

Glossary of Skating Terms

"A"

Alpha character used to denote a right foot start.

Accent

The emphasized beats in dance music. See the music section of the Dance Book for more details.

Adagio

A form of pairs team skating, incorporating acrobatics, carries, pivots and other specialized movements not acceptable in competitive pairs skating. *Note: Adagio type movements at the end of a lift are not allowed. This means that the man's shoulders or any other part of his body (with the exception of the arms) cannot be used to assist the lady in her landing. The lady's descent cannot be interrupted from the highest point of the lift to the final landing position.*

Acceleration

Capacity to gain speed in intensity or direction, in the unit of time $A=V/T$ (m/s)

- Angular - The variation of the angular velocity (rotational speed/ time)
- Linear - The variation of linear velocity (linear velocity/time)

Advanced Movement

Any movement involving a one- foot turn.

Aim

The starting direction of a step or sequence of steps on a lobe.

"And" Position

A position used in the preparation for a progressive stroke during which the free foot is placed alongside the skating foot. "And" Position may be parallel, angular, crossed parallel, or crossed angular.

Angular

(Aim) The skate to be employed taking the floor on an arc or flat divergent to the arc or flat being skated.
A severely out-of-position broken line of the body.

Apex

(Free Skating) The maximum vertical distance from the ground reached by the skater. Also called height.
(Figures) The peak of the arc being skated, always occurring on the long axis.

Arabesque

A movement in which the body is arched strongly in a continuous line from head through free foot while rolling on any edge or flat. Commonly called a "spiral."

Arc

The curve or portion of the circumference of a circle.

Arch

A position of the body in which the spine is tensed backward.

Artistic Impression

The way or style in which a skater executes any movements in a free skating, pairs, solo dance, couple dance and precision.

Axel (A)

A 1 1/2 rotation jump that takes off on a LOF edge when rotating counterclockwise and ROF edge when rotating clockwise and lands on the outside edge of the opposite foot.

- Single Axel - 1 1/2 rotations in the air
- Double Axel - 2 1/2 rotations in the air
- Triple Axel - 3 1/2 rotations in the air

Axis

(Dance) The angle created by the intersection of a lobe and the dance baseline. The baseline of rotation for turns.

(Free Skating) An imaginary straight line in which a body rotates or revolves. The baseline of rotation for a spin or jump.

Imaginary lines of symmetry.

a. Long Axis

An imaginary straight longitudinal line, which bisects the skating surface along its length.

(Figures) An imaginary straight longitudinal line, which passes through the centers of the two or three figure circles.

b. Short Axis

An imaginary straight line, which bisects the skating surface along its width.

(Figures) Imaginary straight lines which vertically cross the long axis at the points of tangency of the circle. Sometimes called the transverse axis.

c. Longitudinal Body Axis

The line obtained from the intersection of the frontal plane of the body with the sagittal one.

d. Longitudinal Skate Axis

The line that joins the middle part of the front truck of the skate to the rear.

"B"

In figure skating this denotes a left foot start.

Balanced Position

The athlete is balanced with the matching arm and leg from the same side of the frontal plane.

Ballroom Steps

Steps executed in Closed Position (Tango Delanco) where partners rotate from backward to forward and vice versa directly on the outside edge.

Bar

The apparent count of a single musical unit as employed by the skater in timing a dance. The bar is usually commenced with an accented beat.

Barrier

The perimeter of the skating surface.

Barrier Lobe

Any lobe belonging on the barrier side of a dance baseline.

Baseline

A real or imaginary reference line.

- a. Posture - An imaginary line from the center of the skating foot through the hip and shoulder lines.
- b. Team - An imaginary line forming the axis around which the members of a team rotate.
- c. Dance - The imaginary line on the skating surface around which the steps of a dance are patterned, and which separates center and barrier lobes. The pattern line of a dance.

Beat

A musical term; a regular throb or pulse of the music.

- a. **Strong Beat** - A beat with heavy accent, often called the "down beat."
- b. **Weak Beat** - A beat with light accent.
- c. **Off Beat** - A beat without accent.

Body Movements

The choreographic movements of the arms, bust, head, free leg. Must clearly affect the balance of the skater(s).

Boeckay

A 1 1/2 Turn Jump performed from a RIF take-off, counterclockwise rotation, to a LIB landing. Can also be done from a LIF take-off, clockwise rotation, to a RIB landing. This jump is not recognized in World Skate events.

- a. Single Boeckay - 1 1/2 turns in the air
- b. Double Boeckay - 2 1/2 turns in the air
- c. Triple Boeckay - 3 1/2 turns in the air

Boeckl

A 1 1/2 Turn Jump performed from a RIF take-off, counterclockwise rotation, to a ROB landing. Can also be done from a LIF take-off, clockwise rotation, to a LOB landing. This jump is not recognized in World Skate events.

- a. Single Boeckl - 1 1/2 turns in the air
- b. Double Boeckl - 2 1/2 turns in the air
- c. Triple Boeckl - 3 1/2 turns in the air

Border Dance

A dance whose steps have no prescribed location on the skating surface. A dance skated so that the movement of the skater/team changes the starting location of each successive pattern, and therefore, the position of the steps on the surface.

Bracket (Br)

A one-foot turn from a forward edge to an opposite backward edge (or vice versa) with rotation in a direction contrary to the initial edge.

Bridge

The arc between double threes.

Broken Ankle (also called Broken)

A pivot spin variation in which the ankle is disjointed to the side of the skate and spun on two wheels. The most common are the IB Broken Camel (inside front and back wheels) and the OB Broken Camel (outside front and back wheels).

Bunny Hop

A move in which the entire body elevates off the floor, similar to a jump, however this has no rotation. A bunny hop is executed from LF to LF (or LOF to LOF) with a right toe stop landing or RF to RF (or ROF to ROF) with a left toe stop landing. The free leg swings forward on take-off. On landing, the toe-stop of the free foot takes the surface slightly ahead or alongside of the landing foot.

- a. **Toe Bunny Hop** - Starting on a RF with the left leg extended in front, the left toe-stop hits the skating surface while the right foot simultaneously slides forward. The jump is off the left toe-stop with the right leg extended forward in the air. The landing is on the right toe-stop pushing onto a LF. No edges required, however may be done on edges. Can also be done vice versa.
- b. **Double Bunny Hop** - Starting on a LF with the free leg extended in back, the right leg swings forward while jumping at the same time. The left leg scissors forward in the air. The landing is on the left toe-stop pushing onto a RF. No edges required, however may be done on edges. Can also be done vice versa.
- c. **Back Bunny Hop** - Same as the Bunny Hop except the movement is backward. The free leg swings backward on the take-off, the toe-stop of the free foot takes the surface slightly behind or alongside of the landing foot.
- d. **Back Toe Bunny Hop** - Same as the Toe Bunny Hop except the movement is backward. Starting on a RB with the left leg extended in back, the left toe-stop hits the skating surface while the right foot simultaneously slides backward. The jump is off the left toe-stop with the right leg extended backward in the air. The landing is on the right toe-stop pushing onto a LB. No edges required, however may be done on edges. Can also be done vice versa.

Carriage

The manner in which the body is held while skating.

Center

1. The point around which a circle is described.
2. A point around which the body revolves, pivots, rotates, or turns.
3. The centerline of a rink, either real or imaginary.

Center Lobe

Any lobe belonging on the center side of a dance baseline.

Championship

An official USARS sanctioned competition from which participants qualify to the next higher championship leading to the national and world competitions.

Change of Edge (C-E)

A change of curve from outside to inside, or vice versa, on one foot without a change of direction of the skate.

