may include two of the same jumps.

8.3.7 Spins:

There are three basic spin positions, namely (a) the camel spin (with the free leg backwards with the knee higher than the hip level), (b) the sit spin (with the lower part of the buttocks not higher than the upper part of the knee of the skating leg and the upper part of the skating leg parallel to the ice) and (c) the upright position (any position with the skating leg extended or almost extended which is not a camel position). The Layback, Biellmann and similar variations are considered as upright position spins. Intermediate positions are all those positions that do not meet the requirements for the camel, sit and upright position spins.

The spins must contain the following required minimum revolutions: (a) six (6) for the solo spin and the pair spin, (b) ten (10) for solo spin combination and (c) eight (8) for the pair spin combination. The lack of revolutions must be reflected by Judges in their marking. A spin with less than three rotations is considered as a skating movement and not a spin. These minimum number of required revolutions must be counted from the entry of the spin until its exit. The concluding upright position at the end of the spin (final wind-up) is not considered to be another position if it does not exceed three (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions. The minimum number of revolutions required in any position is two (2) without interruption. Should this requirement not be fulfilled, the position will not be counted. **The change of foot in the solo spin must be preceded and followed by a spin position with at least three (3) revolutions.** If the skater or both skaters fall when entering a spin, a simple spin or a spinning movement is allowed immediately after this fall (for time-filling purposes only) and this spin/movement will not be counted as an element.

Solo spins and combinations may be commenced with a jump. If in the solo spin combination the spinning centres (before and after the change of foot) are too far apart and the criteria of "two spins" is fulfilled (there is a curve of exit after the first part and

a curve of entry into the second part), **only the part before the change of foot will be considered for Levels features.**

In the pair spin combination there must be at least one change of foot by both partners that is not necessarily executed by both partners at the same time **preceded** and followed by any spin position with at least **three (3)** revolutions. In the solo spin combination the change of foot is optional. The pair spin combination must include at least one change of position by both partners. If there is no change of foot or no change of position by both partners the element will be called a pair spin. The features for the Levels of difficulty and the guidelines for marking the GOE of pair spins will be applied.

8.3.8 Death Spiral

During the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of one (1) revolution with the knees of the man clearly bent and in full pivot position. **To qualify for a possibly higher Level, the Man should stay in a low pivot position (this is when the lower part of his buttocks is not higher than the upper part of the knee of the pivot foot).** The lady must **simultaneously** skate on a clean edge with her body and head close to the ice surface, however she must not touch the ice with her head or assist herself with the free hand or any other part of the body. The lady's body weight is supported by the force of the spiralling edge and the hold of the man. The man must be in a centred position with a fully extended arm. Variations of arm holds and pivot positions (backward or forward) are possible.

Any kind of position is counted as a feature if the pair's hold lasts for at least one (1) revolution; each additional one (1) full revolution by the lady after the first revolution will count as one additional feature to increase the level.

8.3.9 Step sequence:

All step sequences should be executed together or close together and may include small jump-like movements with not more than half ($\frac{1}{2}$) a revolution. Short stops in accordance with the music are permitted. **All Step sequences should be executed according to the character of the music.** Step sequence must fully utilise the ice surface.

Credit will be given to a pair that change places and holds or use difficult skating moves together during a step sequence. A variety and/or complexity of turns and steps must be balanced in their distribution throughout the sequence subject to the workload between both partners being even if this is to be taken into account for a possibly higher Level.

8.3.10 Spiral sequence:

Consist primarily of spirals. A Spiral is a position with one blade on the ice and the free leg (including the knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (inside, outside), direction (forward, backward) and position of the free leg (backward, forward, sideways).

The pattern of the Spiral Sequence can be any combination of curves. The performed spirals must be on distinct edges and spiral positions performed on a straight line are ignored and not counted in the number of positions. Only the first three (3) attempted spiral positions are to be considered for Level features.

At least two (2) spiral positions by each partner must be executed. A spiral position in order to be counted must be held for a minimum of three (3) seconds. The number of spirals, the length of time the position is held, the workload and the edges used must be evenly distributed between both partners to be considered as "balanced".

