

# Communication No. 2186

## SINGLE & PAIR SKATING

### Scale of Values, Levels of Difficulty and Guidelines for marking Grade of Execution, season 2018/19

The following Communication replaces Communication No. 2168  
Corrections since the first release of Communicaiton No. 2168 are highlighted in yellow colour

- I. Updated Scale of Values
- II. Updated Levels of Difficulty of Single/Pair Skating Elements (season 2018/19)
- III. Updated Guidelines for marking +GOE of Single/Pair Skating Elements (positive aspects)
- IV. Updated Guidelines in establishing GOE for errors in Short Program and Free Skating

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July 30, 2018  
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## I. Updated Scale of Value (SOV)

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
<b>Single and Pair Skating</b>											
<b>Jumps</b>											
1T	-0.20	-0.16	-0.12	-0.08	-0.04	<b>0.40</b>	+0.04	+0.08	+0.12	+0.16	+0.20
1S	-0.20	-0.16	-0.12	-0.08	-0.04	<b>0.40</b>	+0.04	+0.08	+0.12	+0.16	+0.20
1Lo	-0.25	-0.20	-0.15	-0.10	-0.05	<b>0.50</b>	+0.05	+0.10	+0.15	+0.20	+0.25
1Eu (Euler)	-0.25	-0.20	-0.15	-0.10	-0.05	<b>0.50</b>	+0.05	+0.10	+0.15	+0.20	+0.25
1F	-0.25	-0.20	-0.15	-0.10	-0.05	<b>0.50</b>	+0.05	+0.10	+0.15	+0.20	+0.25
1Lz	-0.30	-0.24	-0.18	-0.12	-0.06	<b>0.60</b>	+0.06	+0.12	+0.18	+0.24	+0.30
1T<	-0.15	-0.12	-0.09	-0.06	-0.03	<b>0.30</b>	+0.03	+0.06	+0.09	+0.12	+0.15
1S<	-0.15	-0.12	-0.09	-0.06	-0.03	<b>0.30</b>	+0.03	+0.06	+0.09	+0.12	+0.15
1Lo<	-0.19	-0.15	-0.11	-0.08	-0.04	<b>0.38</b>	+0.04	+0.08	+0.11	+0.15	+0.19
1Eu<	-0.19	-0.15	-0.11	-0.08	-0.04	<b>0.38</b>	+0.04	+0.08	+0.11	+0.15	+0.19
1F < or e	-0.19	-0.15	-0.11	-0.08	-0.04	<b>0.38</b>	+0.04	+0.08	+0.11	+0.15	+0.19
1Lz < or e	-0.23	-0.18	-0.14	-0.09	-0.05	<b>0.45</b>	+0.05	+0.09	+0.14	+0.18	+0.23
1F < and e	-0.15	-0.12	-0.09	-0.06	-0.03	<b>0.30</b>	+0.03	+0.06	+0.09	+0.12	+0.15
1Lz < and e	-0.18	-0.14	-0.11	-0.07	-0.04	<b>0.36</b>	+0.04	+0.07	+0.11	+0.14	+0.18
1A	-0.55	-0.44	-0.33	-0.22	-0.11	<b>1.10</b>	+0.11	+0.22	+0.33	+0.44	+0.55
2T	-0.65	-0.52	-0.39	-0.26	-0.13	<b>1.30</b>	+0.13	+0.26	+0.39	+0.52	+0.65
2S	-0.65	-0.52	-0.39	-0.26	-0.13	<b>1.30</b>	+0.13	+0.26	+0.39	+0.52	+0.65
2Lo	-0.85	-0.68	-0.51	-0.34	-0.17	<b>1.70</b>	+0.17	+0.34	+0.51	+0.68	+0.85
2F	-0.90	-0.72	-0.54	-0.36	-0.18	<b>1.80</b>	+0.18	+0.36	+0.54	+0.72	+0.90
2Lz	-1.05	-0.84	-0.63	-0.42	-0.21	<b>2.10</b>	+0.21	+0.42	+0.63	+0.84	+1.05
1A<	-0.42	-0.33	-0.25	-0.17	-0.08	<b>0.83</b>	+0.08	+0.17	+0.25	+0.33	+0.42
2T<	-0.49	-0.39	-0.29	-0.20	-0.10	<b>0.98</b>	+0.10	+0.20	+0.29	+0.39	+0.49
2S<	-0.49	-0.39	-0.29	-0.20	-0.10	<b>0.98</b>	+0.10	+0.20	+0.29	+0.39	+0.49
2Lo<	-0.64	-0.51	-0.38	-0.26	-0.13	<b>1.28</b>	+0.13	+0.26	+0.38	+0.51	+0.64
2F < or e	-0.68	-0.54	-0.41	-0.27	-0.14	<b>1.35</b>	+0.14	+0.27	+0.41	+0.54	+0.68
2Lz < or e	-0.79	-0.63	-0.47	-0.32	-0.16	<b>1.58</b>	+0.16	+0.32	+0.47	+0.63	+0.79
2F < and e	-0.54	-0.43	-0.32	-0.22	-0.11	<b>1.08</b>	+0.11	+0.22	+0.32	+0.43	+0.54
2Lz < and e	-0.63	-0.50	-0.38	-0.25	-0.13	<b>1.26</b>	+0.13	+0.25	+0.38	+0.50	+0.63
2A	-1.65	-1.32	-0.99	-0.66	-0.33	<b>3.30</b>	+0.33	+0.66	+0.99	+1.32	+1.65
3T	-2.10	-1.68	-1.26	-0.84	-0.42	<b>4.20</b>	+0.42	+0.84	+1.26	+1.68	+2.10
3S	-2.15	-1.72	-1.29	-0.86	-0.43	<b>4.30</b>	+0.43	+0.86	+1.29	+1.72	+2.15
3Lo	-2.45	-1.96	-1.47	-0.98	-0.49	<b>4.90</b>	+0.49	+0.98	+1.47	+1.96	+2.45
3F	-2.65	-2.12	-1.59	-1.06	-0.53	<b>5.30</b>	+0.53	+1.06	+1.59	+2.12	+2.65
3Lz	-2.95	-2.36	-1.77	-1.18	-0.59	<b>5.90</b>	+0.59	+1.18	+1.77	+2.36	+2.95
2A<	-1.24	-0.99	-0.74	-0.50	-0.25	<b>2.48</b>	+0.25	+0.50	+0.74	+0.99	+1.24
3T<	-1.58	-1.26	-0.95	-0.63	-0.32	<b>3.15</b>	+0.32	+0.63	+0.95	+1.26	+1.58
3S<	-1.62	-1.29	-0.97	-0.65	-0.32	<b>3.23</b>	+0.32	+0.65	+0.97	+1.29	+1.62
3Lo<	-1.84	-1.47	-1.10	-0.74	-0.37	<b>3.68</b>	+0.37	+0.74	+1.10	+1.47	+1.84
3F < or e	-1.99	-1.59	-1.19	-0.80	-0.40	<b>3.98</b>	+0.40	+0.80	+1.19	+1.59	+1.99
3Lz < or e	-2.22	-1.77	-1.33	-0.89	-0.44	<b>4.43</b>	+0.44	+0.89	+1.33	+1.77	+2.22
3F < and e	-1.59	-1.27	-0.95	-0.64	-0.32	<b>3.18</b>	+0.32	+0.64	+0.95	+1.27	+1.59
3Lz < and e	-1.77	-1.42	-1.06	-0.71	-0.35	<b>3.54</b>	+0.35	+0.71	+1.06	+1.42	+1.77
3A	-4.00	-3.20	-2.40	-1.60	-0.80	<b>8.00</b>	+0.80	+1.60	+2.40	+3.20	+4.00
4T	-4.75	-3.80	-2.85	-1.90	-0.95	<b>9.50</b>	+0.95	+1.90	+2.85	+3.80	+4.75
4S	-4.85	-3.88	-2.91	-1.94	-0.97	<b>9.70</b>	+0.97	+1.94	+2.91	+3.88	+4.85
4Lo	-5.25	-4.20	-3.15	-2.10	-1.05	<b>10.50</b>	+1.05	+2.10	+3.15	+4.20	+5.25
4F	-5.50	-4.40	-3.30	-2.20	-1.10	<b>11.00</b>	+1.10	+2.20	+3.30	+4.40	+5.50
4Lz	-5.75	-4.60	-3.45	-2.30	-1.15	<b>11.50</b>	+1.15	+2.30	+3.45	+4.60	+5.75
4A	-6.25	-5.00	-3.75	-2.50	-1.25	<b>12.50</b>	+1.25	+2.50	+3.75	+5.00	+6.25