Chassé

A step that does not pass the old tracing foot. A step, the completion of which does not involve or permit a trailing position of the unemployed foot. The chassé is to correspond to the close or paused steps in ballroom dancing. The five types of Chassés are:

- a. **Crossed** - A Chassé in which the free foot is placed on the floor crossed behind the engaged skate when skating forward and crossed in front when skating backward. The skate leaving the floor should not be lifted over the skating foot, but passed closely around the toe (or heel when backward) to the "and" position.
- b. **Dropped (Cut Step)** - A Chassé during the execution of which the new free foot is moved against or into the line of travel.
- c. **Swing Dropped** - A dropped Chassé where the free foot moves (past the employed foot) to the leading position before becoming the employed foot at the 'AND' position.
- d. **In Line** - A Chassé for the execution of which the new tracing foot takes the surface in line with the old.
- e. **Raised** - A movement in which the free foot, during the period of becoming the skating foot, does not pass the original skating foot but is placed on the floor beside the skating foot with the new free foot remaining alongside the new skating foot. In most cases Raised Chassés are not more than one beat in length.

Cheated

A content item performed incorrectly while having the false appearance of correctness.

When referring to jumps:

- a) **Under rotated** (<) - The number of rotations is incomplete by $\frac{1}{4}$ or less of a rotation.
- b) **Half rotated** (<<) - The number of rotations is incomplete by more than $\frac{1}{4}$ through to and including $\frac{1}{2}$ of a rotation.
- c) **Downgraded** (<<<) - The number of rotations is incomplete by more than $\frac{1}{2}$ of a rotation.

Checking

The intentional halting or decreasing of rotational momentum during a jump or spin. Also called Checking Out.

Choctaw

A two-foot turn from a forward edge to the opposite backward edge or vice versa.

- a. **Closed** - A Choctaw with the free leg in front of the body after the turn. In this type of turn, the free foot upon becoming employed, strokes past the tracing foot, which moves the leg into a closed position. The final closed hip position gives this Choctaw its name.
- b. **Open** - A Choctaw with the free leg behind the body after the turn. In the forward-to-back variety, the turn is executed heel to heel with the new free foot moving into the line of travel as the old free foot takes the floor. In the back-to-forward variety, the turn is executed from behind the heel, with the free leg trailing after the turn.-

- c. **Dropped** - A Choctaw, either open or closed, where the second or turn edge is not held longer than one beat.
- d. **Held** - A Choctaw, either open or closed, in which the second or turn edge is held longer than one beat of music.
- e. **Swing** - A Choctaw in which the free foot is swung forward passed the skating foot and is brought back close behind the skating foot before stepping down. It may be either an open or closed Choctaw depending on where the new skating foot takes the floor and the position (open or closed) of the new free hip.

Choctaw Jump

A Two Foot, Half Turn Jump from a forward edge to the opposite backward edge, or vice versa. Can be performed with either counterclockwise or clockwise rotation in the air. This jump is not recognized in World Skate events.

Choreographic Footwork Sequence

The sequence is free. The skater(s) must demonstrate the ability to skate with the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, Ina Bauer, spread eagles, (not declared) one-rotation jumps, quick spins. It will have a set value of 2.0 (in Free Skating) or 3.0 (in Solo Dance). The technical panel will call the element and the judges will give their QOE. The sequence must start from a standing position and must use the whole skating surface (depending on the rules set).

Choreography

The composition and arrangement of jumps, spins, and footwork on the skating surface accompanied by a particular piece or pieces of music which evokes the character of the movements.

Chugging

A tracing error in which the body weight shifts from the front to the back of the skate, or vice versa, thereby impeding purity of roll.

Clean

A content item performed correctly according to its official description.

Closed

- a. A position of the free leg in front of the body after a turn.
- b. Hip rotation of the free leg inward.
- c. (Dance) A face-to-face position of partners.

Closed Scoring

A method of scoring in which the judges' grades are tabulated by the scoring officials without prior public display or announcement of grades or placement ordinals.

Closed Competition

A competition requiring prior qualification.

Closing a Circle

(Figures) The point at which the old tracing skate touches the new circle to be skated at the point of take-off within the strike zone.

Cluster

Sequence of at least (3) different turns executed on one foot. Change of edge is allowed after the 3rd turn if a skater chooses to perform a cluster with more than three (3) turns.

Colledge

A 1 1/2 Turn Jump performed from a LOF take-off, counterclockwise rotation, to a LIB landing. Can also be done from a ROF take-off, clockwise rotation, to a RIB landing. Also called a Colledge Axel. This jump is not recognized in World Skate events.

- a. Single Colledge - 1 1/2 turns in the air
- b. Double Colledge - 2 1/2 turns in the air
- c. Triple Colledge - 3 1/2 turns in the air

Combination

A sequence of connected items performed in succession without interruption.

Combination Jump

In free skating, a series of two or more jumps where the landing edge of the first jump is the take-off edge for the second jump, etc.

Complete

Executed successfully. Possessing all necessary parts, items, components, or elements. Not lacking anything necessary. Finished.

Components

Skating Skills, Transitions, Performance, Choreography used in evaluating and scoring a skater.

Composition

The design or arrangement of items in a free skating/pairs program in proper proportion or relation to the whole skating surface.

Competition

A USARS sanctioned contest among skaters.

Compulsory Dance

A dance event where the dances are set-pattern or border-pattern and the steps of the dances are prescribed.

Confirmed

In order to be considered confirmed in World Skate disciplines, an item must meet the mandatory minimum characteristics

Contact Skating

In pairs, movements executed while partners remain in contact with each other.

Content of Program

The actual items performed by a skater or team in a program. See Technical Merit.

Contents List

The list of items in a program, prepared in advance and provided by the skater.

Contest

Skaters performing before judges for placement in order of skill. A competition in which each contestant performs without direct contact with or interference from competitors.

Contestant

Any skater who participates in one or more events of a contest.

Contestant Team

Any two skaters who participate in one or more events of a contest as a unit, as required by the specific rules for the given contest.

Continuous Baseline

In dance skating, an imaginary continuous line running around the skating surface, in relation to which the correct lobes (or flats) of a border dance or international dance are placed. In patterns with straightaways, this portion of the continuous axis would have two straight longitudinal references parallel to each other, which are connected at the ends with a semi-circular type reference. Also called a Continuous Axis.

Cork Screw

An IB Sit to IB Camel Combination Spin. Usually preceded by another Camel.

Corner

The area of a skating surface permitting the shortest linear dimension parallel to the barrier, or at right angles to the straightaway. The area of a skating surface of least length. That part of a dance specifically designed to connect one straightaway with the other.

Corner Steps - Steps of a dance, which are to be skated only on the corners of the rink.

Count

- a. Music - The numerical reference to the beats of each measure of music.
- b. Skating - The numerical reference to the beats of a step, which may involve one or more musical measures to provide a skating measure, and which may or may not agree with the musician's count.

Counter (Co)

A one-foot turn without a change of edge with the rotation counter to the direction of the initial edge.

Counter Position

(Free Skating) The athlete has the free leg and corresponding arm from the opposite sides of the frontal plane.

Credit (also called Value)

An acknowledgement that something is done well. Usually reflected in a higher score given by a judge.

Cross Over

A means of gaining momentum in forward skating by crossing the free foot (striking foot) in front of the employed foot (thrusting foot) while extending the new free leg

(pushing) out of the circle being skated. Sometimes referred to as **Stroking**.

Cross Pull

A primary source of momentum in which the free foot is pulled or forced across the tracing foot. Also called Cross Cut.

Cross Stroke

(International Dance) A step started with the feet crossed when the impetus is gained from the outside edge of the foot, which is becoming the free foot. During the execution of this step, the free foot takes the floor across the tracing and ahead of the toe of the skating foot before stroking.

Crossed Foot

The foot to be employed moved across the old in such a manner that the next step will be made past the in-line position.

Crossed Step

- a. **Forward (XF)** - A step in which the free foot is placed on the floor along the outer edge side of the skating foot with the calf of the free leg crossed in front of the shin of the skating leg. Also called a Cross in Front.
- b. **Behind (XB)** - A step in which the free foot is placed on the floor along the outer edge side of the skating foot with the shin of the free leg crossed behind the calf of the skating leg. Also called a Cross Behind.

Crossed Tracing

- a. (Dance) - Tracing of succeeding steps on overlapping arcs, either convergent or concentric.
- b. (Figures) - An error in which the free leg or free foot is carried across the tracing foot.

Crown

The deepest arc of a loop.