A Spiral sequence with only one position by both partners or one position by one partner and no spirals by another partner will receive no Level and consequently no value.

9 Novice Pairs Section Requirements

9.1 The lady of the pair may not have reached the age of 15 and the man may not have reached the age of 17 before the 1st of July preceding the competition.

9.2 To be eligible to compete in:

9.2.1 the National Championships the pair must have passed the Pairs Silver Star Test; and

9.2.2 An Interprovincial Championship the pair must have passed the Skating Skills Level 3 Test.

9.3 The NTC shall announce which group of required elements and the commencement and end dates for the skating season if the announced group of required elements and/or skating season does not correspond to the ISU group of elements and/or skating season.

9.4 The Short Program – Novice

9.4.1 The maximum duration of the program shall be 2 minutes and 30 seconds.

9.4.2 The required elements shall be as follows:

9.4.2.1 Group 1 (from 1 July in even numbered years)

- a) One lift from any group with a minimum of one (1) revolution by the man
- b) One Twist lift (single or double)
- c) One Solo jump (single or double)
- d) One Solo spin with no change of foot and optional change of position
- e) One Pair spin combination with no change of foot and optional change of position
- f) One pivot figure
- g) One Spiral sequence

9.4.2.2 Group 2 (from 1 July in odd numbered years)

- a) One lift from any group with a minimum of one (1) revolution by the man
- b) One Twist lift (single or double)
- c) One Solo jump (single or double)
- d) One Solo spin with no change of foot and optional change of position
- e) One Pair spin combination with no change of foot and optional change of position
- f) One pivot figure
- g) One Step sequence (straight line, circular or serpentine)

A detailed clarification and description of each of the required elements can be found in Section D, part 11 of these regulations.

9.5 The Free Skating Program – Novice

9.5.1 The maximum duration of the program shall be 3 minutes and 30 seconds (plus or minus 10 seconds).

9.5.2 The required elements shall be as follows:

9.5.2.1 Group 1 (from 1 July in even numbered years)

- a) Two different lifts one of which must be from Group 3 or 4
- b) One Twist lift
- c) One Throw jump
- d) One Solo jump (single or double)
- e) One jump combination or sequence
- f) One Solo spin or Solo spin combination
- g) One Pair spin or Pair spin combination
- h) One pivot figure
- i) One Step sequence

9.5.2.2 Group 2 (from 1 July in odd numbered years)

- a) Two different lifts one of which must be from Group 3 or 4
- b) One Twist lift
- c) One Throw jump
- d) One Solo jump (single or double)
- e) One jump combination or sequence
- f) One Solo spin or Solo spin combination
- g) One Pair spin or Pair spin combination
- h) One pivot figure
- i) One Spiral sequence

A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section D, part 12 of these regulations.

10 Pre-Novice Pairs Section Requirements

10.1 The lady of the pair may not have reached the age of 14 and the man may not have reached the age of 16 before the 1st of July preceding the competition.

10.2 To be eligible to compete in:

10.2.1 the National Championships the pair must have passed the Pairs Bronze Star Test; and

10.2.2 An Interprovincial Championship the pair must have passed the Skating Skills Level 3 Test.

10.3 The Short Program – Pre-Novice

10.3.1 The maximum duration of the program shall be 2 minutes and 30 seconds.

10.3.2 The required elements shall be as follows:

- a) One lift from any group with a minimum of one (1) revolution by the man
- b) Twist lift (single)
- c) Throw jump – any single jump
- d) Solo jump - (single or double)
- e) Solo camel spin
- f) Pair sit spin
- g) Spiral sequence

A detailed clarification and description of each of the required elements can be found in Section D, part 11 of these regulations.

10.4 The Free Skating Program – Pre-Novice

10.4.1 The maximum duration of the program shall be 3 minutes (plus or minus 10 seconds).

10.4.2 The required elements shall be as follows:

- a) Two different lifts one of which must be from Group 2, 3 or 4
- b) One Twist lift
- c) One Throw jump
- d) One Solo jump
- e) One Solo spin or Solo spin combination
- f) One Pair spin or Pair spin combination
- g) One pivot figure
- h) One Step sequence

A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section D, part 12 of these regulations.