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
3A<	-3.00	-2.40	-1.80	-1.20	-0.60	<b>6.00</b>	+0.60	+1.20	+1.80	+2.40	+3.00
4T<	-3.57	-2.85	-2.14	-1.43	-0.71	<b>7.13</b>	+0.71	+1.43	+2.14	+2.85	+3.57
4S<	-3.64	-2.91	-2.18	-1.46	-0.73	<b>7.28</b>	+0.73	+1.46	+2.18	+2.91	+3.64
4Lo<	-3.94	-3.15	-2.36	-1.58	-0.79	<b>7.88</b>	+0.79	+1.58	+2.36	+3.15	+3.94
4F < or e	-4.13	-3.30	-2.48	-1.65	-0.83	<b>8.25</b>	+0.83	+1.65	+2.48	+3.30	+4.13
4Lz < or e	-4.32	-3.45	-2.59	-1.73	-0.86	<b>8.63</b>	+0.86	+1.73	+2.59	+3.45	+4.32
4F < and e	-3.30	-2.64	-1.98	-1.32	-0.66	<b>6.60</b>	+0.66	+1.32	+1.98	+2.64	+3.30
4Lz < and e	-3.45	-2.76	-2.07	-1.38	-0.69	<b>6.90</b>	+0.69	+1.38	+2.07	+2.76	+3.45
4A<	<u>-4.69</u>	<u>-3.75</u>	<u>-2.81</u>	<u>-1.88</u>	<u>-0.94</u>	<b>9.38</b>	<u>+0.94</u>	<u>+1.88</u>	<u>+2.81</u>	<u>+3.75</u>	<u>+4.69</u>
<b>Spins (Solo Spins for Pairs)</b>											
Spin in one position and no change of foot (upright, layback, camel or sit)											
USpB	-0.50	-0.40	-0.30	-0.20	-0.10	<b>1.00</b>	+0.10	+0.20	+0.30	+0.40	+0.50
USp1	-0.60	-0.48	-0.36	-0.24	-0.12	<b>1.20</b>	+0.12	+0.24	+0.36	+0.48	+0.60
USp2	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
USp3	-0.95	-0.76	-0.57	-0.38	-0.19	<b>1.90</b>	+0.19	+0.38	+0.57	+0.76	+0.95
USp4	-1.20	-0.96	-0.72	-0.48	-0.24	<b>2.40</b>	+0.24	+0.48	+0.72	+0.96	+1.20
LSpB	-0.60	-0.48	-0.36	-0.24	-0.12	<b>1.20</b>	+0.12	+0.24	+0.36	+0.48	+0.60
LSp1	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
LSp2	-0.95	-0.76	-0.57	-0.38	-0.19	<b>1.90</b>	+0.19	+0.38	+0.57	+0.76	+0.95
LSp3	-1.20	-0.96	-0.72	-0.48	-0.24	<b>2.40</b>	+0.24	+0.48	+0.72	+0.96	+1.20
LSp4	-1.35	-1.08	-0.81	-0.54	-0.27	<b>2.70</b>	+0.27	+0.54	+0.81	+1.08	+1.35
CSpB	-0.55	-0.44	-0.33	-0.22	-0.11	<b>1.10</b>	+0.11	+0.22	+0.33	+0.44	+0.55
CSp1	-0.70	-0.56	-0.42	-0.28	-0.14	<b>1.40</b>	+0.14	+0.28	+0.42	+0.56	+0.70
CSp2	-0.90	-0.72	-0.54	-0.36	-0.18	<b>1.80</b>	+0.18	+0.36	+0.54	+0.72	+0.90
CSp3	-1.15	-0.92	-0.69	-0.46	-0.23	<b>2.30</b>	+0.23	+0.46	+0.69	+0.92	+1.15
CSp4	-1.30	-1.04	-0.78	-0.52	-0.26	<b>2.60</b>	+0.26	+0.52	+0.78	+1.04	+1.30
SSpB	-0.55	-0.44	-0.33	-0.22	-0.11	<b>1.10</b>	+0.11	+0.22	+0.33	+0.44	+0.55
SSp1	-0.65	-0.52	-0.39	-0.26	-0.13	<b>1.30</b>	+0.13	+0.26	+0.39	+0.52	+0.65
SSp2	-0.80	-0.64	-0.48	-0.32	-0.16	<b>1.60</b>	+0.16	+0.32	+0.48	+0.64	+0.80
SSp3	-1.05	-0.84	-0.63	-0.42	-0.21	<b>2.10</b>	+0.21	+0.42	+0.63	+0.84	+1.05
SSp4	-1.25	-1.00	-0.75	-0.50	-0.25	<b>2.50</b>	+0.25	+0.50	+0.75	+1.00	+1.25
Flying Spin (any position – upright, layback, camel or sit)											
FUSpB	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
FUSp1	-0.85	-0.68	-0.51	-0.34	-0.17	<b>1.70</b>	+0.17	+0.34	+0.51	+0.68	+0.85
FUSp2	-1.00	-0.80	-0.60	-0.40	-0.20	<b>2.00</b>	+0.20	+0.40	+0.60	+0.80	+1.00
FUSp3	-1.20	-0.96	-0.72	-0.48	-0.24	<b>2.40</b>	+0.24	+0.48	+0.72	+0.96	+1.20
FUSp4	-1.45	-1.16	-0.87	-0.58	-0.29	<b>2.90</b>	+0.29	+0.58	+0.87	+1.16	+1.45
FUSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	<b>1.13</b>	+0.11	+0.23	+0.34	+0.45	+0.57
FUSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	<b>1.28</b>	+0.13	+0.26	+0.38	+0.51	+0.64
FUSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
FUSp3V	-0.90	-0.72	-0.54	-0.36	-0.18	<b>1.80</b>	+0.18	+0.36	+0.54	+0.72	+0.90
FUSp4V	-1.09	-0.87	-0.65	-0.44	-0.22	<b>2.18</b>	+0.22	+0.44	+0.65	+0.87	+1.09
FLSpB	-0.85	-0.68	-0.51	-0.34	-0.17	<b>1.70</b>	+0.17	+0.34	+0.51	+0.68	+0.85
FLSp1	-1.00	-0.80	-0.60	-0.40	-0.20	<b>2.00</b>	+0.20	+0.40	+0.60	+0.80	+1.00
FLSp2	-1.20	-0.96	-0.72	-0.48	-0.24	<b>2.40</b>	+0.24	+0.48	+0.72	+0.96	+1.20
FLSp3	-1.45	-1.16	-0.87	-0.58	-0.29	<b>2.90</b>	+0.29	+0.58	+0.87	+1.16	+1.45
FLSp4	-1.60	-1.28	-0.96	-0.64	-0.32	<b>3.20</b>	+0.32	+0.64	+0.96	+1.28	+1.60
FLSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	<b>1.28</b>	+0.13	+0.26	+0.38	+0.51	+0.64
FLSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
FLSp2V	-0.90	-0.72	-0.54	-0.36	-0.18	<b>1.80</b>	+0.18	+0.36	+0.54	+0.72	+0.90
FLSp3V	-1.09	-0.87	-0.65	-0.44	-0.22	<b>2.18</b>	+0.22	+0.44	+0.65	+0.87	+1.09
FLSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	<b>2.40</b>	+0.24	+0.48	+0.72	+0.96	+1.20

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
FCSpB	-0.80	-0.64	-0.48	-0.32	-0.16	<b>1.60</b>	+0.16	+0.32	+0.48	+0.64	+0.80
FCSp1	-0.95	-0.76	-0.57	-0.38	-0.19	<b>1.90</b>	+0.19	+0.38	+0.57	+0.76	+0.95
FCSp2	-1.15	-0.92	-0.69	-0.46	-0.23	<b>2.30</b>	+0.23	+0.46	+0.69	+0.92	+1.15
FCSp3	-1.40	-1.12	-0.84	-0.56	-0.28	<b>2.80</b>	+0.28	+0.56	+0.84	+1.12	+1.40
FCSp4	-1.60	-1.28	-0.96	-0.64	-0.32	<b>3.20</b>	+0.32	+0.64	+0.96	+1.28	+1.60
FCSpBV	-0.60	-0.48	-0.36	-0.24	-0.12	<b>1.20</b>	+0.12	+0.24	+0.36	+0.48	+0.60
FCSp1V	-0.72	-0.57	-0.43	-0.29	-0.14	<b>1.43</b>	+0.14	+0.29	+0.43	+0.57	+0.72
FCSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	<b>1.73</b>	+0.17	+0.35	+0.52	+0.69	+0.87
FCSp3V	-1.05	-0.84	-0.63	-0.42	-0.21	<b>2.10</b>	+0.21	+0.42	+0.63	+0.84	+1.05
FCSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	<b>2.40</b>	+0.24	+0.48	+0.72	+0.96	+1.20
FSSpB	-0.85	-0.68	-0.51	-0.34	-0.17	<b>1.70</b>	+0.17	+0.34	+0.51	+0.68	+0.85
FSSp1	-1.00	-0.80	-0.60	-0.40	-0.20	<b>2.00</b>	+0.20	+0.40	+0.60	+0.80	+1.00
FSSp2	-1.15	-0.92	-0.69	-0.46	-0.23	<b>2.30</b>	+0.23	+0.46	+0.69	+0.92	+1.15
FSSp3	-1.30	-1.04	-0.78	-0.52	-0.26	<b>2.60</b>	+0.26	+0.52	+0.78	+1.04	+1.30
FSSp4	-1.50	-1.20	-0.90	-0.60	-0.30	<b>3.00</b>	+0.30	+0.60	+0.90	+1.20	+1.50
FSSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	<b>1.28</b>	+0.13	+0.26	+0.38	+0.51	+0.64
FSSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
FSSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	<b>1.73</b>	+0.17	+0.35	+0.52	+0.69	+0.87
FSSp3V	-0.98	-0.78	-0.59	-0.39	-0.20	<b>1.95</b>	+0.20	+0.39	+0.59	+0.78	+0.98
FSSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	<b>2.25</b>	+0.23	+0.45	+0.68	+0.90	+1.13
Spins with change of foot											
(F)CUSpB	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CUSp1	-0.85	-0.68	-0.51	-0.34	-0.17	<b>1.70</b>	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CUSp2	-1.00	-0.80	-0.60	-0.40	-0.20	<b>2.00</b>	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CUSp3	-1.20	-0.96	-0.72	-0.48	-0.24	<b>2.40</b>	+0.24	+0.48	+0.72	+0.96	+1.20
(F)CUSp4	-1.45	-1.16	-0.87	-0.58	-0.29	<b>2.90</b>	+0.29	+0.58	+0.87	+1.16	+1.45
(F)CUSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	<b>1.13</b>	+0.11	+0.23	+0.34	+0.45	+0.57
(F)CUSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	<b>1.28</b>	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CUSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CUSp3V	-0.90	-0.72	-0.54	-0.36	-0.18	<b>1.80</b>	+0.18	+0.36	+0.54	+0.72	+0.90
(F)CUSp4V	-1.09	-0.87	-0.65	-0.44	-0.22	<b>2.18</b>	+0.22	+0.44	+0.65	+0.87	+1.09
(F)CLSpB	-0.85	-0.68	-0.51	-0.34	-0.17	<b>1.70</b>	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CLSp1	-1.00	-0.80	-0.60	-0.40	-0.20	<b>2.00</b>	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CLSp2	-1.20	-0.96	-0.72	-0.48	-0.24	<b>2.40</b>	+0.24	+0.48	+0.72	+0.96	+1.20
(F)CLSp3	-1.45	-1.16	-0.87	-0.58	-0.29	<b>2.90</b>	+0.29	+0.58	+0.87	+1.16	+1.45
(F)CLSp4	-1.60	-1.28	-0.96	-0.64	-0.32	<b>3.20</b>	+0.32	+0.64	+0.96	+1.28	+1.60
(F)CLSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	<b>1.28</b>	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CLSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CLSp2V	-0.90	-0.72	-0.54	-0.36	-0.18	<b>1.80</b>	+0.18	+0.36	+0.54	+0.72	+0.90
(F)CLSp3V	-1.09	-0.87	-0.65	-0.44	-0.22	<b>2.18</b>	+0.22	+0.44	+0.65	+0.87	+1.09
(F)CLSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	<b>2.40</b>	+0.24	+0.48	+0.72	+0.96	+1.20
(F)CCSpB	-0.85	-0.68	-0.51	-0.34	-0.17	<b>1.70</b>	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CCSp1	-1.00	-0.80	-0.60	-0.40	-0.20	<b>2.00</b>	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CCSp2	-1.15	-0.92	-0.69	-0.46	-0.23	<b>2.30</b>	+0.23	+0.46	+0.69	+0.92	+1.15
(F)CCSp3	-1.40	-1.12	-0.84	-0.56	-0.28	<b>2.80</b>	+0.28	+0.56	+0.84	+1.12	+1.40
(F)CCSp4	-1.60	-1.28	-0.96	-0.64	-0.32	<b>3.20</b>	+0.32	+0.64	+0.96	+1.28	+1.60
(F)CCSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	<b>1.28</b>	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CCSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CCSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	<b>1.73</b>	+0.17	+0.35	+0.52	+0.69	+0.87
(F)CCSp3V	-1.05	-0.84	-0.63	-0.42	-0.21	<b>2.10</b>	+0.21	+0.42	+0.63	+0.84	+1.05
(F)CCSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	<b>2.40</b>	+0.24	+0.48	+0.72	+0.96	+1.20