Curtsy

A two-foot movement where the two front wheels of the trailing skate are touched to the floor directly behind and tracking the heel of the leading skate.

Cusp

- a. The point of any one-foot turn.
- b. The two small curves comprising the deviation from the arc and the point of intersection of any one-foot turn.

Dance Positions (Dance Holds)

The hold is defined by the placement of the man's right arm/hand with respect to the woman (or by the man's left arm/hand for Reverse positions, such as Reverse Kilian).

1. Waltz Position (A Position, Closed Position):

Partners face each other directly, one skating forward while the other skates backwards. The man's right hand is placed firmly against his partner's back at her shoulder blade with elbow raised and bent sufficiently to hold her close. The woman's left hand is placed against the man's right shoulder with her arm resting comfortably on his,

elbow to elbow. The man's left arm and woman's right arm are extended at average shoulder height. The shoulders are parallel.

2. Killian-Position (Side B Position):

Partners face in the same direction, woman at the right of the man, man's right shoulder behind woman's left. Woman's left arm is extended in front across man's body to his left hand, while his right arm is behind her back. Both right hands clasped and resting at her waist over hip bone. This position may also be reversed, with the man at the right of the woman, both hands clasped and resting at her waist over the left hip bone (Reverse Kilian).

3. Tandem Position (C Position):

Skaters positioned directly behind each other, skating identical edges. Hold can be either both hands for both skaters, on woman's waist, or one hand on woman's waist (both skaters) with the other one outstretched.

4. Foxtrot Position (D Position, Open Position):

Hand and arm positions are similar to those of the Closed position, but the partners turn slightly so that both may skate in the same direction. The man's left hand and the woman's right hand lead. This position may also be reversed, with the man on the woman's right side.

5. Promenade Position (Trailing Open Position):

Same as the Foxtrot or Open D, except that the clasped leading hands are reversed, following the couple rather than leading the couple.

6. Tango Position (F Position, Side Closed Position):

Partners face in the same direction, one skating forward while the other skates backwards. Unlike the Waltz or Closed A position, partners skate hip to hip, the man either to the right or left (Reverse Tango) of the woman.

7. Hand-in-Hand Position (G Position):

Partners face in the same direction and are side by side with arms comfortably extended, the man's right hand in his partner's left. The woman is on the right side unless otherwise noted.

8. Crossed Arms (H Position):

Same as the Killian B position, except that rather than being on the woman's right hip, the man's right hand is placed in front of the woman and both partners clasp hands close to the woman's torso.

Dayney

A Full Turn Jump from a LOB take-off, counterclockwise rotation, to a ROB landing. Can also be done from a ROB take-off, clockwise rotation, to a LOB landing. Also called a Toeless Lutz. This jump is not recognized in World Skate events.

Definition

Applies to turns, threes, brackets, rockers, counters; meaning two equal spirals (curves or edges) which point the turn in the proper direction and on the proper edge. (Example: A turn has definition when it points in the proper direction with equal curves and proper edges.)

Degree of Difficulty

The level of skill needed to perform an item correctly relative to other items of the same kind.

Diagram

A drawn or printed pattern. The official print of a dance or figure.

Direction

- a. Direction of edge - clockwise or counterclockwise progression of a curve.
- b. Direction of rotation - turning of the body in a clockwise or counterclockwise direction.
- c. Direction of skate - forward or backward progression of a skate.
- d. Direction of travel - the general direction of a skater or team of skaters, either clockwise or counterclockwise around the rink.
- e. Direction of turn - clockwise or counterclockwise rotation during a turn.
- f. Forward - The body facing toward the direction of travel.
- g. Backward - The body facing away from the direction of travel.

Double Three

- a. Two consecutive three turns on the same foot and the same arc.
- b. (Figures) Two three turns on the same figure circle, remaining on one foot, with the placement of the turns dividing the circle into thirds.

Double Repetition (Double Tracing)

Skating a figure two consecutive times without pause, completed by the stroke into the third repetition or by rolling off the circle at the short axis, having completed two tracings.

Draw

(Dance) Movement of the free leg in preparation for a turn on steps not permitting swings. Draw is used only on steps of four beats or longer during which rotation or preparation for a turn must be made.

Drawing Procedure

The method by which the skating order of the contestants or contestant teams is to be and is determined, as prescribed by rule.

Dropped

Not held longer than one beat of music. See Choctaw, Mohawk, and Three Turn for specific classifications. (Chassé) With the free leg moved against the line of travel into a leading position (see Chassé).

Edge

A constant curve traced by the employed skate.

- a. **Hooked Edge**— An abruptly deepened curve.
- b. **Change of Edge (C-E)** - A change of curve from outside to inside or vice-versa on one foot without a change of direction of the skate.

Employed

In use. Tracing.

- a) **Employed Foot or Skating Foot** - The foot and skate in contact with the surface, carrying the body weight.
- b) **Employed Leg or Skating Leg** - The leg of the employed foot.
- c) **Employed Knee or Skating Knee** – The knee of the employed foot.
- d) **Employed Skate** - The skate in contact with the skating surface or if both feet are on the surface, the skate that carries the weight of the body. The tracing skate.

Entry

- a. Refers to the entrance of an element.
- b. Refers to a skater/team coming on to the skating surface.

Euler (also known as Thoren (Th) or Half Loop)

A full rotation jump from a ROB take-off, counterclockwise rotation, to a LIB landing with counterclockwise rotation. Can also be done from a LOB take-off to a RIB landing with clockwise rotation. When used as a connecting jump, it has no value (except in Mini and Tot).

Event

Any one part of a contest; elimination, semi-final, or final or any subdivision in the skating of a contest, but not the performance by each individual entry.

Excessive Lift

A movement, which carries the entire, body and skates higher than just slight elevation off the floor during footwork movements. Obvious jumping effort.

Exit

- a) Refers to the completion of an element or item.
- b) Refers to a skater/team leaving the skating surface.

Fall

- a) The lowering of the body by action of the tracing knee and ankle as applied in rise and fall.
- b) The complete loss of balance involving body contact with the skating surface or any part of the body touching the skating surface, in order to prevent a complete loss of balance.

False Lean

A lean that does not maintain a straight posture baseline; also called a double lean.

Figure (also called School Figures)

A prescribed movement symmetrically composed of at least two circles, but not more than three circles, involving primary and secondary movements, with or without turns. Figures are skated on circles, which have been drawn on the skating surface.

Flat

A straight line traced by the employed skate, not on an edge or curve.

Flat Back

A slang term, which describes the correct and completed landing of any backward, landing jump (without a hook, toe-stop assist, or cheat of any kind). A backward landing, which is completed on the same arc on four wheels on the prescribed edge according to the official description of the jump.

Flight

(Dance) The skating of two, three, or four skaters or teams at the same time in an event of a dance contest. Groupings of the contestant skaters or teams in a dance contest.

(Free Skating/Pairs) The trajectory of a jump. The component of a jump in which the skater is airborne.

Flip (F)

A toe-assisted jump that takes off from a backwards inside edge. Counterclockwise rotation from a LIB take-off with a right toe plant to a ROB landing. Clockwise rotation from a RIB take-off with a left toe plant to a LOB landing.

Flow

An unimpeded motion that proceeds smoothly and evenly without apparent effort.

Following

In the direction, which has been traced. The next step in a sequence. Acceptance by one partner of the harmonious relationship with the lead partner.

Footwork

Specialized intricate steps used as an interpretive ingredient of a program.

- a) **Primary Footwork** – Forward or backward footwork not including turns.
- b) **Secondary Footwork** - Footwork including two-foot turns but no one-foot turns.
- c) **Advanced Footwork** - Footwork including one-foot turns.

Footwork Sequence Types

- a) **Straight line** - skated the full length of the floor surface on the long axis
- b) **Diagonal** - skated as fully corner to corner as possible
- c) **Circular** - may be skated counterclockwise or clockwise utilizing the full width of the floor surface on the short axis
- d) **Serpentine** - commences in either direction (clockwise or counterclockwise) at the long axis at one end of the floor and progresses in three bold curves or in two bold curves S-shaped and ends at the long axis of the opposite end of the rink, the pattern should utilize the full length of the floor.
- e) **“V” Pattern** - A pattern of footwork that starts on a short side of the floor, progresses to the opposite long side of the floor, and finishes on the second short side of the floor.

