



Skate Canada
Patinage Canada

SPINS - DIFFICULT VARIATIONS RESOURCE

CAMEL

Based on direction of the shoulder line.

- Parallel
- Twisted to vertical
- Twisted more than vertical

FORWARD



SIDWAYS



UPWARD

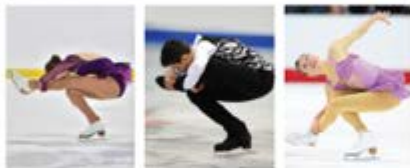


SIT

Based on the position of free leg.

- Forward
- Sideways
- Behind

FORWARD



SIDWAYS



BEHIND



UPRIGHT

Based on the position of the torso.

- Leaning forward
- Straight up or sideways
- Biellman position
- Layback difficult variation

FORWARD



STRAIGHT/SIDE



BIELLMAN



LAYBACK



NON BASIC

Any spin position that does not meet the definition of a basic position (sit, camel or upright).