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
(F)CSSpB	-0.80	-0.64	-0.48	-0.32	-0.16	<b>1.60</b>	+0.16	+0.32	+0.48	+0.64	+0.80
(F)CSSp1	-0.95	-0.76	-0.57	-0.38	-0.19	<b>1.90</b>	+0.19	+0.38	+0.57	+0.76	+0.95
(F)CSSp2	-1.15	-0.92	-0.69	-0.46	-0.23	<b>2.30</b>	+0.23	+0.46	+0.69	+0.92	+1.15
(F)CSSp3	-1.30	-1.04	-0.78	-0.52	-0.26	<b>2.60</b>	+0.26	+0.52	+0.78	+1.04	+1.30
(F)CSSp4	-1.50	-1.20	-0.90	-0.60	-0.30	<b>3.00</b>	+0.30	+0.60	+0.90	+1.20	+1.50
(F)CSSpBV	-0.60	-0.48	-0.36	-0.24	-0.12	<b>1.20</b>	+0.12	+0.24	+0.36	+0.48	+0.60
(F)CSSp1V	-0.72	-0.57	-0.43	-0.29	-0.14	<b>1.43</b>	+0.14	+0.29	+0.43	+0.57	+0.72
(F)CSSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	<b>1.73</b>	+0.17	+0.35	+0.52	+0.69	+0.87
(F)CSSp3V	-0.98	-0.78	-0.59	-0.39	-0.20	<b>1.95</b>	+0.20	+0.39	+0.59	+0.78	+0.98
(F)CSSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	<b>2.25</b>	+0.23	+0.45	+0.68	+0.90	+1.13
<b>Spin Combination with change of position and no change of foot</b>											
(F)CoSpB	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CoSp1	-0.85	-0.68	-0.51	-0.34	-0.17	<b>1.70</b>	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CoSp2	-1.00	-0.80	-0.60	-0.40	-0.20	<b>2.00</b>	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CoSp3	-1.25	-1.00	-0.75	-0.50	-0.25	<b>2.50</b>	+0.25	+0.50	+0.75	+1.00	+1.25
(F)CoSp4	-1.50	-1.20	-0.90	-0.60	-0.30	<b>3.00</b>	+0.30	+0.60	+0.90	+1.20	+1.50
(F)CoSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	<b>1.13</b>	+0.11	+0.23	+0.34	+0.45	+0.57
(F)CoSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	<b>1.28</b>	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CoSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CoSp3V	-0.94	-0.75	-0.56	-0.38	-0.19	<b>1.88</b>	+0.19	+0.38	+0.56	+0.75	+0.94
(F)CoSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	<b>2.25</b>	+0.23	+0.45	+0.68	+0.90	+1.13
<b>Spin Combination with change of position and change of foot</b>											
(F)CCoSpB	-0.85	-0.68	-0.51	-0.34	-0.17	<b>1.70</b>	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CCoSp1	-1.00	-0.80	-0.60	-0.40	-0.20	<b>2.00</b>	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CCoSp2	-1.25	-1.00	-0.75	-0.50	-0.25	<b>2.50</b>	+0.25	+0.50	+0.75	+1.00	+1.25
(F)CCoSp3	-1.50	-1.20	-0.90	-0.60	-0.30	<b>3.00</b>	+0.30	+0.60	+0.90	+1.20	+1.50
(F)CCoSp4	-1.75	-1.40	-1.05	-0.70	-0.35	<b>3.50</b>	+0.35	+0.70	+1.05	+1.40	+1.75
(F)CCoSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	<b>1.28</b>	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CCoSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CCoSp2V	-0.94	-0.75	-0.56	-0.38	-0.19	<b>1.88</b>	+0.19	+0.38	+0.56	+0.75	+0.94
(F)CCoSp3V	-1.13	-0.90	-0.68	-0.45	-0.23	<b>2.25</b>	+0.23	+0.45	+0.68	+0.90	+1.13
(F)CCoSp4V	-1.32	-1.05	-0.79	-0.53	-0.26	<b>2.63</b>	+0.26	+0.53	+0.79	+1.05	+1.32
<b>Step Sequences</b>											
StSqB	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
StSq1	-0.90	-0.72	-0.54	-0.36	-0.18	<b>1.80</b>	+0.18	+0.36	+0.54	+0.72	+0.90
StSq2	-1.30	-1.04	-0.78	-0.52	-0.26	<b>2.60</b>	+0.26	+0.52	+0.78	+1.04	+1.30
StSq3	-1.65	-1.32	-0.99	-0.66	-0.33	<b>3.30</b>	+0.33	+0.66	+0.99	+1.32	+1.65
StSq4	-1.95	-1.56	-1.17	-0.78	-0.39	<b>3.90</b>	+0.39	+0.78	+1.17	+1.56	+1.95
<b>Lifts</b>											
1LiB	-0.70	-0.56	-0.42	-0.28	-0.14	<b>1.40</b>	+0.14	+0.28	+0.42	+0.56	+0.70
1Li1	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
1Li2	-0.85	-0.68	-0.51	-0.34	-0.17	<b>1.70</b>	+0.17	+0.34	+0.51	+0.68	+0.85
1Li3	-0.95	-0.76	-0.57	-0.38	-0.19	<b>1.90</b>	+0.19	+0.38	+0.57	+0.76	+0.95
1Li4	-1.05	-0.84	-0.63	-0.42	-0.21	<b>2.10</b>	+0.21	+0.42	+0.63	+0.84	+1.05
2LiB	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
2Li1	-0.95	-0.76	-0.57	-0.38	-0.19	<b>1.90</b>	+0.19	+0.38	+0.57	+0.76	+0.95
2Li2	-1.15	-0.92	-0.69	-0.46	-0.23	<b>2.30</b>	+0.23	+0.46	+0.69	+0.92	+1.15
2Li3	-1.35	-1.08	-0.81	-0.54	-0.27	<b>2.70</b>	+0.27	+0.54	+0.81	+1.08	+1.35
2Li4	-1.55	-1.24	-0.93	-0.62	-0.31	<b>3.10</b>	+0.31	+0.62	0.93	+1.24	+1.55
3LiB/4LiB	-1.75	-1.40	-1.05	-0.70	-0.35	<b>3.50</b>	+0.35	+0.70	+1.05	+1.40	+1.75
3Li1/4Li1	-1.95	-1.56	-1.17	-0.78	-0.39	<b>3.90</b>	+0.39	+0.78	+1.17	+1.56	+1.95
3Li2/4Li2	-2.15	-1.72	-1.29	-0.86	-0.43	<b>4.30</b>	+0.43	+0.86	+1.29	+1.72	+2.15
3Li3/4Li3	-2.35	-1.88	-1.41	-0.94	-0.47	<b>4.70</b>	+0.47	+0.94	+1.41	+1.88	+2.35
3Li4/4Li4	-2.55	-2.04	-1.53	-1.02	-0.51	<b>5.10</b>	+0.51	+1.02	+1.53	+2.04	+2.55