Forced Edge

Tracing made with the weight outside the arc, or with the ankle dropped.

Form

Posture, carriage, and movement combined.

Forward (F)

The tracing foot moving in the direction of its toes.

Free

Not in use. Not in contact with the skating surface, or not carrying the weight of the body. Unemployed. Term is also used to refer to parts of the body on the same side as the free foot.

Free Skating (also called Free Style)

Individual and original composition of movement and pattern without prescribed routine. The basic movements in a free skating program consist of jumps, spins, and footwork, which are blended in harmony with the skater's music.

Friction

A generic term that shows the passive phenomena that occurs in the relative motion of two objects making contact. The basic types are static sliding friction, dynamic sliding friction, and rolling friction.

Frontal Plane

The plane that divides the body into front and back parts

Glide

An uninterrupted flowing motion.

Grade

The numerical value assigned to a competitive requirement by an individual judge.

Grip

The method of hand contact in the various hold positions. For Dance these will be:

- a) **Standard** - The established or prescribed method of hand contact for any given position.
- b) **Thumb Pivot Grip** - A method of hand contact wherein the man to permit a change from Kilian (B) Position to Reverse Kilian (Reverse B) Position without a change of grip and without releasing contact clasps the woman's thumbs. Identical side-by-side turns may be executed in this position without changing relation of partners to the pattern.
- c) **Cross Arms** - A method of hand contact which permits oppositely rotated but compatible turns to be executed without changing the relation of partners to the pattern of a dance. See Cross Arm Kilian (H) Position.
- d) **Tandem** - The modification of standard Kilian (B) hold permitting the man to skate directly behind the woman. The woman brings her right hand up to a position directly in front of her right shoulder. The man's right hand clasps the woman's right hand with his forearm and wrist directly at the woman's right armpit.

Heel Spin

A pivot spin variation in which the toe wheels are lifted off the floor and the heel wheels pivot at the center of the spinning circle.

Height

The maximum vertical distance the body travels above the skating surface during the flight of a jump. The apex of a jump.

Held

Employed for longer than one beat of music. See Choctaw, Mohawk, and Three Turn.

High Wrap

The body position during the flight of a jump in which the thigh of the free leg is high with the free foot at the same height of the employed knee. This position is commonly used in jumps of single rotation or in the landing of jumps.

Hitching

An incorrect movement of the employed skate which involves skidding the leading wheel to assist a take-off, execute a turn, or conform to a designated pattern.

Hold

The relationship of man and woman to each other in partnership without regard to method of hand contact. For dance definitions of each hold, see Dance Positions.

Hook

A term used to describe the action of the employed skate during the take-off and/or landing of a jump which resembles the shape of a "J". The tracing skate creates a sharp half-arc at the beginning or the ending of an edge.

Hop

A movement where the body elevates and both skates leave the floor but there is no rotation.

Hyper-extension

The over-straightening of a flexed limb.

Incomplete

A dance or figure in which the skater or team does not perform all of the prescribed parts.

Individual Score

The grade assigned by a judge to an individual requirement of a competition, i.e. to each dance, each figure, technical merit or manner of performance.

Inside Edge (also called Inner (abr. I))

A curve wherein the inside of the foot (big toe side) is toward the center of the curve being skated.

Integer System

The official grading system for competition utilizing whole numbers from 0 to 100 without the use of any fractions or factors. See Score.

Interpretation

A display of understanding of the music used by the skater. This is the individual's movements in harmony

with the rhythm, tempo, and mood of the program's music.

Interpretive Movement

1. A movement, which imparts feeling or character to an item.
2. A series of steps or chain of footwork or movements which impart feeling or character to a routine, when a musical rendition which, because of its pace, mood, or accent lends itself to a performance of individual character or feeling.

Interpretive Routine

A composition of skating movements, which bear a positive and identifiable relationship to the music used.

Inverted Camel (also called Inverted)

A spin variation in the camel position with the shoulders and hips front side up with 180° rotation of the body (in inverted position).

Item

A single movement of a program. Also called an element.

Judge

An official commissioned to determine the value of a skater's performance, or to assign an order of placement to contestants or contestant teams in a contest according to the level of skill.

Jump

A movement, created by a bending and extension of the legs, that carries the entire body and skates off the skating surface and lands on 1 or 2 feet. It can be executed with or without rotations.

1. **Standard Jump** - Any jump with a generally accepted name or official description.
 - a) **Half Turn Jump** - A jump employing 180 degrees of rotation (1/2 turn in the air). Has the option to land via a left toe-plant to RIF landing or a right toe-plant to a LOF landing for counterclockwise rotation and vice versa.
 - b) **Full Turn Jump (Single Jump)** - A jump that has a full rotation (360 degrees) in the air. For the axel, the rotations are 1 1/2.
 - c) **1 1/2 Turn Jump** - A jump employing 540 degrees of rotation (1 1/2 turns in the air).
 - d) **Double Jump** - A jump that has two full rotations (720 degrees) in the air. For the axel, the rotations are 2 1/2.
 - e) **2 1/2 Turn Jump** - A jump employing 900 degrees of rotation (2 1/2 turns in the air).
 - f) **Triple Jump** - A jump that has three full rotations (1080 degrees) in the air. For the axel, the rotations are 3 1/2.
 - g) **3 1/2 Turn Jump** - A jump employing 1260 degrees of rotation (3 1/2 turns in the air).

h) **Quadruple Jump** - A jump that has four full rotations (1440 degrees) in the air. For the axel, the rotations are 4 ½.

2. **Jump Series** - A succession of jumps in a row similar in appearance to a Combination with the exception that turns, changes-of-edge, footwork or other items are performed between any of the jumps.
3. **Connecting Jump** - A Single Jump that is used as a link to jumps with more than one rotation in a Combination. In World Skate events (except Mini and Tot), these have no technical value and are also referred to as **No Jump (NJ)**.
4. **Set-Up Jump** - A Half Turn Jump used to prepare the rhythm, body position, and take-off edge of a subsequent jump of higher difficulty.
5. **Step Jump** - A Half Turn Jump from one foot to the other foot without excessive lift, toe-plant, or toe-stop assist.
6. **Jump Variation** - Any hop, leap, or jump that is out-of-the- ordinary or may not be a listed standard jump. Also, any standard or recognized jump with varied arm and/or leg positions which are visually pleasing and musically interpretive.

Landing

The concluding and final component parts of any jump, leap, or hop.

1. Landing Edge - The edge traced by the landing skate.
2. Landing Foot - The foot of the landing skate.
3. Landing Position - The form of the body during a landing.
4. Outside Landing - Landing skate tracing an outside edge.
5. Inside Landing - Landing skate tracing an inside edge.

Layover Camel

A spin variation in the camel position with the shoulder line and hipline perpendicular to the skating surface in the open position.

Leading

- a) In the direction to be traced.
- b) In position to control or having control of the movement being executed. Applies only to team skating.
- c) The act of controlling the movement being executed.

Leading Partner

The member of the team in position to control the movement skated.

Lean (also called Inclination)

The inclination of the body to either side of the vertical.

- a) **True Lean** - Lean with a posture baseline.
- b) **False/Double Lean** - Lean without a posture baseline.

Leap

A free skating movement not involving a turn that carries the entire body and skate off the skating surface.

Lift

- a) (Pairs) A movement in which a partner is assisted aloft.
- b) (Team Dance) An action whereby one partner is elevated to a higher level (the lifted partner's waist not higher than the lifting partner's head, or the lifting partner's hands not higher than their own head), sustained for at least two (2) seconds, and set down, with the impetus of the lift provided mainly by the partner remaining on the skating surface.

Line of Travel

Same direction of travel.

Link Step

Step used to connect items of a free skating/pairs program.

Lobe

In dance skating, any step or sequence of steps on one side of the continuous baseline, approximating a semicircle in shape. A curved portion of a dance pattern beginning and ending at the baseline.

