

Scale of Values (SOV) of the Synchronized Skating Elements (Appendix D)

<i>BLOCK, CIRCLE, INTERSECTION, LINE</i>	---	--	-	BASE VALUE	+	++	+++
LEVEL 1	0.3	0.2	0.1	1.2	0.1	0.2	0.3
LEVEL 2	0.6	0.4	0.2	1.6	0.2	0.4	0.6
LEVEL 3	0.9	0.6	0.3	2.0	0.3	0.6	0.9
LEVEL 4	1.2	0.8	0.5	2.5	0.5	0.8	1.2
LEVEL 5	1.2	0.8	0.5	3.0	0.5	0.8	1.2
LEVEL 6	2.0	1.0	0.7	4.0	0.7	1.0	2.0
LEVEL 7	3.0	2.0	1.0	5.5	1.0	2.0	3.0

<i>MOVES IN THE FIELD, MOVEMENTS IN ISOLATION</i>	---	--	-	BASE VALUE	+	++	+++
LEVEL 1	0.6	0.4	0.2	1.6	0.2	0.4	0.6
LEVEL 2	0.9	0.6	0.3	2.0	0.3	0.6	0.9
LEVEL 3	1.2	0.8	0.5	2.5	0.5	0.8	1.2
LEVEL 4	1.2	0.8	0.5	3.0	0.5	0.8	1.2
LEVEL 5	2.0	1.0	0.7	4.0	0.7	1.0	2.0

<i>NO HOLD STEP SEQUENCE</i>	---	--	-	BASE VALUE	+	++	+++
LEVEL 1	1.2	0.8	0.5	2.5	0.5	0.8	1.2
LEVEL 2	1.2	0.8	0.5	3.0	0.5	0.8	1.2
LEVEL 3	2.0	1.0	0.7	4.0	0.7	1.0	2.0
LEVEL 4	3.0	2.0	1.0	5.5	1.0	2.0	3.0

<i>WHEEL</i>	---	--	-	BASE VALUE	+	++	+++
LEVEL 1	0.6	0.4	0.2	1.6	0.2	0.4	0.6
LEVEL 2	1.2	0.8	0.5	2.5	0.5	0.8	1.2
LEVEL 3	1.2	0.8	0.5	3.0	0.5	0.8	1.2
LEVEL 4	2.0	1.0	0.7	4.0	0.7	1.0	2.0

<i>SPIN</i>	---	--	-	BASE VALUE	+	++	+++
LEVEL 1	1.2	0.8	0.5	2.5	0.5	0.8	1.2
LEVEL 2	1.2	0.8	0.5	3.0	0.5	0.8	1.2
LEVEL 3	2.0	1.0	0.7	4.0	0.7	1.0	2.0