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
5T/5SLiB	-2.30	-1.84	-1.38	-0.92	-0.46	<b>4.60</b>	+0.46	+0.92	+1.38	+1.84	+2.30
5T/5SLi1	-2.50	-2.00	-1.50	-1.00	-0.50	<b>5.00</b>	+0.50	+1.00	+1.50	+2.00	+2.50
5T/5SLi2	-2.70	-2.16	-1.62	-1.08	-0.54	<b>5.40</b>	+0.54	+1.08	+1.62	+2.16	+2.70
5T/5SLi3	-2.90	-2.32	-1.74	-1.16	-0.58	<b>5.80</b>	+0.58	+1.16	+1.74	+2.32	+2.90
5T/5SLi4	-3.10	-2.48	-1.86	-1.24	-0.62	<b>6.20</b>	+0.62	+1.24	+1.86	+2.48	+3.10
5BLiB	-2.50	-2.00	-1.50	-1.00	-0.50	<b>5.00</b>	+0.50	+1.00	+1.50	+2.00	+2.50
5BLi1	-2.70	-2.16	-1.62	-1.08	-0.54	<b>5.40</b>	+0.54	+1.08	+1.62	+2.16	+2.70
5BLi2	-2.90	-2.32	-1.74	-1.16	-0.58	<b>5.80</b>	+0.58	+1.16	+1.74	+2.32	+2.90
5BLi3	-3.10	-2.48	-1.86	-1.24	-0.62	<b>6.20</b>	+0.62	+1.24	+1.86	+2.48	+3.10
5BLi4	-3.25	-2.60	-1.95	-1.30	-0.65	<b>6.50</b>	+0.65	+1.30	+1.95	+2.60	+3.25
5A/5RLiB	-2.70	-2.16	-1.62	-1.08	-0.54	<b>5.40</b>	+0.54	+1.08	+1.62	+2.16	+2.70
5A/5RLi1	-2.90	-2.32	-1.74	-1.16	-0.58	<b>5.80</b>	+0.58	+1.16	+1.74	+2.32	+2.90
5A/5RLi2	-3.10	-2.48	-1.86	-1.24	-0.62	<b>6.20</b>	+0.62	+1.24	+1.86	+2.48	+3.10
5A/5RLi3	-3.30	-2.64	-1.98	-1.32	-0.66	<b>6.60</b>	+0.66	+1.32	+1.98	+2.64	+3.30
5A/5RLi4	-3.50	-2.80	-2.10	-1.40	-0.70	<b>7.00</b>	+0.70	+1.40	+2.10	+2.80	+3.50
<b>Twist Lifts</b>											
1TwB	-0.45	-0.36	-0.27	-0.18	-0.09	<b>0.90</b>	+0.09	+0.18	+0.27	+0.36	+0.45
1Tw1	-0.55	-0.44	-0.33	-0.22	-0.11	<b>1.10</b>	+0.11	+0.22	+0.33	+0.44	+0.55
1Tw2	-0.65	-0.52	-0.39	-0.26	-0.13	<b>1.30</b>	+0.13	+0.26	+0.39	+0.52	+0.65
1Tw3	-0.75	-0.60	-0.45	-0.30	-0.15	<b>1.50</b>	+0.15	+0.30	+0.45	+0.60	+0.75
1Tw4	-0.85	-0.68	-0.51	-0.34	-0.17	<b>1.70</b>	+0.17	+0.34	+0.51	+0.68	+0.85
2TwB	-1.30	-1.04	-0.78	-0.52	-0.26	<b>2.60</b>	+0.26	+0.52	+0.78	+1.04	+1.30
2Tw1	-1.40	-1.12	-0.84	-0.56	-0.28	<b>2.80</b>	+0.28	+0.56	+0.84	+1.12	+1.40
2Tw2	-1.50	-1.20	-0.90	-0.60	-0.30	<b>3.00</b>	+0.30	+0.60	+0.90	+1.20	+1.50
2Tw3	-1.60	-1.28	-0.96	-0.64	-0.32	<b>3.20</b>	+0.32	+0.64	+0.96	+1.28	+1.60
2Tw4	-1.70	-1.36	-1.02	-0.68	-0.34	<b>3.40</b>	+0.34	+0.68	+1.02	+1.36	+1.70
3TwB	-2.40	-1.92	-1.44	-0.96	-0.48	<b>4.80</b>	+0.48	+0.96	+1.44	+1.92	+2.40
3Tw1	-2.55	-2.04	-1.53	-1.02	-0.51	<b>5.10</b>	+0.51	+1.02	+1.53	+2.04	+2.55
3Tw2	-2.70	-2.16	-1.62	-1.08	-0.54	<b>5.40</b>	+0.54	+1.08	+1.62	+2.16	+2.70
3Tw3	-2.85	-2.28	-1.71	-1.14	-0.57	<b>5.70</b>	+0.57	+1.14	+1.71	+2.28	+2.85
3Tw4	-3.00	-2.40	-1.80	-1.20	-0.60	<b>6.00</b>	+0.60	+1.20	+1.80	+2.40	+3.00
4TwB	-3.20	-2.56	-1.92	-1.28	-0.64	<b>6.40</b>	+0.64	+1.28	+1.92	+2.56	+3.20
4Tw1	-3.40	-2.72	-2.04	-1.36	-0.68	<b>6.80</b>	+0.68	+1.36	+2.04	+2.72	+3.40
4Tw2	-3.60	-2.88	-2.16	-1.44	-0.72	<b>7.20</b>	+0.72	+1.44	+2.16	+2.88	+3.60
4Tw3	-3.80	-3.04	-2.28	-1.52	-0.76	<b>7.60</b>	+0.76	+1.52	+2.28	+3.04	+3.80
4Tw4	-4.00	-3.20	-2.40	-1.60	-0.80	<b>8.00</b>	+0.80	+1.60	+2.40	+3.20	+4.00
<b>Throw Jumps</b>											
1TTh	-0.55	-0.44	-0.33	-0.22	-0.11	<b>1.10</b>	+0.11	+0.22	+0.33	+0.44	+0.55
1STh	-0.55	-0.44	-0.33	-0.22	-0.11	<b>1.10</b>	+0.11	+0.22	+0.33	+0.44	+0.55
1LoTh	-0.70	-0.56	-0.42	-0.28	-0.14	<b>1.40</b>	+0.14	+0.28	+0.42	+0.56	+0.70
1F/1LzTh	-0.70	-0.56	-0.42	-0.28	-0.14	<b>1.40</b>	+0.14	+0.28	+0.42	+0.56	+0.70
1TTh<	-0.42	-0.33	-0.25	-0.17	-0.08	<b>0.83</b>	+0.08	+0.17	+0.25	+0.33	+0.42
1STh<	-0.42	-0.33	-0.25	-0.17	-0.08	<b>0.83</b>	+0.08	+0.17	+0.25	+0.33	+0.42
1LoTh<	-0.53	-0.42	-0.32	-0.21	-0.11	<b>1.05</b>	+0.11	+0.21	+0.32	+0.42	+0.53
1F</1LzTh<	-0.53	-0.42	-0.32	-0.21	-0.11	<b>1.05</b>	+0.11	+0.21	+0.32	+0.42	+0.53
1ATh	-1.10	-0.88	-0.66	-0.44	-0.22	<b>2.20</b>	+0.22	+0.44	+0.66	+0.88	+1.10
2TTh	-1.25	-1.00	-0.75	-0.50	-0.25	<b>2.50</b>	+0.25	+0.50	+0.75	+1.00	+1.25
2STh	-1.25	-1.00	-0.75	-0.50	-0.25	<b>2.50</b>	+0.25	+0.50	+0.75	+1.00	+1.25
2LoTh	-1.40	-1.12	-0.84	-0.56	-0.28	<b>2.80</b>	+0.28	+0.56	+0.84	+1.12	+1.40
2F/2LzTh	-1.50	-1.20	-0.90	-0.60	-0.30	<b>3.00</b>	+0.30	+0.60	+0.90	+1.20	+1.50