- a) **Barrier** - Any lobe belonging to the barrier side of the baseline.
- b) **Center** - Any lobe belonging to the center side of the baseline.

Loop (Lo)

- a) An edge that spirals in, half circles around, and spirals out to cross itself.
- b) (Figure Skating) A consecutive pair of matched spirals centering on the long axis of a circle.
- c) (Free Skating) A jump starting and landing on the same edge, with rotation in the direction of the edge. Counterclockwise rotation is ROB to ROB and clockwise rotation is LOB to LOB.

Low Wrap

The body position during the flight of a jump in which the legs and feet are crossed below the knees. This position is commonly used in jumps that are double rotation or more.

Lunging

An incorrect movement wherein the upper part of the body is thrust forward in an effort to increase momentum.

Lutz (Lz)

A toe-assisted jump that takes off from a backwards outside edge (that rocks over to the inner edge on takeoff). Counterclockwise rotation from a LOB take-off with a right toe plant to a ROB landing. Clockwise rotation from a ROB take-off with a left toe plant to a LOB landing.

Manner of Performance

- a) The way or style in which a skater executes the movements of a free skating/pairs routine.
- b) The grade given for the execution of a dance or free skating program. (See Artistic Impression)

Mapes

A Full Turn Jump from a ROB take-off with a left

(L) toe-plant, counterclockwise rotation, to a ROB landing. Can also be done from a LOB take-off with a right (R) toe-plant, clockwise rotation, and a LOB landing. This jump is not recognized in World Skate events.

Maximum Grade

The highest grade or mark a skater may receive from any one judge.

Mazurka

A jump variation in which there is a scissoring action with the legs extended downward and straight, with the feet crossed below the knees.

Medium Wrap

The thigh of the free leg is not very high, and the free foot is at the height of the calf. This position is commonly used for jumps greater than single rotation and on the landing of jumps.

Meet

A competition where more than one contest is scheduled to be conducted.

Minimum Grade

The lowest grade or mark a skater may receive from any one judge.

Mohawk

A two-foot turn from a forward edge to a similar backward edge or vice versa.

- a) **Closed** - A Mohawk with the free leg in front of the body after the turn. In this type of turn the free foot, upon becoming employed, progresses past the tracing foot. The final closed free hip position gives this Mohawk its name.
- b) **Open (American Dance)** - A Mohawk with the free leg behind the body after the turn. In the forward to backward variety the turn is executed heel to heel. In the backward to forward variety the turn is executed from behind the heel, with the free leg trailing after the turn with the leg moving into open position.
- c) **Open (International Dance)** - In the forward to backward variety, a Mohawk in which the free foot is aimed approximately heel-to-instep (along the inner edge side of the skating foot), or heel-to-heel if specified as such. In the backward to forward variety the turn is executed from behind the heel, with the free leg trailing after the turn with the leg moving into open position. Following the weight transference, the position of the new free foot is trailing the heel of the new skating foot. The open free hip after the turn gives this mohawk its name.
- d) **Swing Mohawk** - A Mohawk in which the free leg is swung forward past the skating foot and is brought back close beside the skating foot before stepping down. It may be either an open or a closed swing mohawk depending on where the new skating foot takes the floor and the position (open or closed) of the new free hip.
- e) **Dropped** - A Mohawk, either open or closed, after which the second or turn edge is not to be held longer than one beat.

- f) **Held** - A Mohawk, either open or closed, the second or turn stroke of which is held longer than one beat of music.

Mohawk Jump

A Two Foot Half Turn Jump from a forward edge to a similar backward edge or vice versa. Can be performed with either counterclockwise or clockwise rotation in the air. This jump is not recognized in World Skate events.

Momentum

The strength or force that is a result of a skater's continuous movement or motion.

Non-interpretive Routine

A composition of skating movements which bear no particular relationship to the music used. A routine in which the relationship between movement and music is not recognizable.

Novelty Move (also called Quirk)

A new or unusual move in a content item.

Official

Bearing approval or authority. Any person commissioned to administer, execute or apply rules and regulations.

- a) **Contest** - A contest that is part of or leads to or toward the United States Championships.
- b) **Rule** - A published regulation limiting, controlling, or affecting the entry, participation, conduct, or procedure of a contest, membership, or associate membership.
- c) **Ruling** - An interpretation or directive by an authorized official or official body made in accordance with published rules.

Open

The free leg behind the body. A position of the body in which the free hip, leg, knee, and foot are rotated outward.

Open Competition

Not requiring qualification from a prior contest of lower rank.

Opening Steps (also called Starting Steps)

Preliminary edges or flats used to gain or build momentum for the execution of the required edges or flats of a dance.

Optional

Permitted but not required. Subject to choice. Extended in Dance as follows:

- a) **Hold** - Selective or discretionary use of hand contact, but with required body position.
- b) **Pattern** - Arrangement of lobes and/or steps of a dance subject to the skater's choice within the limits prescribed for each specific case.
- c) **Opening** - Preliminary steps permitting skater's choice of edge or edges within prescribed musical limits.

Ordinal

A number indicating an individual judge's placement of a contestant or contestant team.

Outside Edge (also called Outer (abr. O))

A curve wherein the outside of the foot (small toe side) is toward the center of the curve being skated.

Overhead Lift

In pairs, a lift in which the woman is held aloft (above the man's head) by using one or both arms extended above his head in a locked position.

Over Rotation

The excess rotation of the body during the landing of a jump due primarily to the lack of halting or decreasing the rotational momentum before or upon landing.

Pace

The equal rate of movement of the employed skate and body around a figure.

Pairs Skating

A free skating event in which a team consisting of a man and a woman performs a series of spins, lifts, jumps and connecting footwork in unison with a musical selection.

Parabola

The distance between the take off of a jump and the landing of a jump.

Paragraph Figure (also called One Foot Eight)

A figure using two circles which requires the completion of both circles on each take-off. May or may not involve turns.

Parallel

- a) Position - Relationship of partners wherein hips and shoulders are parallel to each other.
- b) Take-Off - Both feet directly alongside each other and on the same arc at the instant of weight transfer.

Pat Lowe

A Full Turn Jump performed from a RIB take-off, counterclockwise rotation, to a LIB landing (no toe-stop assist on take-off or landing). Can also be done from a LIB take-off, clockwise rotation, to a RIB landing. This jump is not recognized in World Skate events.

Pattern

(Free Skating/Pairs) The course in which a skater/team travels during a free skating/pairs routine.
(Dance) The prescribed relationship of the steps of a dance to a dance baseline.

- a) **Border** - Steps of a dance having a prescribed relationship to a baseline but without a prescribed location on the floor.
- b) **Set** - A repeating pattern of dance steps, set to a stationary baseline or continuous baseline, where the corner or straightaway steps fall in the same place upon each repetition.

Performance

The physical, emotional and intellectual involvement of the skater/couple/team to the intent of the music and choreography. Execution is the quality of movement and precision in delivery. It includes harmony of movements in pairs and dance. Criteria: carriage, clarity of movement, style, personality and individuality, clarity of movements, variety and contrast, projection, unison (pairs, dance), balance in performance, spatial awareness between partners (pairs, dance).

Phrase

A short musical expression or group of measures. The number of measures to each phrase varies with the type of music.

Pigeon Toe

A skating movement in which the toe of the free foot is rotated inward toward the skating foot.

Pisces

A jump variation in which the skater performs a partial backbend in the air with the legs and arms rounded backward. Also called an Arch Back Jump. This jump is not recognized in World Skate events.

Pivot

- a) A rotation of the body around one side, sometimes with the use of the toe-stop of the employed skate.
- b) (Figures) - A movement during the change of feet at circle intersections; to facilitate the thrust required for sufficient momentum, and still allow the required tight closure of the circle. The trailing wheels of the thrusting skate hold the weight while the skate holds the line into the strike zone. The leading wheels slide until the skate is in a position not quite parallel to the long axis, then stopping the slide, sharply, but not violently, thrusts from the inside of the skate. A pivot becomes a hitching error if it does not occur simultaneous to the thrust onto the striking foot.

