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Category: **Singles**  
Subject: **Spin General**

## RULES

<b>Short Program</b>	<p>Except flying spins, spins cannot be commenced with a jump. The concluding upright position at the end of the spin (final wind-up) is not considered to be another position if does not exceed 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.</p> <p>The spin must have a required minimum number of revolutions: eight (8) for the flying spin and the layback spin, six (6) revolutions on each foot in the spin with a change of foot and the spin combination, the lack of which must be reflected by the Judges in their marking, however 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. In the spin combination the change of foot is required</p> <p>The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. If the skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.</p>
<b>Change of foot:</b>	A change of foot in spins means “spinning on each foot”. A transition in either (air or ice) that use each foot but remains spinning on the same foot is nor considered a spin with change of foot spin.
<b>Flying Spin:</b>	Except the flying spin, spins cannot be commenced with a flying entrance. Any spin, which is not the required flyin spin commencing with a flying entrance receives no level.
<b><u>Spinning centre</u></b>	<u>If 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 the curve of entry into the second part), the second part of the spin (after the change of foot) will be ignored and the Spin will receive no Level.</u>

**RULES**

**Free Skating**

*number of spins required*

**Senior Well Balanced Program**

A well balanced Free Skating program for **Men** must contain:

- maximum of 4 spins, one of which must be a spin-combination, one a flying spin and one a spin with only one position;

A well balanced Free Skating program for **Ladies** must contain:

- maximum of 4 spins, one of which must be a spin-combination, one a flying spin and one a spin with only one position;

**Junior Well Balanced Program**

well balanced Free Skating program for **Men** must contain:

- maximum of 3 spins, one of which must be a spin-combination, one a flying spin and one a spin with only one position;.

A well balanced Free Skating program for **Ladies** must contain:

- maximum of 3 spins, one of which must be a spin-combination, one a flying spin and one a spin with only one position;

*lacking of type of spin*

If there is a type of spin not performed, e.g. flying spin, or spin with only one position, the last performed spin in the order of skated will be deleted.

The spins must have a required minimum number of revolutions: six (6) for the flying spin and the spin with only one position and ten (10) for the spin combination, the lack of which must be reflected by Judges in their marking, however 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. In the spin combination the change of foot is optional and the number of different positions is free.

The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. If the skater falls when entering a spin, a simple spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.

***Change of foot***

A change of foot in spins means "spinning on each foot". A transition in either (air or ice) that use each foot but remains spinning on the same foot is nor considered a spin with change of foot spin.

Category: **Singles**  
Subject: **Spin General**

<b><u>Spin no change of position</u></b>	A “spin with no change of position”, in which another position is executed with more than two (2) revolutions, does not fulfil the requirements of a spin with “no change of position” and will be identified as a “spin combination”. However, 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.
<b><u>Spin with change of foot</u></b>	A second change of foot in a spin with change of foot does not count as a feature for a higher level.
<b><u>Change of positions</u></b>	During a change of position a difficult variation of position can be executed.
<b><u>Spin Combination</u></b>	A spin combination executed with less than 2 revolutions in all executed positions is considered as a spin combination not according to the requirements, receives no Level and therefore no value. A spin combination executed with only 1 position with more than 2 revolutions (according to requirements) and in all other positions less than 2 revolutions (not according to the requirements) receives Level 1.
<b><u>Spinning centre</u></b>	If 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 the curve of entry into the second part), two spins will be called and will occupy two spinning boxes.

Category: **Singles**

Subject: **Spin in one position with change of foot**

Mistakes / Failures			
Subject	Performance	Comments	Level
<i>Wind-up revolutions in camel and sit spin</i>	the wind-up revolutions exceed the maximum number of three (3).	The spin will be called as a "Spin Combination". The wind-up becomes an upright position. The spin is a wrong element <b>(in Short Program only)</b>	no level for short program
<i>two changes of foot</i>	Skater changes the foot twice in the <b>Short Program</b>	The spin becomes a wrong element with no level and no value	no Level
<i>less revolutions</i>	skater performs less than 2 revolution in a position or variation of it	the position or variation does not count	
<i>spinning centre far apart when changing</i>	the spinning centre when changing the foot are too far apart	Two spins are called. The second spin will <b>in Short Program</b> : be disregarded, no level <b>Free Skating</b> : both spins are counting and blocking two boxes.	e.g. A clear exit out of one spin and an entrance to the next spin with the spinning centre apart from each other
<i>high sit position</i>	sitting position is much higher than required for a sit spin	An upright spin will be identified, which consequently changes the spin into a combination spin with change of position and change of foot. Wrong element for the <b>Short Program only</b> (refer to the diagram)	for "high sit position" no Level will be identified.

Category: **Singles**  
 Subject: **Spin in one position with change of foot**

Mistakes / Failures			
Subject	Performance	Comments	Level
<i><b>fall after the change of foot or less than two revolutions performed</b></i>	Short Program: <u>After the change of foot there is either a fall or less than two (2) revolutions performed</u>	<u>The spin in not according to the requirements and will receive no level</u>	<u>No Level</u>
	Free Skating: <u>The element will be called a "spin in one position with no change of foot". The features for Levels of difficulty of the called spin will apply</u>	<u>Level according to element</u>	

Category: **Singles**  
Subject: **Spin Combo with change of foot**

## RULES

### Short Program

The spin combination must consist of only one change of foot and at least two (2) changes of position (sit, camel, upright or any variation thereof) with not less than six (6) revolutions on each foot. Any spin combination must include all three (3) basic positions or their variations. The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately. During a change of position a difficult variation of position can be executed. The minimum number of revolutions required in each position is two (2). In case this requirement is not fulfilled, the position is not counted.