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
1ATh<	-0.83	-0.66	-0.50	-0.33	-0.17	<b>1.65</b>	+0.17	+0.33	+0.50	+0.66	+0.83
2TTh<	-0.94	-0.75	-0.56	-0.38	-0.19	<b>1.88</b>	+0.19	+0.38	+0.56	+0.75	+0.94
2STh<	-0.94	-0.75	-0.56	-0.38	-0.19	<b>1.88</b>	+0.19	+0.38	+0.56	+0.75	+0.94
2LoTh<	-1.05	-0.84	-0.63	-0.42	-0.21	<b>2.10</b>	+0.21	+0.42	+0.63	+0.84	+1.05
2F/2LzTh<	-1.13	-0.90	-0.68	-0.45	-0.23	<b>2.25</b>	+0.23	+0.45	+0.68	+0.90	+1.13
2ATh	-2.00	-1.60	-1.20	-0.80	-0.40	<b>4.00</b>	+0.40	+0.80	+1.20	+1.60	+2.00
3TTh	-2.20	-1.76	-1.32	-0.88	-0.44	<b>4.40</b>	+0.44	+0.88	+1.32	+1.76	+2.20
3STh	-2.20	-1.76	-1.32	-0.88	-0.44	<b>4.40</b>	+0.44	+0.88	+1.32	+1.76	+2.20
3LoTh	-2.50	-2.00	-1.50	-1.00	-0.50	<b>5.00</b>	+0.50	+1.00	+1.50	+2.00	+2.50
3F/3LzTh	-2.65	-2.12	-1.59	-1.06	-0.53	<b>5.30</b>	+0.53	+1.06	+1.59	+2.12	+2.65
2ATh<	-1.50	-1.20	-0.90	-0.60	-0.30	<b>3.00</b>	+0.30	+0.60	+0.90	+1.20	+1.50
3TTh<	-1.65	-1.32	-0.99	-0.66	-0.33	<b>3.30</b>	+0.33	+0.66	+0.99	+1.32	+1.65
3STh<	-1.65	-1.32	-0.99	-0.66	-0.33	<b>3.30</b>	+0.33	+0.66	+0.99	+1.32	+1.65
3LoTh<	-1.88	-1.50	-1.13	-0.75	-0.38	<b>3.75</b>	+0.38	+0.75	+1.13	+1.50	+1.88
3F/3LzTh<	-1.99	-1.59	-1.19	-0.80	-0.40	<b>3.98</b>	+0.40	+0.80	+1.19	+1.59	+1.99
3ATh	-3.00	-2.40	-1.80	-1.20	-0.60	<b>6.00</b>	+0.60	+1.20	+1.80	+2.40	+3.00
4TTh	-3.25	-2.60	-1.95	-1.30	-0.65	<b>6.50</b>	+0.65	+1.30	+1.95	+2.60	+3.25
4STh	-3.25	-2.60	-1.95	-1.30	-0.65	<b>6.50</b>	+0.65	+1.30	+1.95	+2.60	+3.25
4LoTh	-3.50	-2.80	-2.10	-1.40	-0.70	<b>7.00</b>	+0.70	+1.40	+2.10	+2.80	+3.50
4F/4LzTh	-3.75	-3.00	-2.25	-1.50	-0.75	<b>7.50</b>	+0.75	+1.50	+2.25	+3.00	+3.75
3ATh<	-2.25	-1.80	-1.35	-0.90	-0.45	<b>4.50</b>	+0.45	+0.90	+1.35	+1.80	+2.25
4TTh<	-2.44	-1.95	-1.46	-0.98	-0.49	<b>4.88</b>	+0.49	+0.98	+1.46	+1.95	+2.44
4STh<	-2.44	-1.95	-1.46	-0.98	-0.49	<b>4.88</b>	+0.49	+0.98	+1.46	+1.95	+2.44
4LoTh<	-2.63	-2.10	-1.58	-1.05	-0.53	<b>5.25</b>	+0.53	+1.05	+1.58	+2.10	+2.63
4F/4LzTh<	-2.82	-2.25	-1.69	-1.13	-0.56	<b>5.63</b>	+0.56	+1.13	+1.69	+2.25	+2.82
<b>Death Spirals</b>											
Fi/BiDsB	-1.30	-1.04	-0.78	-0.52	-0.26	<b>2.60</b>	+0.26	+0.52	+0.78	+1.04	+1.30
Fi/BiDs1	-1.45	-1.16	-0.87	-0.58	-0.29	<b>2.90</b>	+0.29	+0.58	+0.87	+1.16	+1.45
Fi/BiDs2	-1.60	-1.28	-0.96	-0.64	-0.32	<b>3.20</b>	+0.32	+0.64	+0.96	+1.28	+1.60
Fi/BiDs3	-1.75	-1.40	-1.05	-0.70	-0.35	<b>3.50</b>	+0.35	+0.70	+1.05	+1.40	+1.75
Fi/BiDs4	-1.90	-1.52	-1.14	-0.76	-0.38	<b>3.80</b>	+0.38	+0.76	+1.14	+1.52	+1.90
Fo/BoDsB	-1.55	-1.24	-0.93	-0.62	-0.31	<b>3.10</b>	+0.31	+0.62	+0.93	+1.24	+1.55
Fo/BoDs1	-1.75	-1.40	-1.05	-0.70	-0.35	<b>3.50</b>	+0.35	+0.70	+1.05	+1.40	+1.75
Fo/BoDs2	-1.95	-1.56	-1.17	-0.78	-0.39	<b>3.90</b>	+0.39	+0.78	+1.17	+1.56	+1.95
Fo/BoDs3	-2.15	-1.72	-1.29	-0.86	-0.43	<b>4.30</b>	+0.43	+0.86	+1.29	+1.72	+2.15
Fo/BoDs4	-2.35	-1.88	-1.41	-0.94	-0.47	<b>4.70</b>	+0.47	+0.94	+1.41	+1.88	+2.35
PiF	-1.10	-0.88	-0.66	-0.44	-0.22	<b>2.20</b>	+0.22	+0.44	+0.66	+0.88	+1.10
<b>Pair Spins</b>											
PSpB	-0.85	-0.68	-0.51	-0.34	-0.17	<b>1.70</b>	+0.17	+0.34	+0.51	+0.68	+0.85
PSp1	-1.00	-0.80	-0.60	-0.40	-0.20	<b>2.00</b>	+0.20	+0.40	+0.60	+0.80	+1.00
PSp2	-1.25	-1.00	-0.75	-0.50	-0.25	<b>2.50</b>	+0.25	+0.50	+0.75	+1.00	+1.25
PSp3	-1.50	-1.20	-0.90	-0.60	-0.30	<b>3.00</b>	+0.30	+0.60	+0.90	+1.20	+1.50
PSp4	-1.75	-1.40	-1.05	-0.70	-0.35	<b>3.50</b>	+0.35	+0.70	+1.05	+1.40	+1.75
<b>Pair Spin Combinations</b>											
PCoSpB	-1.25	-1.00	-0.75	-0.50	-0.25	<b>2.50</b>	+0.25	+0.50	+0.75	+1.00	+1.25
PCoSp1	-1.50	-1.20	-0.90	-0.60	-0.30	<b>3.00</b>	+0.30	+0.60	+0.90	+1.20	+1.50
PCoSp2	-1.75	-1.40	-1.05	-0.70	-0.35	<b>3.50</b>	+0.35	+0.70	+1.05	+1.40	+1.75
PCoSp3	-2.00	-1.60	-1.20	-0.80	-0.40	<b>4.00</b>	+0.40	+0.80	+1.20	+1.60	+2.00
PCoSp4	-2.25	-1.80	-1.35	-0.90	-0.45	<b>4.50</b>	+0.45	+0.90	+1.35	+1.80	+2.25
PcoSpBV	-0.94	-0.75	-0.56	-0.38	-0.19	<b>1.88</b>	+0.19	+0.38	+0.56	+0.75	+0.94
PCoSp1V	-1.13	-0.90	-0.68	-0.45	-0.23	<b>2.25</b>	+0.23	+0.45	+0.68	+0.90	+1.13
<b>PCoSp2V</b>	-1.32	-1.05	-0.79	-0.53	-0.26	<b>2.63</b>	+0.26	+0.53	+0.79	+1.05	+1.32
PCoSp3V	-1.50	-1.20	-0.90	-0.60	-0.30	<b>3.00</b>	+0.30	+0.60	+0.90	+1.20	+1.50
PCoSp4V	-1.69	-1.35	-1.01	-0.68	-0.34	<b>3.38</b>	+0.34	+0.68	+1.01	+1.35	+1.69

Choreographic Sequences, Single & Pair Skating											
	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
ChSq	-2,50	-2,00	-1,50	-1,00	-0,50	<b>3.0</b>	+0.50	+1.00	+1.50	+2.00	+2.50

**Remarks:**

1. The SOV is based on a percentage principle. Each step in GOE up/down results in increasing/decreasing the score for this element by 10% of the Base Value.
2. For Choreographic Sequences this percentage is also consistent for all steps in GOE, but is higher than for other elements.
3. For elements indicated with signs “<”, “e”, “V”, the percentage is taken not from the full Base Value, but from the reduced Base Value.
4. In jump combinations / jump sequences when applying the GOE with the numerical value of the most difficult jump, the signs “<”, “e”, “V” are taken into account (e.g. 3T with Base Value 4.2 is considered more difficult than 3F< with reduced Base Value 3.98).
5. The previous remark does not relate to the sign “+Rep” which leads to 70% of the Base Value of the jump. In this case the GOE is established as a percentage of the original Base Value because the “+Rep” sign has no relation to the quality of execution.