Placement

- a) The rank achieved by a contestant or contestant team.
- b) The location of turns and take-offs of a given figure.

Placed Step

Any step which takes the floor without a gliding motion. Also referred to as a Chopped Stroke.

Planing

A system of body inclination employing horizontal and parallel alignment of the head, shoulders, and hips to the center of the arc.

Point

Extension of the toes of the free foot away from the body.

Position

- a) **Body** - The relation of members of the body to the torso.
- b) **Team** - The relation of partners to each other.
- c) **Parallel AND Position** - Immediately alongside and parallel to the tracing skate.

- d) **Angular AND Position** - Immediately alongside and angular to the tracing skate.

Posture

Body position used by a skater. Position which will create a vertical baseline through the body.

Posture Baseline

An imaginary line from the center of the skating foot through the hipline and shoulder line.

Primary Movement

An edge or combination of edges not involving a turn.

Principle Parts of the Figure

Take-offs, turns, and changes of edge.

Proficiency Achievement Test

A group of dances, school figures, or free skating items intended to classify the level of development of an individual skater.

Program (also called Routine)

The presentation by a skater of an organized system of skating movements, either original or standardized.

Progressive

A step which moves ahead of the old tracing foot in the direction of travel, thus bringing the new free foot off the floor trailing the new skating foot. It should be noted that the striking foot is not crossed at the point of strike, yet the resulting free leg may cross the trace as it creates the impetus of the stroke. See also Run.

- a) **Crossed** - A progressive in which the new tracing foot crosses the old.
- b) **In Line** - A progressive for which the new tracing foot is placed in line with the old.

Progressive Running Steps

A series of progressive steps executed on successive beats of music, not involving cross steps, chasses, or changes of direction.

Progression

Movement of a skater or skates on the surface from one location to another in a continuous manner.

Pulled

A take-off or landing which creates a new arc.

Pumping

The incorrect use of hitching and/or body movements designed to gain momentum in a spin.

Pure Edge

An arc of a given circle. An edge without variation in the degree of curvature.

QOE (Quality of the Element)

Refer to RollArt, the System.

Qualification/Qualify

Meeting the requirements for participation in any category in a contest. Advancing from one event to the next in a contest.

Qualifying Placement

- a) A place in an event which is high enough to permit advancement to the next event of the same contest.
- b) Placing in any contest in a position which permits advancement to the same contest in the next higher-ranking championship.

Recording

- a) (Music) A musical composition reduced to some medium for reproduction over a sound system.
- b) (Scoring) The act of reducing judge's grades to score sheets or cards, including tabulation and completion of records.

Referee

A commissioned official appointed by the director of a contest to discharge the duties as required by rule and prescribed for contests to be skated.

Requirement

- a) An individual dance or figure which the skater must execute or perform in a contest.
- b) Any rule or regulation which must be met by a member or associate member for any function of the respective organization.

Revolution

A complete circle (360 degrees) created by the progressive motion of a body around a center or axis.

Rhythm

- a) Music - the regularly repeated long and short, as well as strong and offbeat notes which give a type of music its own individual character.
- b) Skating - The movement of the skater's body in harmony with the music, or in harmonious relation with the movement being skated.

Rise

The raising of the body by action of the employed leg or knee.

Rise and Fall

An interpretive raising and lowering of the body to impart rhythm and flow to a dance.

Rock Back

The transference of body weight from the leading skate to the trailing skate without a change of speed.

Rocker (Rk)

A one-foot turn from a forward edge to a similar backward edge, or vice versa, with the rotation continuous with the initial edge and with the cusp inside the original circle.

Rockover

- a) A preparatory body weight shift from one side of the skate to the other, thus changing the edge of the employed skate. Permitting a parallel relationship of the skates at the point of take-off; necessary when moving from an edge on one foot to a similar edge on the other foot.
- b) A preparatory change of lean to permit a graceful transition from one lobe or circle to the next lobe or circle.

Roll

A simple long or short forward or backward outside edge which is in the form of a lobe with the curve in the opposite direction to the preceding edge or lobe. A rolling movement is thus achieved which gives the step its name.

- a) **Regular** - A natural movement of the skates and body from edge to similar edge.
- b) **Cross** - A step or stroke from one edge to a similar edge with the free leg moved into the direction of travel across the employed leg before the step.
- c) **Irregular** - A change of edge at the beginning of a stroke wherein the initial edge is held for less than one beat of music.
- d) **Swing Roll** - A roll held for several beats of music during which the free leg swings past the skating foot before returning to the floor at the "and" position.
- e) The constant, unimpeded flow of the employed skate.

Rotate

(General) To revolve, go around, turn around, or spin.

- a) (Free Skating) The movement of a jump in the air; the act of turning in a circular motion around an axis. Also, the circular movement of a spin.
- b) (Figures and Dance) The movement of the body in preparation for a turn.

Rotated

The completion of turning in a circular motion around an axis which runs lengthwise through the center of the body. The completed number of turns in a jump.

Rotation

A circular motion of the torso in a horizontal plane. A movement of the torso around the posture baseline.

- a) **Concentric** - Rotation of partners at the same time around the same team posture baseline. Rotation of partners at the same time on the same arc.
- b) **Non-concentric** - Rotation of one partner while the other continues in the initial direction. Rotation of both partners at the time when each member of the team turns on a diverging arc.

Run

A movement in which the free foot, during the period of becoming the skating foot, passes the original skating foot, thus bringing the new free foot odd of the skating surface, trailing the new skating foot. Also called a Progressive.

Salchow (S)

A Jump from a LIB take-off, counterclockwise rotation, to a ROB landing. Can also be done from a RIB take-off, clockwise rotation, to a LOB landing.

Sagittal Plane

The plane that divides the body into right and left parts

Sanctioned

Explicit written permission, authorization, confirmation, or recognition of any action by a member or associate member of an organization by the National Governing Body of that organization.

Scissor

A Primary source of momentum employing both skates on the surface of the skating floor employing pressure on the sides of the skates to split apart and close together.

Score (Also called Mark)

The total of grades given by an individual judge to a skater or team for the requirements of an event of a contest.

Scorer

An official who records the marks of the contestants as given by the judges onto official score sheets for tabulation.

Scoring

- a) The act of recording and tabulating the marks of the judges in a contest or event of a contest and determining the results of such contest or event.
- b) The assigning by the judge of individual grades to the various contestants or contestant teams in an event of a contest.

Secondary Movement

A combination of edges involving a two-foot turn.

Sequence

A related series of steps or turns.

Serpentine Eight Figure

A figure employing three circles, the first half circle executed from a take-off in the middle circle, followed by another take-off and skating the full circle. One full repetition consists of a strike-off, half circle, take-off, full circle, take-off, half circle, take-off, full circle.

Serpentine Figure

A figure employing three circles, one and one-half circles being executed on each take-off with a change of edge after the first half circle. This may or may not involve turns.

Set In

The pattern formed by the entrance and exit shoulders of a loop figure.

Shadow Skating

In pairs, skating movements done simultaneously by partners without contact.

Shoot-the-Duck

A forward or backward movement on any edge or flat with the body bent in sitting position with one leg extended out in front of the body.

Shoulders

(Loops) The entry and exit arcs of a one-foot turn or loop.

Showmanship

The ability of a skater to present a performance in a favorable and entertaining manner.

Side Pressure

A primary source of momentum employing pressure against the side of the skate, which is becoming unemployed or in the case of Scissors movements, employing pressure against the sides of both skates at the same time. The term "Side Push" often is used to mean Side Pressure.

Singles

Free skating performed by individuals.

Size

The official dimension of circles measured by diameter, inscribed on the skating surface for use in skating of figures. Official sizes permitted are:

Standard competition figure	6 meters;
Loop Figures	2.4 meters.

Skate Length

In figure skating, the measurement of the skate from axle to axle used to determine the depth of turns, strike zones, etc. Axles are used to determine skate length since it is at that point where the wheel makes contact with the skating surface.

Skating Order

The order in which the contestants perform in a contest.