11 **Comments: Novice and Pre-Novice Short Program Required Elements**

11.1 Lifts (Novice and Pre-Novice)

Only one overhead lift is permitted from any group. A minimum of one (1) revolution by the man is required. One hand holds and/or one hand landings count as Level features only when the Man uses one hand and the Lady uses either one hand or no hands. If a change of hold and a change of Lady's position are executed at the same time, only one Level feature will be awarded.

11.2 Twist lift (Novice and Pre-Novice)

The take-off of the twist lift is limited to either the Lutz or Flip take-off by the lady. The lady must be caught in the air at the waist by the man prior to landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. The man also exits from the lift on one foot. When the twist lift is executed, a split position by the lady, prior to rotating, is not mandatory.

11.2.1 Novice:

The minimum and maximum number of revolutions of the lady freely in the air is one (1) and two (2), respectively.

11.2.2 Pre-Novice:

The maximum number of revolutions of the lady freely in the air is one (1).

11.3 Throw jump (Pre-Novice):

The maximum number of revolutions of the lady in the air is one (1). Throw jumps are partner assisted jumps in which the lady is thrown into the air by the man on the take-off and lands without assistance from her partner on a backward outside edge.

11.4 Solo jump (Novice and Pre-Novice):

Any single or double jump is permitted.

11.5 Spin Element (d) – Novice

There are three basic spin positions, namely (a) the camel spin (with the free leg backwards with the knee higher than the hip level), (b) the sit spin (with the lower part of the buttocks not higher than the upper part of the knee of the skating leg and the upper part of the skating leg parallel to the ice) and (c) the upright position (any position with the skating leg extended or almost extended which is not a camel position). The Layback, Biellmann and similar variations are considered as upright position spins. Intermediate positions are all those positions that do not meet the requirements for the camel, sit and upright position spins.

Any spin that contains no basic position will receive no Level and no value but will occupy a spinning box.

11.5.1 Solo spin

The minimum number of revolutions required in the chosen position is five (5) without any interruption, change of foot or position. If the number of revolutions executed is less than two (2), the spin will be awarded no Level and consequently have no value but will fill a spinning box. If one or both members of the pair fall when entering the spin, a spinning movement or spin may be performed after the fall for time-filling purposes. This spin or spinning movement will not be counted as an element.

The concluding upright position at the end of the spin is not considered to be another position if it does not exceed three (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions.

Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted.

11.5.2 Solo spin combination

There may be no change of foot and at least one change of position (sit, camel, upright or any variation thereof) is required with a minimum of five (5) revolutions in total and a minimum of two (2) revolutions in each position. If at least two (2) revolutions in a position are not executed, the spin combination is not according to the requirements and no value will be given.

The number of revolutions in intermediate positions is counted in the total number of revolutions for the spin combination. Intermediate positions can be considered as difficult variations in cases where the definition of such variations is fulfilled but changing from a spin position (camel, sit or upright) to an intermediate position is not considered a change of position where the requirement is that a change of position can only be given when changing from one basic spin position to another different basic spin position. Every basic position must consist of at least two (2) revolutions.

If one or both members of the pair fall when entering the spin, a spinning movement or spin

may be performed after the fall for time-filling purposes. This spin or spinning movement will not be counted as an element.

The concluding upright position at the end of the spin (if not otherwise chosen as one of the two positions, that is, it is the wind-up of the spin) is not considered to be another position if it does not exceed three (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions.

Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted.

11.6 Solo Spin Element (e) – Pre-Novice

The minimum number of revolutions required in the camel position is four (4) without any interruption, change of foot or position. **If the number of revolutions executed is less than two (2), the spin will be awarded no Level and consequently have no value but will fill a spinning box.** If one or both members of the pair fall when entering the spin, a spinning movement or spin may be performed after the fall for time-filling purposes. This spin or spinning movement will not be counted as an element.

The concluding upright position at the end of the spin is not considered to be another position and the revolutions executed in it are not to be counted in the required number of revolutions.

Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted.

