



**SKATE**CANADA

CPC/ISU Updates Workshop  
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Probably the only sustainable competitive advantage  
you have is the ability to learn

...faster than the opposition

~A. DeGeuss

# Workshop Overview

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- ▶ Review of Changes to Scale of Values
- ▶ Review of changes to calculation principles
- ▶ Review Well Balanced Program Criteria
- ▶ Review of Changes to Level Definitions
- ▶ Review of Changes to GOE Definitions
- ▶ Questions and Discussion

**FOCUS: Singles**

# Scale of Value Changes

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- ▶ **Only minor revisions to SOV tables**
  - ▶ Should have no impact on planning of programs
  - ▶ 2T and 2S base changed from 1.4 to 1.3
  - ▶ St2 base changed from 2.4 to 2.6
  - ▶ Plus GOEs on St4 reduced to 0.7 steps
  - ▶ Plus GOEs on ChStI/ChSpI reduced to 0.7 steps

# Calculation Principle Changes

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- ▶ No calculation changes at Junior/Senior this season
- ▶ Pre-Juvenile to Novice:
  - ▶ No deduction will be applied when falling on an element
    - ▶ There will still be a fall deduction if you fall while not doing an element
  - ▶ Bonuses have changed:
    - ▶ Pre-Novice: any 2A or higher
    - ▶ Novice: any triple

# Well Balanced Program Criteria

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- ▶ Junior/Senior: No Changes
- ▶ Pre-Novice and Novice Short Programs:
  - ▶ Ladies: no spiral sequence
  - ▶ Men: only one step sequence
  - ▶ Novice: steps not required on entry to a solo triple
- ▶ Pre-Juvenile/ Juvenile/ Pre-Novice Free Programs
  - ▶ Now only 6 jump elements
  - ▶ Step/Spiral now set (not a choice):
    - ▶ Pre-Juvenile: Spiral Sequence
    - ▶ Juvenile: Step Sequence
    - ▶ Pre-Novice Ladies: Spiral Sequence
    - ▶ Pre-Novice Men: Step Sequence

# Well Balanced Program Criteria

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- ▶ **Novice Free Program (significant changes)**
  - ▶ Step/Spiral now set (not a choice):
    - ▶ Ladies: Spiral Sequence/ Men: Step Sequence
  - ▶ If you are going to have the max number of jumps count there **MUST** be an attempted 2A or triple
  - ▶ Max number of jumps: ladies = 7, men = 8
  - ▶ If there is not an attempted 2A or triple, the jump with the lowest base value will receive no points.
  - ▶ 2A or triple is considered attempted if clean, < or <<.

# New Level Definitions – Steps

<b>Step Sequences</b>	<ol style="list-style-type: none"><li>1) Simple variety (Level 2), variety (Level 3), complexity (Level 4) of turns and steps throughout (<b>compulsory</b>)</li><li>2) 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</li><li>3) Use of upper body movements <u>for at least 1/2 of the pattern</u></li><li>4) At least half a pattern on one foot only</li><li>5) <u>Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) quickly executed within the sequence</u></li></ol>
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- ▶ Amount of body movement required clarified
- ▶ Combination of difficult turns clarified
  - ▶ The two combinations must be different
- ▶ No other changes
  - ▶ Still require turns and steps before anything else will count
  - ▶ Content for steps/turns has not changed this season

# New Level Definitions - Spins

<b>All Spins</b>	<ol style="list-style-type: none"><li>1) A difficult variation in a basic or (for spin combinations only) in an intermediate position</li><li>2) Another difficult variation in a basic position which must be significantly different from the first one and:<ul style="list-style-type: none"><li>● spin in one position with change of foot – on different foot than the first one</li><li>● spin combination without change of foot – in different position than the first one</li><li>● spin combination with change of foot – on different foot and in different position than the first one</li></ul></li><li>3) Change of foot executed by jump</li><li>4) Backward entrance/Difficult variation of flying entrance/Landing on the same foot as take-off or changing foot on landing in a Flying Sit Spin</li><li>5) Clear change of edge in sit (only from backward inside to forward outside), camel, <u>Layback and Biellmann position</u></li><li>6) All 3 basic positions on both feet</li><li>7) Both directions immediately following each other in sit or camel spin</li><li>8) At least 8 rev. without changes in pos./variation, foot or edge (camel, <u>difficult</u> sit, layback, difficult upright), counts <u>once per spin</u></li></ol> <p><b>Additional features for the Layback spin:</b></p> <ol style="list-style-type: none"><li>9) One <u>clear</u> change of position backwards-sideways or reverse, at least 3 rev. in each position (counts also if the Layback spin is a part of any other spin)</li><li>10) Biellmann position after Layback spin (SP – after 8 revolutions in layback spin)</li></ol>
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- ▶ Change of edge will count in Layback or Beillmann
- ▶ 8 revs will only count in sit if in DV
- ▶ 8 revs will only count once in any spin
- ▶ Change of position in layback (side/back or back/side) must be CLEAR

# New Level Definitions - SPINS

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**Backward and flying entry, change of edge and any type of difficult spin variation count as features that can increase the Level only once per program (in the first spin they are attempted).**

**For Spin Combinations with change of foot all 3 basic positions are mandatory for Levels 2 – 4 in both Short Program and Free Skating.**

**For Spins with change of foot at least one basic position on each foot is mandatory for Levels 2 – 4 in Free Skating. In case this requirement is not fulfilled in Short Program, the spin will have no Level and consequently no value.**

**In any spin with change of foot the maximum number of features attained on one foot is two (2).**

- ▶ **Flying entry will only count for a level feature on the first flying spin**

***Pre-Novice & Novice: For Spin Combinations with change of foot, 2 basic positions are mandatory for Levels 2 – 3 in Short Program. All 3 basic position are mandatory for Level 4 in Short Program & Free Skating***

# Revisions to GOE requirements

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## **JUMPS:**

- ▶ No changes to + or – GOE requirements

## **SPINS:**

- ▶ No changes to + GOE requirements
- ▶ Less than required number of positions removed as a GOE error
  - ▶ No other changes to – GOE requirements

# Revisions to GOE requirements

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## ▶ STEPS AND SPIRALS:

### ▶ Negative GOE:

- ▶ Steps: Reduction of -1 or -2 if does not correspond to music
- ▶ Steps: Short: reduction of -1 if LISTED jump of more than  $\frac{1}{2}$  revs included (CAUTION:  $\frac{1}{2}$  loop needs clarification)
- ▶ Spirals: Less than  $\frac{1}{2}$  pattern in spirals removed as an error

### ▶ Positive GOE specifically for ChSt and ChSp:

- ▶ Deep edges removed as a feature for ChSt
- ▶ Minimum delay between spirals removed as a feature for ChSp
- ▶ Feature added for reflecting character of program

# Questions/ Comments

