

SPIN FEATURES 2023-2024

	<u>Level 4*</u>	Camel	Sit	Upright	Layback	Biellmann	Non-Basic
Difficult positions	<u>No</u>	CF, CS, CU	SF, SS, SB	UF, US	UL	UB	NBP
8 revs	<u>No</u>	Yes	Difficult	Difficult	Yes	Yes	Difficult
Change of foot executed by jump/jump within spin	<u>No</u>	Yes	Yes	Yes	Yes	Yes	Only allowed before jump
Change of edge	Yes	Yes	Backward to Forward	Difficult	Yes	Yes	No
Increase of speed	Yes	Yes	Yes	Difficult, not crossfoot	Yes	Yes	No
Change of direction	Yes	Yes	Yes	<u>Difficult</u>	<u>Yes</u>	<u>Yes</u>	No
Difficult flying entry	Yes						
Difficult change of position	Yes						
Difficult exit	Yes						

*One of these must be counted for level 4



2023-08-15