## II. Updated Levels of Difficulty of Single/Pair Elements

### LEVELS OF DIFFICULTY, SINGLE SKATING, season 2018-2019

**Number of features for Levels: 1 for Level 1, 2 for Level 2, 3 for Level 3, 4 for Level 4**

<b>Step Sequences</b>	<ol style="list-style-type: none"> <li>1) Minimum variety (Level 1), simple variety (Level 2), variety (Level 3), complexity (Level 4) of difficult turns and steps throughout (<b>compulsory</b>)</li> <li>2) Rotations 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 body movements for at least 1/3 of the pattern</li> <li>4) Two different combinations of 3 difficult turns on different feet executed with a clear rhythm within the sequence. Only the <b>first combination</b> attempted on each foot can be counted.</li> </ol>
<b>All Spins</b>	<ol style="list-style-type: none"> <li>1) Difficult variations (count as many times as performed with limitations specified below)</li> <li>2) Change of foot executed by jump</li> <li>3) Jump within a spin without changing feet</li> <li>4) Difficult change of position on the same foot</li> <li>5) Difficult entrance into a spin</li> <li>6) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position</li> <li>7) All 3 basic positions on the second foot</li> <li>8) Both directions immediately following each other in sit or camel spin</li> <li>9) Clear increase of speed in camel, sit, layback or Biellmann position</li> <li>10) At least 8 rev. without changes in position/variation, foot or edge (camel, layback, difficult variation of any basic position or for combinations only non-basic position)</li> <li>11) Difficult variation of flying entry in flying spins/spins with a flying entrance (see Clarifications)</li> </ol> <p><b>Additional features for the Layback spin:</b></p> <ol style="list-style-type: none"> <li>12) One clear change of position backwards-sideways or reverse, at least 2 rev. in each position (counts also if the Layback spin is a part of any other spin)</li> <li>13) Biellmann position after Layback spin (SP – after 8 revolutions in layback spin)</li> </ol> <p><b>Features 2-9, 11-13 count only once per program (first time they are attempted). Feature 10 counts only once per program (in the first spin it is successfully performed; if in this spin 8 revs are executed on both feet, any one of these executions can be taken in favour of the skater).</b></p> <p><b>Any category of difficult spin variation in a basic position counts only once per program (first time it is attempted). A difficult variation in a non-basic position counts once per program in spin combination only (first time it is attempted).</b></p> <p><b>In any spin with change of foot the maximum number of features attained on one foot is two (2).</b></p>

### ELEMENTS REQUIREMENTS (see also Clarifications on the next page)

#### Jumps

1. Full rotation: signs < and << indicate an error. The base values of the jumps with a sign < are listed in the SOV table. The jump with a sign << is evaluated with SOV for the same jump one revolution less.
2. Correct take-off edge in F/Lz: signs “e” and “!” indicate an error. The base values of the jumps with the sign “e” are listed in the SOV table. The sign “!” allows to keep full original base value of the jump.  
If both signs < and “e” are applied for the same jump, the base values are listed in the SOV table.

#### Spins

1. 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.
2. 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.
3. 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.
4. 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.

## CLARIFICATIONS: LEVELS OF DIFFICULTY SINGLE SKATING, season 2018-2019

### STEP SEQUENCES

**Types of difficult turns and steps:** twizzles, brackets, loops, counters, rockers, choctaws.

**Minimum variety** includes at least 5 difficult turns and steps, none of the types can be counted more than twice.

**Simple variety** includes at least 7 difficult turns and steps, none of the types can be counted more than twice.

**Variety** includes at least 9 difficult turns and steps, none of the types can be counted more than twice.

**Complexity** includes at least 11 difficult turns and steps, none of the types can be counted more than twice, 5 types must be executed in both directions.

**Use of body movement** means the visible use for a combined total of at least 1/3 of the pattern of any movements of arms, head, torso, hips and legs that have an effect on the balance of the main body core.

**Two combinations of difficult turns** are considered to be the same if they consist of the same turns done in the same order, on the same edge and on the same foot.

### SPINS

**A difficult spin variation of position** is a movement of the body part, leg, arm, hand or head which requires physical strength or flexibility and that has an effect on the balance of the main body core. Only these variations can increase the Level. There are 11 categories of difficult variations, among them 3 in camel position based on direction of the shoulder line: camel forward (CF) – with the shoulder line parallel to the ice; camel sideways (CS) – with the shoulder line twisted to a vertical position; camel upward (CU) – with the shoulder line twisted more than vertical position. If the free leg drops down for a long time while preparing for a difficult camel variation, the corresponding Level feature is still awarded, but the Judges will apply the GOE reduction for “poor/awkward/unaesthetic position(s)”.

**“Change of foot executed by jump” & “Jump within a spin without change of foot”:** are awarded only if the skater reaches a basic position within the first 2 revolutions after the landing.

**“Both directions immediately following each other in sit or camel spin”:** execution of spins in both directions (clockwise and counter clockwise) that immediately follow each other will be counted as a Level feature for sit and camel basic positions. Long curves of exit after the first part or entry into the second part are reflected in GOE. A minimum of 3 revs in each direction is required. A Spin executed in both directions as above is considered as one Spin.

**“Difficult variation of flying position in flying spins/spins with a flying entry”:** is awarded only if the flying position is really difficult and the skater reaches a basic position within 2 revolutions after the landing. Normal flying camel entry does not block a possibility of counting a difficult flying entry as a feature.

**Windmill (illusion)** will be considered as a Level feature only the first time it’s attempted.

### JUMPS

A jump will be considered as “**Under-rotated**” if it has **missing rotation of ¼ revolution or more**, but less than ½ revolution.

**Flip** is taken-off from a backward inside edge, **Lutz** is taken-off from backward outside edge; Technical Panel decides on the take-off edge and indicates errors with signs “e” and “!”. In cases of serious errors (sign “e”) the base value of the jump and the GOE are reduced, in cases of smaller errors (sign “!”) the original base value stays and the GOE is reduced.

**In Short Program jumps which do not satisfy the requirements** (including wrong number of revs) will have no value, but will block a jumping box, if one is empty; if a combination of two double jumps is not allowed (Sr. Men & Ladies, Jr. Men), the jump with the lesser value **after the consideration of signs <, <<, e** will not count (e.g. 2Lz+2T\*, 2T\*+2Lo, 2Lz<+2T\*, **2F<<+2T**).

**Short Program, Repetitions:** If the same jump is executed twice as a solo jump and as a part of the jump combination, the second execution will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).

**Free Skating, extra jump elements:** If an extra jump(s) is executed, only the individual jump(s), which is not according to the requirements will have no value. The jumps are considered in the order of execution.

#### **Free Skating, Jump Sequences**

A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.

## LEVELS OF DIFFICULTY, PAIR SKATING, SEASON 2018-2019

**Number of features for Levels: 1 for Level 1, 2 for Level 2, 3 for Level 3, 4 for Level 4**

<b>Twist Lifts</b>	<ol style="list-style-type: none"> <li>1) Lady's split position (each leg at least 45° from the body axis and Lady's legs are straight or almost straight)</li> <li>2) Catching the lady at the side of the waist without her hand(s)/arm(s)/any part of upper body touching the man</li> <li>3) Lady's position in the air with arm(s) above the head (minimum one full revolution)</li> <li>4) Difficult take-off</li> <li>5) Man's arms sideways, being straight or almost straight, reaching at least shoulder level after release of the lady</li> </ol>
<b>Lifts</b>	<ol style="list-style-type: none"> <li>1) Seniors: Difficult variation of the take-off <u>and</u> difficult landing variety Juniors: Simple variation of the take-off <u>and</u> simple landing variety</li> <li>2) 1 change of hold and/or lady's position (1 rev. of the man before and after the change, counts twice if repeated)</li> <li>3) Difficult variation of the lady (1 full revolution)</li> <li>4) Difficult (simple for juniors) carry (not for SP)</li> <li>5) <u>Seniors: Difficult</u> one-hand-hold of the man (2 full revolutions in total not counting parts shorter than 1 rev.) <u>Juniors: one-hand-hold</u> of the man (2 full revolutions in total not counting parts shorter than 1 rev.)</li> <li>6) Additional revolutions of the man with one-hand-hold after 2 revs in 5) (only in FS and only in one lift)</li> <li>7) Change of rotational direction by the man (1 rev. before and after the change, counts only once per program)</li> </ol> <p><b>Features 1), 2), 3), 5) must be significantly different from lift to lift and if similar, will only count first time attempted.</b></p> <p><b><u>All the features can be counted only if executed in the first 3.5 revolutions. For both takeoff and landing there is an additional allowance of ½ rev.</u></b></p>
<b>Step Seq.</b>	<ol style="list-style-type: none"> <li>1) Minimum variety (Level 1), simple variety (Level 2), variety (Levels 3–4) of difficult turns and steps of both partners throughout (<b>compulsory</b>)</li> <li>2) Rotations 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 body movements for at least 1/3 of the pattern</li> <li>4) Changes of position (crossing at least three times while doing steps and turns) for at least 1/3 of the sequence, but not more than 1/2 of the sequence <b>or</b> not separating at least half of the pattern (changes of holds are allowed)</li> <li>5) Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) executed by both partners with a clear rhythm within the sequence</li> </ol>
<b>Death Spirals</b>	<ol style="list-style-type: none"> <li>1) Difficult entry (immediately preceding the death spiral) and/or exit (<u>see clarification</u>)</li> <li>2) Full revolution(s) of the lady when both partners are in "low" positions (counts as many times as performed)</li> </ol>
<b>Solo Spins</b>	<ol style="list-style-type: none"> <li>1) Difficult variations (count as many times as performed with limitations specified below)</li> <li>2) Change of foot executed by jump</li> <li>3) Jump within a spin without changing feet</li> <li>4) Difficult change of position on the same foot</li> <li>5) Difficult entrance into a spin</li> <li>6) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position</li> <li>7) All 3 basic positions on the second foot</li> <li>8) Both directions immediately following each other in sit or camel spin</li> <li>9) Clear increase of speed in camel, sit, layback or Biellmann position</li> <li>10) At least 6 rev. without changes in pos./variation, foot and edge (camel, layback, difficult variation of any basic position or for combinations only non-basic position)</li> </ol> <p><b>Features 2 to 10 and any category of difficult spin variation count only once per program (first time attempted). If 6 revs are executed on both feet, any one of these executions can be taken in favor of the skaters. In any spin with change of foot the maximum number of features attained on one foot is two (2).</b></p>
<b>Pair Spins</b>	<ol style="list-style-type: none"> <li>1) 3 changes of basic positions of both partners</li> <li>2) 3 difficult variations of positions of partners, only one of which can be in non-basic position (each variation of each partner counts separately, each partner must have at least one difficult variation)</li> <li>3) Any other difficult variation in a basic position of either partner (each partner must have two difficult variations)</li> <li>4) <u>Difficult entrance</u> or entrance from backward outside or inside edge</li> <li>5) Both directions immediately following each other</li> <li>6) At least 6 revolutions without any changes in position/variation and foot (camel, sit, difficult upright)</li> </ol>

### ELEMENTS REQUIREMENTS (see also Clarifications on the next page)

#### Solo and Pair Spin combinations

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

#### Jump elements

Both partners must fulfill requirements for jump elements in Single Skating. If these requirements are not fulfilled by one or both partners, signs and GOE reductions are the same.