Skating Skills

Cleanness, sureness, edge control and flow over the skating floor, the clarity of technique and effortless power to accelerate and vary speed. Use of deep edges, steps and turns; Balance, rhythmic knee action and precision of foot placement; Flow and glide: Multi directional skating; use of one-foot skating.

Skating Surface (also called Floor)

The area designated for a skating performance with boundaries on all sides.

Slide

A step where the free foot (4 wheels) is kept on the surface and moved to a leading position and the employed foot remains directly beneath the body.

Slip Step

A progressive with the leg held for two beats. The free leg crosses the trace behind the skating foot.

Solo Dance

A competitive dance event where skaters compete as an individual.

Spin

A series of continuous revolutions around an axis that passes through a portion of the body. See rules for spin duration requirements.

1. **Travel** - A spin in which the axis moves.
2. **Centered** - A spin in which the axis is stationary.
3. **Circle** - A spin in which no wheels pivot and the tracing skate creates a small circle no more than one skate length radius around the center on which it revolves.
4. **Pivot** - A one-foot spin where the weight is centered either on the heel or the toe, and the skate rotates around the point of the pivot.
5. **Two Foot** (or Two Toe) - A spin requiring both feet and that rotates around a body axis simultaneously. It can be performed using the heel wheels of one skate and the toe wheels of the other or the heel wheels of both skates. A two-toe spin uses the front wheels only on both skates.
6. **Heel-and-Toe** - A combination of an IB on one skate and an IF on the other skate with the front wheels of the IF edge and the rear wheels of the IB edge sliding.
7. **Toe** - A spin on the toe wheels of one skate.
8. **Heel** - A spin on the heel wheels of one skate; either in an upright, sit, or camel position.
9. **Toe Stop** - A spin executed on the front wheels and the toe stop of the employed skate.
10. **Crossed-Foot** - Executed on two outside edges, one forward and one backward, with the heels and knees turned out and the legs crossed below the knees.
11. **Faked Crossed-Foot** - A spin with both feet on the surface in crossed position, but with only one foot employed or with both skates on opposite edges, traveling in the same direction.
12. **One Foot** - A spin executed on one skate.
13. **Edge** - A spin wherein the spinning foot traces an edge.
14. **Upright** - A spin in which the body remains in a standing position. The skating leg may be stretched or slightly bent.
15. **Sit** - A spin in which the hips are no higher than the skating knee.
16. **Camel** - A spin executed in an arabesque position (the torso slightly arched, the free leg forms a parallel line to the ground). The free leg position (knee and heel) must not be below the hip.
17. **Combination** - A spin in which one or more change of edge, foot, position, or jumps are performed.
18. **Change** - A spin which involves a change of feet.
19. **Jump Spin** - A spin with a jump as the means of entry.
20. **Spin-Jump-Change-Foot** - A spin that involves a jump and a change of feet between the component spins.
21. **Spin Variation** - Any spin that is out-of-the-ordinary in both body positions and unusual methods of spinning.

Spiral

- a) A curve which constantly approaches or recedes from the center around which it revolves.

- b) A body position with the body inclined forward and the free leg held parallel to the skating surface. See Arabesque.

Split

A two foot step where one foot (4 wheels) is kept on the surface and moved to a leading position and the other foot (4 wheels) is moved to a trailing position. It can be accomplished in one of two ways: with all 8 wheels on the surface as previously described (Compulsory Dance), or with the leading wheels of the leading skate and the trailing wheels of the trailing skate raised from the surface.

Split Jump

A leap or jump variation in which the legs are extended away from the body as far as possible.

- a) **Full Split** - Hips across the leg line with one leg extended in front and the other in back.
- b) **Straddle Split** - Hips in-line with the legs, both legs extended down and outward to the side of the body.
- c) **Russian Split** - A Full Split with the legs parallel to the seat and toes pointed upward. Legs are generally in a wide "V" shape in front of the body with arms extended toward the feet.
- d) **Stag Split** - Similar to a Full Split, except the front leg is bent with the foot tucked under the body.

Spotting

In spinning, the centered axis being stationary in one spot on the skating surface.

Spread Eagle (also called Eagle)

A movement in which the feet are split apart to the side of the body with the toes pointed outward in opposite directions.

Stag

Any jump during the elevated part of which the legs are extended in a split position, with the knee of one leg bent so as to tuck the foot under the body.

Stance

A stationary position preceding a start.

Start

The beginning of a movement from a stationary position.

Statue-of-Liberty

A jump variation in which one hand extends high over the head while the other hand is held tightly across the midsection of the body and bent at the elbow.

Steering

An unnatural movement or positioning of any part of the body to control the direction or path of the employed skate.

Step

The transference of body weight from one foot to the other.

Step Out

An expression for a common error of jumping in which the skater does not hold balance and/or body control on the landing of a jump and must step to the other foot to regain balance.

Steward

A competition official with direct charge over the progression of a portion of an event.

- a) **Record Steward** - An official charged with the supervision of play of the recordings used in a free skating event.
- b) **Competitor's Steward** - An official charged with advancing the competitors on time in their proper order.

Straightaway

- a) The area on the sides of the skating surface, parallel to the barrier, which is the longest linear dimension of the floor. The area of a skating surface of greatest length.
- b) That part of a dance that is to be skated only in the area of a skating surface of greatest length.

Strike-Off

The starting or initial stroke of a figure.

Striking Foot

The new tracing foot taking the floor during a take-off.

Strike Zone

The area along the short axis, one skate length on either side of the long axis where a strike off is correctly performed.

Stroke

A step executed so as to impart momentum.

- a) **Placed Stroke** - A stroke for which the new tracing foot is placed on the skating surface without a gliding motion. Also called a Chopped Stroke.
- b) **Full Stroke** - A stroke employing a gliding motion of the new tracing skate.

Style

The individual expression of the skater or team. In Free Skating/Pairs, expression without requirement.

Sub Curve

An unintentional deviation from the arc required.

Sum

The total of the individual scores given by a single judge for a single contestant or contestant team.

Superimposition

Successive tracings upon an original tracing.

Swing

A controlled movement of the free leg from the trailing to leading position or vice versa, with both positions matched as to height from the floor, relation to the body, and relation to the employed skate.

Swing Rocker or Counter

A type of rocker or counter turn in which the free leg is swung forward past the skating foot before the turn is executed. After the turn, the free leg is either swung forward past the skating foot and held over the tracing line or is swung behind the skating foot and held over the tracing line.

Tabulation

The act or result of processing the judge's marks in an event of a contest, and thereby determining the order of placement of the contestants. Also called Calculating.

Tabulator

Also called a Calculator. An official whose duty it is to process the judges' marks in an event of a contest, and thereby determine the order of placement of the contestants or teams. The Chief Tabulator often has the additional duties of checking in the skaters, supervising the drawing of skating order or arrangement of flights and heats, and preparing the official forms for each event.

Take Off

The leaving from the floor on any jump or lift.
The beginning of a new edge or flat from another edge or flat.

- a) Two Foot - An incorrect movement during which the skater rides both skates for a noticeable distance.
- b) Toe Stop - An incorrect movement where the toe stop is used to help impart momentum.
- c) Initial - A strike-off.
- d) Clean (also called Correct) - A take off employing a smooth transition from one foot to the other without placing, hitching, jumping, or any other stiff, unnatural movement. A take off can be pocketed or in-line and receive the same credit as long as it has been done correctly, smoothly, and done within the boundaries of the strike zone.
- e) In-line - A take-off where the new tracing foot is placed in line with the old tracing foot, in a continuous motion.
- f) Pocketed - A take-off where the heel is placed at the instep on the forward takeoff and the toe is placed at the instep on the backward take-off in a continuous motion.
- g) Pivot - On all take-offs the pivot must occur before the placement of the new skating foot. Even though the foot pivots, the motion is continuous and uninterrupted.

Take-Off Edge

The edge executed by the employed skate at the point of departure from the skating surface during the take-off of any jump.

Team Dance

A competitive dance event where skaters compete as teams, one male and one female skating together.

Technical Merit

- a) The actual items performed by a skater or team.

- b) The actual grade given by a judge for the items, which constitute such a program.