11.7 Pair Spin Element (e) - Novice

11.7.1 Pair spin

The minimum number of revolutions required in the chosen position is five (5) without any interruption, change of foot or position. **If the number of revolutions executed is less than two (2), the spin will be awarded no Level and consequently have no value but will fill a spinning box.** If one or both members of the pair fall when entering the spin, a spinning movement or spin may be performed after the fall for time-filling purposes. This spin or spinning movement will not be counted as an element.

The concluding upright position at the end of the spin is not considered to be another position if it

does not exceed three (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions.

Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted.

11.7.2 Pair spin combination

There may be no change of foot and at least one change of position (sit, camel, upright or any variation thereof) is required with a minimum of five (5) revolutions in total and a minimum of two (2) revolutions in each position. If at least two (2) revolutions in a position are not executed, the spin combination is not according to the requirements and no value will be given **but will occupy a spinning box**.

The number of revolutions in intermediate positions is counted in the total number of revolutions for the spin combination. Intermediate positions can be considered as difficult variations in cases where the definition of such variations is fulfilled but changing from a spin position (camel, sit or upright) to an intermediate position is not considered a change of position where the requirement is that a change of position can only be given when changing from one basic spin position to another different basic spin position.

If one or both members of the pair fall when entering the spin, a spinning movement or spin may be performed after the fall for time-filling purposes. This spin or spinning movement will not be counted as an element. The pair spin combination may not be commenced with a jump.

The concluding upright position at the end of the spin (if not otherwise chosen as one of the two positions, that is, it is the wind-up of the spin) is not considered to be another position if it does not exceed three (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions.

Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted.

11.8 Pair Spin Element (f) – Pre-Novice

The minimum number of revolutions required in the sit position is four (4) without any interruption, change of foot or position. If the number of revolutions executed is less than two (2), the spin will be awarded no Level and consequently have no value but will fill a spinning box. If one or both members of the pair fall when entering the spin, a spinning movement or spin may be performed after the fall for time-filling purposes. This spin or spinning movement will not be counted as an element.

The concluding upright position at the end of the spin is not considered to be another position and the revolutions executed in it are not to be counted in the required number of revolutions.

Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted.

- 11.9 Pivot Figure / Death Spirals (Novice and Pre-Novice):
The pair may perform a pivot figure or a death spiral. When performing the death spiral, during the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of one (1) revolution with the knees of the man clearly bent and in full pivot position. To qualify for a possibly higher Level, the Man should stay in a low pivot position (this is when the lower part of his buttocks is not higher than the upper part of the knee of the pivot foot). The lady must simultaneously skate on a clean edge with her body and head close to the ice surface, however she must not touch the ice with her head or assist herself with the free hand or any other part of the body. The lady's body weight is supported by the force of the spiralling edge and the hold of the man. The man must be in a centred position with the same arm fully extended as his skating foot. The opposite arm hold by the man is possible after/before one full revolution with the regular hold. The change of the lady's arm hold or the opposite hold by the man after/before the regular hold is counted as an additional feature.

Any kind of position is counted as a feature if the pair's hold lasts for at least one (1) revolution; each additional one (1) full revolution by the lady after the first revolution will count as one additional feature to increase the level.

If the man in either the pivot figure or the death spiral does not attain the pivot position at all (including the toe pick in the ice), there will be no Level called and consequently the pivot figure/death spiral will have no value. Similarly, if the

man does not remain in the pivot position with the toe pick in the ice while the lady is executing any kind of changes of positions or holds, the position of the lady does not count as a feature.

When performing a pivot figure, the base value will be set at 2.2 with the numerical values of the positive and negative GOE's the same as those for the death spiral. There will be no level called for the pivot figure.

For further details regarding the different Death Spirals refer to Section D, parts 7.6.1 to 7.6.4.

11.10 Step sequences (Novice)

All **Step sequences should be executed according to the character of the music.** Step sequences should be executed together or close together and may include small jump-like movements with not more than half ($\frac{1}{2}$) a revolution. Short stops in accordance with the music are permitted.

