# LEVELS

## Spins

For flying spins (with no change of foot and only one position) of both Short Program and Free Skating the following is required: a clear visible jump. The sign "V" indicates that this requirement is not fulfilled. The base values of spins with the sign "V" are listed in the SOV table.

The base values of spin combinations with only 2 basic positions (at least 2 revolutions in each of these positions) are also listed in the SOV table.

All spins with change of foot must have 3 revolutions on each foot. In Short Program, if this requirement is not fulfilled, the spin will get "No Value". In Free Skating the sign "V" indicates that this requirement is not fulfilled. The base values of spins with the sign "V" are listed in the SOV table.

Spin in one position with change of foot must have 2 revolutions in basic position on each foot. In Short Program, if this requirement is not fulfilled, the spin will get "No Value". In Free Skating the sign "V" indicates that this requirement is not fulfilled. The base values of spins with the sign "V" are listed in the SOV table.

**To receive level 4 in any spin, one of these features must be counted:**
Difficult exit
Clear change of edge
Both directions immediately following each other in sit, camel, Layback and difficult variation of an upright position
Clear increase of speed
Difficult variation of flying entry
Windmills

The feature "Windmills" must be executed 3 times in a row and may be included in any spin. Each windmill movement in a row must reach close to a split position (at least 135 degrees). When executed in a spin in one position, the revolutions during the feature are not counted to the number of revolutions required in a basic position. Any windmill type of movement is counted only once in a program, the first time it is attempted.

Difficult change of position on the same foot is no longer one of the mandatory level 4 features. It is counted as a normal feature.

Difficult variation in a non-basic position is no longer considered a feature.

Difficult entrance and Difficult exit are two different features. To get credit for both features they must be executed in two different spins and the movements must be of different nature.
Exit: The exit out of the spin is defined as the last phase of the spin and includes the phase immediately following the spin. Difficult exit: Any movement or jump that makes the exit significantly more difficult. The exit must have a significant impact on the balance, control and execution of the spin.

In Flying spins and spins in one position the difficult exit must be started from the basic position (not final windup), which must be at least reached. In spin combinations the difficult exit can be started from any position.