A jump will be considered as "Under-rotated" if it has **missing rotation of ¼ revolution or more**, but less than ½ revolution.

## CLARIFICATIONS: LEVELS OF DIFFICULTY PAIR SKATING, season 2018-2019

### TWIST LIFTS

**Feature 1) (Lady's split):** each leg straight or almost straight at least 45° from the body axis;

**Feature 5) (Man's arms):** straight or almost straight, going sideways and reaching at least shoulder level.

### LIFTS

**Take-off: Simple:** includes but is not limited to change of handhold on ascent of lift.

**Difficult:** includes but is not limited to: Somersault take off, small lift going immediately into a Pair lift take-off without the Lady touching the ice between two lifts, one hand take-off, Spread Eagle, Ina Bauer or Spiral by one or both partners as the entry curve, inside Axel take-off in 5ALi and 5SLi.

**Landing: Simple:** different landing foot (not automatically considered), change of hold on descent.

**Difficult:** includes but is not limited to: Somersaults, variation in hold, partner positions and/or direction of landing, one hand landing, Spread-Eagle position of the Man during dismount.

**Carry: Simple:** duration at least 3 seconds. **Difficult:** includes at least one of the following features: during the carry the Man for at least 3 sec. skates on one foot or holds the partner on one arm or performs crossovers or performs Spread Eagle or a similar move. Allowed in both programs, but in SP does not count as a Feature and in FS counts only the first time executed.

**Difficult variation of Lady's position:** a movement of leg, arm, or upper body which requires physical strength or flexibility and that has an effect on the balance of the main body core. Only these variations can increase the Level.

**Change of hold/Lady's position requires** one full revolution of the Man before and after this change. If a change of hold and a change of Lady's position are executed at the same time, only one Level feature will be awarded.

**Variation of the take-off/landing, change of hold/Lady's basic position and difficult variation of the Lady** must be significantly different from the previously attempted variation/change to be awarded as a Level feature. One arm dismount can be counted as a feature only once per program.

Features "change of hold/Lady's position/rotational direction" are not awarded if the change is interrupted by carry.

**Feature 5) Difficult one hand hold of the man means:**

-any lift in which there is only one point of contact between the man and the lady and the lady is balancing without supporting herself on the man;

-lifts with more than one point of contact which require exceptional balance and control (e.g. "star" lift where the lady is facing away from the man).

### STEP SEQUENCES

**Types of difficult turns and steps:** rockers, counters, brackets, twizzles, loops and choctaws.

**Same definition of** minimum variety, simple variety and variety as for single skating; requirements must be fulfilled by both partners.

**Use of body movements** means the visible use for a combined total of at least 1/3 of the pattern of any movements of arms, head, torso, hips and legs that have an effect on the balance of the main body core.

**Crossing** at least 3 times of the partners for at least 1/3, but not more than 1/2 of the sequence The couple must maintain not more than 3 meters distance between the partners throughout the crossing feature.

**Not separating** for at least half of the pattern: only one of the two features (but not both) can be awarded.

**Two different combinations of 3 difficult turns** (rockers, counters, brackets, twizzles, loops) executed by both partners with a clear rhythm within the sequence.

### DEATH SPIRALS

Death spiral has a Level and value if both partners execute at least 1 rev in the death spiral position (knees of the Man clearly bent, his toe anchored and arm fully extended; Lady's head must reach, at least briefly, the level of her skating knee). For a higher Level both Lady and Man must stay in the "low" position for 1 or more full revs.

**Lady's "low" position:** for inside Death Spirals, the lowest hip or buttock and head should not be higher than her skating knee; for outside Death Spirals – head should not be higher than her skating knee and bodyline between knee of skating leg and head should be flat or shallow arch.

**Man's "low" pivot position:** buttocks not higher than the knee of the pivot foot.

Any part of the Death Spiral with a higher Lady's or Man's position is not valid for Level features 2).

**Change of arm hold** by the Lady or Man is allowed, but is no longer a Level feature.

**Change of pivot** is considered as the end of the Death Spiral.

**Entry, exit:** The difficult entry position must be performed while both partners are on the entry curve and the Lady and/or the Man are moving from a difficult entry position directly and without delay to a Death Spiral position. The feature is awarded only if the low position is reached by both partners within 1 revolution after the man's toe is fixed on the ice.

Exit: starts when the Man bends his "holding" arm at the elbow; ends: when the Lady comes to vertical position.

### SOLO SPINS

Level feature "Difficult entrance into a spin" does not include regular backward entry and regular flying camel entry. Clarifications for Spins in Singles are also valid for Pairs (when applicable).

### PAIR SPIN COMBINATION

Pair Spin Combination can be started with a jump.

### JUMPS, THROW JUMPS, TWIST LIFTS

**In Short Program jumps, throw jumps and twist lifts which do not satisfy the requirements** (including wrong number of revs) will have no value, but will block a corresponding element box, if one is empty.

**In Free Skating**, if an extra jump(s) is executed, only the individual jump(s), which is not according to the requirements, will have no value. The jumps are considered in the order of execution.

**III. Updated Guidelines for marking +GOE of Single/Pair Elements**  
**(positive aspects)**

These guidelines are tools to be used together with the minus GOE charts. The final GOE of a performed element is based on the combination of both positive and negative aspects. It is important that the final GOE of an element reflects the positive aspects, as well as any possible reductions that may apply.

The final GOE of an element is calculated considering first the positive aspects of the element that result in a starting GOE for the evaluation. Following that a Judge reduces the GOE according to the guidelines of possible errors and the result is the final GOE of the element.

To establish the starting GOE Judges must take into consideration the bullets for each element.

General recommendations are as follows:

**FOR + 1 : 1 bullet**

**FOR + 2 : 2 bullets**

**FOR + 3 : 3 bullets**

**FOR + 4 : 4 bullets**

**FOR + 5 : 5 or more bullets**

**FOR + 4 and +5 THE FIRST THREE bullets highlighted in bold must be present**

**Singles**

<b>Jump Elements</b>	<b>1) very good height and very good length (of all jumps in a combo or sequence)</b> <b>2) good take-off and landing</b> <b>3) effortless throughout (including rhythm in Jump combination)</b> 4) steps before the jump, unexpected or creative entry 5) very good body position from take-off to landing 6) element matches the music
<b>Spins</b>	<b>1) good speed and/or acceleration during spin</b> <b>2) good controlled, clear position(s) (inc. height and air/landing position in flying spin)</b> <b>3) effortless throughout</b> 4) maintaining a centered spin 5) creativity and originality 6) element matches the music
<b>Step Sequences</b>	<b>1) deep edges, clean steps and turns</b> <b>2) element matches the music</b> <b>3) effortless throughout with good energy, flow and execution</b> 4) creativity and originality 5) excellent commitment and control of the whole body 6) good acceleration and deceleration
<b>Choreographic Sequences</b>	<b>1) creativity and originality</b> <b>2) element matches the music and reflects the concept/character of the program</b> <b>3) effortless throughout with good energy, flow and execution</b> 4) good ice coverage 5) good clarity and precision 6) excellent commitment and control of the whole body

## Pairs

<b>Lifts</b>	<ol style="list-style-type: none"> <li><b>1) very good take-off and landing</b></li> <li><b>2) good speed, flow and ice coverage</b></li> <li><b>3) effortless throughout (including rotation and change of position)</b></li> <li>4) very good air positions</li> <li>5) smooth footwork of man</li> <li>6) element matches the music</li> </ol>
<b>Twist Lifts</b>	<ol style="list-style-type: none"> <li><b>1) good height of lady in air position</b></li> <li><b>2) clean catch</b></li> <li><b>3) effortless throughout</b></li> <li>4) good take-off and exit</li> <li>5) very good speed and flow</li> <li>6) element matches the music</li> </ol>
<b>Jump Elements</b>	<ol style="list-style-type: none"> <li><b>1) good unison and distance between partners</b></li> <li><b>2) very good height and very good length (of all jumps in a combo or sequence)</b></li> <li><b>3) effortless throughout (including rhythm in jump combination)</b></li> <li>4) steps before the jump, unexpected or creative entry</li> <li>5) good take off and landing</li> <li>6) element matches the music</li> </ol>
<b>Throw Jumps</b>	<ol style="list-style-type: none"> <li><b>1) very good height and very good distance</b></li> <li><b>2) good speed, flow and control on release and landing</b></li> <li><b>3) effortless throughout</b></li> <li>4) difficult, unexpected or creative entry</li> <li>5) very good air position</li> <li>6) element matches the music</li> </ol>
<b>Solo Spins</b>	<ol style="list-style-type: none"> <li><b>1) good unison and distance between partners</b></li> <li><b>2) good speed and/or acceleration during spin</b></li> <li><b>3) effortless throughout</b></li> <li>4) good controlled, clear position(s) (inc. height and air/landing position in flying spin)</li> <li>5) creativity and originality</li> <li>6) element matches the music</li> </ol>
<b>Pair Spins</b>	<ol style="list-style-type: none"> <li><b>1) good control throughout by both partners</b></li> <li><b>2) good speed and/or acceleration during spin</b></li> <li><b>3) effortless throughout</b></li> <li>4) good controlled, clear position(s) (inc. height and air/landing position in flying spin)</li> <li>5) creativity and originality</li> <li>6) element matches the music</li> </ol>
<b>Death Spirals</b>	<ol style="list-style-type: none"> <li><b>1) very good positions of both partners</b></li> <li><b>2) good flow and speed throughout (including entry and exit)</b></li> <li><b>3) effortless throughout</b></li> <li>4) good controlled transition into required positions and on exit</li> <li>5) good/continuous edges demonstrated by man and lady</li> <li>6) element matches the music</li> </ol>
<b>Step Sequences</b>	<ol style="list-style-type: none"> <li><b>1) good unison and distance between partners</b></li> <li><b>2) element matches the music</b></li> <li><b>3) effortless throughout with good energy, flow and execution</b></li> <li>4) creativity and originality</li> <li>5) excellent commitment and control of the whole body</li> <li>6) deep edges, clean steps and turns</li> </ol>
<b>Choreo Sequences</b>	<ol style="list-style-type: none"> <li><b>1) creativity and originality</b></li> <li><b>2) element matches the music and reflects the concept/character of the program</b></li> <li><b>3) effortless demonstration of the element as a sequence</b></li> <li>4) good ice coverage</li> <li>5) good unison</li> <li>6) excellent commitment and control of the whole body</li> </ol>