Credit will be given to a pair that change places and holds or use difficult moves together during a step sequence. A variety and/or complexity of turns and steps must be balanced in their distribution throughout the sequence subject to the workload between both partner being even if this is to be taken into account for a possibly higher Level.

11.11 Spiral sequence (Novice and Pre-Novice)

A Spiral is a position with one blade on the ice and the free leg (including the knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (inside, outside), direction (forward, backward) and position of the free leg (backward, forward, sideways).

The pattern of the Spiral Sequence can be any combination of curves. The performed spirals must be on distinct edges and spiral positions performed on a straight line are ignored and not counted in the number of positions. Only the first three (3) attempted spiral positions are to be considered for Level features.

At least two spiral positions by each partner must be executed.

Each spiral must be held for at least three (3) seconds to be counted. The number of spirals, the length of time the spirals are held, the workload and the edges used must be even between both partners to be considered "balanced".

If one partner executes no spiral **positions**, the spiral sequence will receive no Level and consequently have no value. **A Spiral sequence with only one (1) position by both partners will receive no Level and consequently no value.**

12 Comments: Novice and Pre-Novice Free Skating Programs

- 12.1 Lifts (Novice and Pre-Novice):
The two lifts must be different. For Novice, one of the two lifts must be from Group 3 or 4. For Pre-Novice, one of the two lifts must be from Group 2, 3 or 4.
- 12.2 Twist Lift (Novice and Pre-Novice):
The number of revolutions in the Twist lift is not limited. The take-off may be different from a Lutz or Flip take-off by the lady.
- 12.3 Throw Jump (Novice and Pre-Novice):
Any throw jump is permitted.
- 12.4 Solo jumps, jump combinations and jump sequences (Novice and Pre-Novice):
In the case of an unequal number of revolutions of the partners in a jump performed as a solo jump or part of a combination or sequence, this jump will be called as a jump with lesser amount of revolutions executed by the partners. All jumps executed with more than 2 revolutions (Double Axel and all triple and quadruple jumps) must be of a different nature (different name), however the jump combination or sequence may include two of the same jumps.
- 12.5 Jump Combination (Novice):
The jump combination may consist of only two (2) jumps. If the two jumps are connected with an unlisted jump (for example the half-loop), the element will be called a jump sequence. If the first jump in a two-jump-combination fails to be successfully performed and becomes an unlisted jump, the element will still be considered as a jump combination.
- In a jump combination, the landing foot of the first jump is the take-off foot of the second jump. A three turn on one foot without touching the ice with the free foot **(or even with a touch, but no weight transfer)** keeps the element within the definition of a jump combination but with an error.
- 12.6 Jump sequence (Novice):

A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by unlisted jumps **and/or hops** immediately following each other while maintaining the jump rhythm (knee); there may be no **turns/steps**, crossovers or stroking during the sequence. Turns are defined as three turns, twizzles, brackets, loops, counters and rockers. Steps are defined as toe steps, chasses, Mohawks, Choctaws, curves with change of edge and cross-rolls.

A jump sequence that consists of only one listed jump together with other unlisted jumps is not considered to be a jump sequence and will be called a solo jump.

12.7 Spins – General (Novice and Pre-Novice):

There are three basic spin positions, namely (a) the camel spin (with the free leg backwards with the knee higher than the hip level), (b) the sit spin (with the lower part of the buttocks not higher than the upper part of the knee of the skating leg and the upper part of the skating leg parallel to the ice) and (c) the upright position (any position with the skating leg extended or almost extended which is not a camel position). The Layback, Biellmann and similar variations are considered as upright position spins. Intermediate positions are all those positions that do not meet the requirements for the camel, sit and upright position spins.

The lack of required revolutions must be reflected by Judges in their marking. A spin with less than three rotations is considered as a skating movement and not a spin. The minimum number of required revolutions must be counted from the entry of the spin until its exit. The concluding upright position at the end of the spin (final wind-up) is not considered to be another position if it does not exceed three (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions. The minimum number of revolutions required in any position is two (2) without interruption. Should this requirement not be fulfilled, the position will not be counted. **The change of foot in the solo spin must be preceded and followed by a spin position with at least three (3) revolutions.** If the skater or both skaters fall when entering a spin, a simple spin or a spinning movement is allowed immediately after this fall (for time-filling purposes only) and this spin/movement will not be counted as an element.