The change of foot in the spin combination must be followed by any spin position with at least two (2) revolutions. If there is no spin position after the change of foot with at least two (2) revolutions, the spin combination is not according to the requirements and no value will be given.

A spin combination executed with less than 2 revolutions in all executed positions is considered as a "spin combination not according to the requirements", receives no Level and therefore no value. A spin combination executed with only 1 position with not less than 2 revolutions (as to the requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.

The change of foot in the spin combination must be followed by any spin position with at least two (2) revolutions. If there is no spin position after the change of foot with at least two (2) revolutions, the spin combination is not according to the requirements and no value will be given.

### Free Skating:

The spin combination must have a required minimum number of revolutions: ten (10), the lack of which must be reflected by Judges in their marking; however 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. In the spin combination the change of foot is optional and the number of different positions is free.

A second change of foot in a spin with a change of foot does not count as a feature for a higher level.

During a change of position a difficult variation of position can be executed.

The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. A spin combination executed with less than 2 revolutions in all executed positions is considered as a "spin combination not according to the requirements", receives no Level and therefore no value. A spin combination executed with only 1 position with not less than 2 revolutions (as to the requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.

If the skater falls when entering a spin, a simple spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.

A spin combination executed with less than 2 revolutions in all executed positions is considered as a spin combination not according to the requirements, receives no Level and therefore no value. A spin combination executed with only 1

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Category: **Singles**  
Subject: **Spin Combo with change of foot**

	<p><u>position with more than 2 revolutions (according to requirements) and in all other positions less than 2 revolutions (not according to requirements) receives Level 1.</u></p> <p><u>If 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 the curve of entry into the second part), two spins will be called and will occupy two spinning boxes.</u></p> <p><u>If there is no change of foot the element will be called a “spin in one position with no change of foot” or a “spin combination with no change of foot” The features for Levels of difficulty and the guidelines for marking the GOE will apply</u></p>
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Category: **Singles**

Subject: **Spin Combo with change of foot**

<b>Mistakes / Failures</b>			
<b>Subject</b>	<b>Performance</b>	<b>Comments</b>	<b>Level</b>
<b><i>Wind-up revolutions in camel and sit spin</i></b>	the wind-up revolutions exceed the maximum number of three (3).	The wind-up becomes an upright position.	no Level
<b><i>less revolutions in positions</i></b>	skater performs less than 2 revolution in a position in all executed positions		no Level
<b><i>less revolution in variation</i></b>	skater performs less than 2 revolution in a variation of a position	The variation does not count as a feature.	
<b><i>high sit position</i></b>	sitting position is much higher than required for a sit spin	The position will be identified as an upright position.	
<b><i>only 1 position</i></b>	A spin combination executed only with one (1) position with two or more revolutions (as to requirements) and in all other positions less than 2 revolutions (not to requirements).	will receive Level 1	Level 1
<b><i>less than 3 basic positions (Short Program)</i></b>	skater perform less than the required 3 basic positions (upright, sit, camel).	Combo spin will be reduced to Level 1	Level 1
<b><i>more than 1 change of foot (Short Program)</i></b>	skater performs two changes of foot	not according to the requirements;	no Level

Category: **Singles**  
 Subject: **Spin Combo with change of foot**

Mistakes / Failures			
Subject	Performance	Comments	Level
<i><b>spinning centres are apart</b></i>	When skater changes foot the spinning centres are too far apart	Two spins are called. The second spin will in <b>Short Program</b> , be disregarded, no level in <b>Free Skating</b> , both spins will be evaluated, blocking two boxes.	
<i><b>fall after the change of foot (SP)</b></i>	Skater falls immediately following the change of foot and before he/she is able to complete two (2) revolutions.	If there is no spin position after the change of foot with at least two (2) revolutions, the spin combination is not according to the requirements and no value will be given.	<b>No Level</b>
<i><b>Not 2 revolutions after the change of foot (SP)</b></i>	Skater does not have two (2) revolutions in any spin position after the change of foot.	If there is no spin position after the change of foot with at least two (2) revolutions, the spin combination is not according to the requirements and no value will be given.	<b>No Level</b>
<i><b><u>Fall after the change of foot or less than 2 revolutions performed</u></b></i>	Skater falls immediately following the change of foot and/or is unable to complete two (2) revolutions in any position.	<u>Short Program</u> The element is not according to the requirements and no Level will be given.	<u>No Level</u>
		<u>Free Skating</u> The element will be called a "spin in one position with no change of foot" or a "spin combination with no change of foot". The features for Levels of difficulty of the called spin will apply.	<u>Level according to element</u>

Category: **Singles**  
 Subject: **Spin Combo with change of foot**

Mistakes / Failures			
Subject	Performance	Comments	Level
<u><b>less revolutions in positions except one</b></u>	<u>A spin combination executed with only 1 position with more than 2 revolutions (according to requirements) and in all other positions less than 2 revolutions (not according to requirements).</u>	<u>The one position will count and the spin will receive a Level.</u>	<u>Level 1</u>
<u><b>spinning centres are apart</b></u>	<u>When skater changes foot the spinning centres are far apart, means e.g. a clear exit out of one spin and an entrance to the next spin with the spinning centre apart of each other.</u>	<u>Two spins are to recognize. The second spin will be disregarded in the <i>Short Program</i>; the first part (before the change of foot) is not according to the requirements, therefore no Level. <i>In Free Skating</i> both spins will be called as separate spins, blocking two boxes and evaluated according to what it was (spin combination no change of foot or spin in one position, no change of foot etc.). The Levels will be granted according to the identified spin(s).</u>	