## IV. Updated Guidelines in establishing GOE for errors in Short Program and Free Skating

Elements with no Value are indicated to the Panel of Judges. GOE of such elements does not influence the result. In case of multiple errors the corresponding reductions are added. However in Pair Skating the reduction applied for a mistake of one partner or the **same** mistake by both partners remains the same.

### SINGLE SKATING

<b>REDUCTIONS FOR ERRORS</b>			
<b>JUMP ELEMENTS</b>			
<b>SP:</b> Jump element not according to requirements final <b>GOE</b> must be	<b>GOE -5</b>	Downgraded (sign << )	<b>-3 to -4</b>
Fall	<b>-5</b>	Under-rotated (sign < )	<b>-2 to -3</b>
Landing on two feet in a jump	<b>-3 to -4</b>	Lacking rotation (no sign) including <b>Euler</b> in a combo	<b>-1 to -2</b>
Stepping out of landing in a jump	<b>-3 to -4</b>	Poor speed, height, distance, or air position	<b>-1 to -3</b>
2 three turns in between (jump combo)	<b>-2 to -3</b>	Touch down with both hands in a jump	<b>-2 to -3</b>
Wrong edge take off F/Lz (sign “e”)	<b>-3 to -4</b>	Touch down with one hand or free foot	<b>-1 to -2</b>
Unclear edge take off F/Lz (sign “!”)	<b>-1 to -3</b>	Loss of flow/direction/rhythm between jumps (combo/seq.)	<b>-2 to -3</b>
Unclear edge take off F/Lz (no sign)	<b>-1</b>	Weak landing (bad pos./wrong edge/scratching etc)	<b>-1 to -3</b>
Poor take-off	<b>-2 to -3</b>	Long preparation	<b>-2 to -3</b>
<b>SPINS</b>			
Fall	<b>-5</b>	Poor/awkward, unaesthetic position(s)	<b>-1 to -3</b>
Touch down with free foot or hand(s)	<b>-1 to -3</b>	Slow or reduction of speed	<b>-1 to -3</b>
Poor fly (flying spin/entry)	<b>-1 to -3</b>	Change of foot poorly done (including curve of entry/exit except when changing direction)	<b>-1 to -3</b>
Incorrect take-off or landing in a flying spin	<b>-1 to -2</b>	Less than required revolutions	<b>-1 to -3</b>
Traveling	<b>-1 to -3</b>	Unbalanced number of revolutions in change foot spin	<b>-1</b>
<b>STEPS</b>			
<b>SP:</b> Listed jumps with more than half rev. included	<b>-1</b>	Poor quality of steps, turns, positions	<b>-1 to -3</b>
Fall	<b>-5</b>	Stumble	<b>-1 to -3</b>
Less than half of the pattern doing steps/turns	<b>-2 to -3</b>	Does not correspond to the music	<b>-1 to -3</b>
<b>CHOREOGRAPHIC SEQUENCES</b>			
Fall	<b>-5</b>	Stumble	<b>-1 to -3</b>
Inability to clearly demonstrate the sequence	<b>-2 to -3</b>	Does not correspond to the music or lacks creativity/originality	<b>-1 to -3</b>
Loss of control while executing the sequence	<b>-1 to -3</b>	Poor quality of movements	<b>-1 to -2</b>

## PAIR SKATING

### REDUCTIONS FOR ERRORS

#### LIFTS

Fall	-5	Poor speed and/or ice coverage	-1 to -3
Serious problems in the lifting process	-3	Poor turns by man and/or stops in rotation	-1 to -3
Slight problems in the lifting process	-1 to -2	Poor take-off/weak landing	-1 to -3
Serious problems on the descent of the lift	-3 to -4	Too long getting into a basic position or its variation	-1 to -3
Slight problems on the descent of the lift	-1 to -2	Touch down with the free foot	-1
Lady starts or lands on two feet	-2	Long preparation	-1 to -2
Poor positions in the air or on landing	-1 to -3		

#### TWIST LIFTS

Fall	-5	Downgraded (sign <<)	-2 to -4
Serious problems on the catch	-3 to -4	Poor height or distance	-1 to -3
Slight problems on the catch	-1 to -2	Poor take-off (poor speed, serious scratching, no toe-pick)	-1 to -2
Lady lands on two feet	-2 to -3	Weak landing (poor speed, bad positions)	-1 to -2
Touch down with the free foot	-1	Long preparation	-1 to -2

#### JUMP ELEMENTS, THROW JUMPS

Fall	-5	Poor speed, height, distance, air position	-1 to -3
Landing on two feet	-3 to -4	Big distance between partners– jump elements	-1 to -3
Stepping out of landing in a jump	-3 to -4	Poor take-off	-1 to -2
Unequal number of revolutions by partners	-2	Loss of flow/direction/rhythm between jumps (combo/seq.)	-2 to -3
Downgraded (sign <<)	-3 to -4	Poor man's position at take-off – throw jump	-1 to -2
Under-rotated (sign <)	-2 to -3	Weak landing (bad pos./wrong edge/scratching etc)	-1 to -3
Lacking rotation (no sign)	-1 to -2	Long preparation	-1 to -3
2 three turns in between – jump combo	-2 to -3	Touch down with both hands in a jump	-2 to -3
Severe wrong edge take off F/Lz (sign “e”)	-2 to -3	Touch down with one hand or free foot	-1 to -2
Unclear edge take off F/Lz (sign “!”)	-1 to -2	Lack of Unison	-1 to -3
Unclear edge take off F/Lz (no sign)	-1		

#### SOLO AND PAIR SPINS

Fall	-5	Poor/awkward, unaesthetic position(s)	-1 to -3
Touch down with both hands	-2	Traveling	-1 to -3
Touch down with free foot or one hand	-1 to -2	Change of foot poorly done	-1 to -3
Slow or reduction of speed	-1 to -3	Stop or lack of continuous movement during spin (except when changing direction)	-1 to -2
Big distance between partners	-1 to -3	Poor fly (flying spin/entry)	-1 to -3
Incorrect take-off or landing (flying spin/entry)	-1 to -2	Lack of Unison	-1 to -3
Less than required revolutions	-1 to -3		

#### DEATH SPIRALS

Fall	-5	Any part of the lady's body (not the hair) touching the ice	-1 to -2
Wrong pivot position (losing toe pick etc.)	-2 to -4	Slow or reduction of speed	-1 to -3
Lady assisted not only by the blades	-2 to -3	Weak lady's or man's edge quality	-1 to -2
Poor or weak position of the lady (too high etc.) or man	-1 to -3	Poor exit	-1 to -3

#### STEPS

SP: Listed jumps with more than half rev. included	-1	Does not correspond to the music	-1 to -3
		Stumble	-1 to -3
Fall	-5	Poor quality of steps, turns, positions (movements)	-1 to -3
Less than half of the pattern doing steps/turns	-2 to -3	Lack of Unison	-1 to -3

#### CHOREOGRAPHIC SEQUENCES

Fall	-5	Stumble	-1 to -3
Inability to clearly demonstrate the sequence	-2 to -3	Does not correspond to the music or lacks creativity/originality	-1 to -3
Loss of control while executing the sequence	-1 to -3	Poor quality of movements	-1 to -2

## Additional Remarks

### **Program Components**

In a program containing a **Fall** or a **Serious** error (*error that impacts the integrity / continuity / fluidity of the composition and/or its relation to the music*) the score ten (10) shall not be awarded for any of the Components.

In a program containing **Falls** or **Serious** errors (*errors that impacts the integrity / continuity / fluidity of the composition and/or its relation to the music*) the score nine-fifty (9.5) or higher should not be awarded for Skating Skills, Transitions and Composition and the score nine (9.0) or higher should not be awarded for Performance and Interpretation.

### **GOE evaluation**

In case of significant error (e.g. fall, landing on two feet, stepping out of landing, wrong edge (e), downgraded (<<), serious problems on the descent of the lift, serious problems on the catch of the Twist) the starting GOE for the evaluation cannot be higher than +2.