Solo spins and combinations may be commenced with a jump. If in the solo spin combination the spinning centres

(before and after the change of foot if performed) are too far apart and the criteria of “two spins” is fulfilled (there is a curve of exit after the first part and a curve of entry into the second part), **only the part before the change of foot will be considered for Levels features.**

In the pair spin combination there may be changes of foot by both partners that is not necessarily executed by both partners at the same time **preceded** and followed by any spin position with at least **three (3)** revolutions. In the solo spin combination the change of foot is also optional. The pair spin combination must include at least one change of position by both partners. If there is no change of position by both partners the element will be called a pair spin. The features for the Levels of difficulty and the guidelines for marking the GOE of pair spins will be applied.

12.7.1 Spins (Novice):

The solo, pair, solo combination and pair combinations spins must contain a minimum of five (5) revolutions in total.

12.7.2 Spins (Pre-Novice):

The solo, pair, solo combination and pair combinations spins must contain a minimum of four (4) revolutions in total.

12.8 Pivot Figure / Death Spirals (Novice and Pre-Novice):

The pair may perform a pivot figure or a death spiral. When performing the death spiral, during the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of one (1) revolution with the knees of the man clearly bent and in full pivot position. **To qualify for a possibly higher Level, the Man should stay in a low pivot position (this is when the lower part of his buttocks is not higher than the upper part of the knee of the pivot foot).** The lady must **simultaneously** skate on a clean edge with her body and head close to the ice surface, however she must not touch the ice with her head or assist herself with the free hand or any other part of the body. The lady's body weight is supported by the force of the spiralling edge and the hold of the man. The man must be in a centred position with a fully extended arm. Variations of arm holds and pivot positions (backward or forward) are possible. The change of the lady's arm hold or the opposite hold by the man after/before the regular hold is counted as an additional feature.

Any kind of position is counted as a feature if the pair's hold lasts for at least one (1) revolution; each additional

one (1) full revolution by the lady after the first revolution will count as one additional feature to increase the level.

If the man in either the pivot figure or the death spiral does not attain the pivot position at all (including the toe pick in the ice), there will be no Level called and consequently the pivot figure/death spiral will have no value. Similarly, if the man does not remain in the pivot position with the toe pick in the ice while the lady is executing any kind of changes of positions or holds, the position of the lady does not count as a feature.

When performing a pivot figure, the base value will be set at 2.2 with the numerical values of the positive and negative GOE's the same as those for the death spiral. There will be no level called for the pivot figure.

For further details regarding the different Death Spirals refer to Section D, parts 7.6.1 to 7.6.4.

- 12.9 Step sequence (Novice and Pre-Novice):
All step sequences should be executed together or close together and may include small jump-like movements with not more than half ($\frac{1}{2}$) a revolution. Short stops in accordance with the music are permitted. **All Step sequences should be executed according to the character of the music.** Step sequence must fully utilise the ice surface.

Credit will be given to a pair that change places and holds or use difficult skating moves together during a step sequence. A variety and/or complexity of turns and steps must be balanced in their distribution throughout the sequence subject to the workload between both partner being even if this is to be taken into account for a possibly higher Level.

- 12.10 Spiral sequence (Novice):
Consist primarily of spirals. **A Spiral is a position with one blade on the ice and the free leg (including the knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (inside, outside), direction (forward, backward) and position or the free leg (backward, forward, sideways).**

The pattern of the Spiral Sequence can be any combination of curves. The performed spirals must be on distinct edges and spiral positions performed on a straight line are ignored and not counted in the number of

positions. Only the first three (3) attempted spiral positions are to be considered for Level features.

At least two (2) spiral positions by each partner must be executed. A spiral position in order to be counted must be held for a minimum of three (3) seconds. The number of spirals, the length of time the position is held, the workload and the edges used must be evenly distributed between both partners to be considered as "balanced".

A Spiral sequence with only one position by both partners or one position by one partner and no spirals by another partner will receive no Level and consequently no value.