Tempo

The pace and speed of a musical composition. The number of beats per minute.

Three Turn (3)

A one-foot turn from a forward edge to an opposite backward edge or vice versa, with the rotation in the direction of the initial edge, and with the cusp inside the circle.

(Dance)

- a) **Dropped** - A three turn, which is executed on the last beat of a stroke. A three turn where the concluding edge is held for no more than one beat of music.
- b) **Held** - A three turn, the concluding edge of which is held for more than one beat of music.

Throw Jump

In pair skating, a movement in which the woman performs a recognized jump, being assisted by her partner in the take-off.

Thrust

A lunge with both feet together on the floor; one knee is very bent and pushed forward, the other leg is stretched back **with the two inside wheels on the skating surface** (e.g. Castel March - step 28b).

Thrusting Foot

The old tracing foot on which pressure is exerted to produce momentum during takeoff.

Time

The time indicated by the stop watches and recording by the appropriate official. In dance and free skating, the elapsed time used by a skater or team.

Timer

An official whose duty it is to determine the elapsed time of any event or part of an event in accordance with the established rules for the contest.

Timing

The relationship between the accent of the music and the steps skated.

Timing for Free Skating and Style/Free Dance

The length of time a program is performed. Official timing of a routine begins when the skater moves any part of his or her body.

- a) **Minimum Time** - The official designated time a skater must remain within the boundaries of the floor during a program to avoid disqualification. The least amount of elapsed time that may be utilized by a skater or team to receive any credit for a program.
- b) **Maximum Time** - The official designated time limit a skater may be judged during a program. Official timing of a routine ends when Maximum Time is reached. The longest time a judge is allowed to observe a skater in the performance of a program.

Timing for Compulsory Dance

Timing for Compulsory Dance skating is the harmonious relationship between the movements of the skater or team in executing the correct fundamentals of skating and the specified requirements of the dance to support the musical accompaniment. As a primary fundamental, harmonious relationship would require that the proper steps are skated on the proper count and are sustained for the proper number of beats.

Toe Loop (T)

A loop jump with a toe plant. Clockwise rotation starts LOB to LOB and counterclockwise is from ROB to ROB.

Toe Plant (also called Toe Point)

The correct use of the toe stop of the unemployed skate to assist the take-off and/or landing of a jump as provided in the description and requirements of the jump executed.

Toe Point

(Dance) A required contact with the skating surface of the toe wheel or wheels of the unemployed skate.

- a) **Front Toe Point (FTP)** - A toe point with the outside front wheel in front of the body.
- b) **Back Toe Point (BTP)** - A toe point with the inside front wheel behind the body.

Toe-Stop

The device securely attached to the skate at the toes (in front of the front wheels) made of rubber or a similar material.

Toe Walley

A Full Turn Jump from a RIB take-off with a left (l) toe-plant, counterclockwise rotation, to a ROB landing (no toe-plant on the landing). Can also be done from a LIB take-off with a right (r) toe-plant, clockwise rotation, and a LOB landing. This jump is not recognized in World Skate events.

Torque

Opposing rotation of the shoulders and hips around the body axis.

Tracing or Trace

The real or imaginary mark showing the path of the employed skate. Employed. In use.

- a) **Tracing Foot** - The employed foot.
- b) **Tracing Knee** - The knee of the employed foot.
- c) **Tracing Skate** - The skate on the surface. The employed skate.

Tracking

The superimposition of tracings of partners.

Trailing

Following the direction previously traced.

Transition

- a) (Figures) A change from one edge to another; a change from one circle to another; a take-off.
- b) (Figures) On a set of figure circles, that physical location where the circles meet; the point of the intersection of the short axis and the circle; the tangent point.

- c) (Free skating, Pairs, Dance, Precision, and Show) One or more intricate steps, positions, movements, and holds that link all technical elements (jumps and spins). Criteria: variety, difficulty, intricacy, quality (including unison in pairs, dance, and synchronized skating), balanced of workload between partners in pairs and dance, variation of speed and linking steps with synchronization and variation of changes of direction and hold.

Transverse Axis

In figure skating, imaginary straight lines which cross the long axis at right angles to the point of tangents of the circles. In dance skating, an imaginary line which bisects the width of the skating surface. Also called a Short Axis.

Transverse Plane

The plane that divides the body into upper and lower parts.

Travel

One of the three dimensions of a jump designated by the distance of the flight of the jump on the skating surface. Refers to the amount of distance between take-off and landing.

Traveling

In a step sequence, a set of at least two consecutive rotations on one foot starting and ending with an edge and rotating in the same direction of the initial edge.

For a spin, a set of consecutive turns used as an entrance to a spin.

Triple Repetition (Triple Tracing)

Three consecutive executions of a round of a figure.

Tuck

(Dance) A movement wherein the knee of the free leg is bent and the free foot is crossed in front of or behind and close to the employed leg. This may be done in preparation for a crossed step or as part of a prescribed free leg movement. The free foot does not touch the floor during this movement.

(Free Skating) A jump variation in which both legs are held tightly together and bent at the knees and hips so as to bring the feet up under the body.

- a) **Cannonball Tuck** - Both legs tucked under the body with both arms wrapped around the legs.
- b) **Shoot-the-Duck Tuck** - One leg extended forward similar to the front part of a full split, while the other leg is tucked under the body.

Turn

A change of direction of skate or skates.

- a) **One foot turn** - A turn without the change of feet. See Bracket, Counter, Rocker, and Three.
- b) **Two foot turn** - A turn produced with both feet by changing from one foot to the other. See Choctaw and Mohawk.
- c) **Open** - A turn with the free leg behind the body after the turn. See Choctaw and Mohawk. A chassé type turn.
- d) **Closed** - A turn with the free leg in front of the body after the turn. See Choctaw and Mohawk. A progressive type turn.

- e) **Held** - A turn the concluding edge of which is held longer than one beat of music. See Choctaw, Mohawk, and Three.
- f) **Dropped** - A turn the concluding edge is held no longer than one beat of music. See Choctaw, Mohawk, and Three.
- g) **Pulled** - An incorrect movement wherein the skater uses some part of his body to increase the momentum of the tracing skate during the execution of a one-foot turn.
- h) **Jumped** - An incorrect movement during which more than one wheel of the employed skate leaves the floor during the execution of a one-foot turn.
- i) **Kicked** - An incorrect movement during which the free leg is kicked past the skating leg before or during the turn.

Turning Open

A common error in jumping describing the action of stepping forward onto the toe-stop into the direction of travel during the take-off of a jump. Most commonly done on a Mapes, Toe Walley, or Toe Loop.

Twizzle

A complete revolution one-foot turn comprising, in one movement, a short counter followed by a half back three turn. Executed in less than one beat of music.

Twizzle (Tango Delanco)

A complete revolution one-foot turn comprising, in one movement, a short inside three turn followed by a half back three turn. Executed in less than one beat of music.

Unity

The harmonious performance of identical or compatible skating movements by partners.

Variety Move

A movement in a free skating/pairs program that is graceful, out-of-the-ordinary, and made to show originality.

Velocity

The speed of something in a given direction

- a) **Linear or Horizontal Velocity** - The ratio of the distance traveled in the unit of time.
- b) **Angular or Rotational Velocity** - Angular velocity refers to the speed of rotation. Specifically it is the measure of how fast a skater rotates. The relationship between the angle traveled and the time taken to travel it.
- c) **Variometric Velocity** - The vertical speed and corresponds to the variation of altitude over time

Violent

An action marked by extreme force or sudden, intense, and uncontrolled movement.

Walley

A Full Turn Jump from a RIB take-off, counterclockwise rotation, to a ROB landing (no toe-stop assist on take-off or landing). Can also be done from a LIB take-off, clockwise rotation, to a LOB landing. This jump is not recognized in World Skate events.

Waltz Jump (W)

A Half Turn Jump performed from a LOF take-off, counterclockwise rotation, to a ROB landing. Can also be done from a ROF take-off, clockwise rotation, to a LOB landing.

Wobble

A tracing error in which there is a constant shifting of weight or pressure from one side of the employed skate to the other.