

INTERNATIONAL SKATING UNION

Communication No. 1724

SINGLE & PAIR SKATING

Scale of Values, Levels of Difficulty and Guidelines for marking Grade of Execution

I. Scale of Values (SOV)

		+3	+2	+1	BASE	BASE<	-1	- 2	-3
SINGLE AND PAIR SKATING									
Jumps									
Toeloop	1T	0,6	0,4	0,2	0,4	0,3	-0,1	-0,2	-0,3
Salchow	1S	0,6	0,4	0,2	0,4	0,3	-0,1	-0,2	-0,3
Loop	1Lo	0,6	0,4	0,2	0,5	0,4	-0,1	-0,2	-0,3
Flip	1F	0,6	0,4	0,2	0,5	0,4	-0,1	-0,2	-0,3
Lutz	1Lz	0,6	0,4	0,2	0,6	0,4	-0,1	-0,2	-0,3
Axel	1A	0,6	0,4	0,2	1,1	0,8	-0,2	-0,4	-0,6
Double Toeloop	2T	0,6	0,4	0,2	1,3	0,9	-0,2	-0,4	-0,6
Double Salchow	2S	0,6	0,4	0,2	1,3	0,9	-0,2	-0,4	-0,6
Double Loop	2Lo	0,9	0,6	0,3	1,8	1,3	-0,3	-0,6	-0,9
Double Flip	2F	0,9	0,6	0,3	1,8	1,3	-0,3	-0,6	-0,9
Double Lutz	2Lz	0,9	0,6	0,3	2,1	1,5	-0,3	-0,6	-0,9
Double Axel	2A	1,5	1,0	0,5	3,3	2,3	-0,5	-1,0	-1,5
Triple Toeloop	3T	2,1	1,4	0,7	4,1	2,9	-0,7	-1,4	-2,1
Triple Salchow	3S	2,1	1,4	0,7	4,2	2,9	-0,7	-1,4	-2,1
Triple Loop	3Lo	2,1	1,4	0,7	5,1	3,6	-0,7	-1,4	-2,1
Triple Flip	3F	2,1	1,4	0,7	5,3	3,7	-0,7	-1,4	-2,1
Triple Lutz	3Lz	2,1	1,4	0,7	6,0	4,2	-0,7	-1,4	-2,1
Triple Axel	3A	3,0	2,0	1,0	8,5	6,0	-1,0	-2,0	-3,0
Quad Toeloop	4T	3,0	2,0	1,0	10,3	7,2	-1,0	-2,0	-3,0
Quad Salchow	4S	3,0	2,0	1,0	10,5	7,4	-1,0	-2,0	-3,0
Quad Loop	4Lo	3,0	2,0	1,0	12,0	8,4	-1,0	-2,0	-3,0
Quad Flip	4F	3,0	2,0	1,0	12,3	8,6	-1,0	-2,0	-3,0
Quad Lutz	4Lz	3,0	2,0	1,0	13,6	9,5	-1,0	-2,0	-3,0
Quad Axel	4A	3,6	2,4	1,2	15,0	10,5	-1,2	-2,4	-3,6
Spins (Solo Spins for Pairs)									
Spin in one position and no change of foot (upright, layback, camel or sit)									
Upright Level B	USpB	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	1,0		-0,3	-0,6	-0,9
Upright Level 1	USp1	1,5	1,0	0,5	1,2		-0,3	-0,6	-0,9
Upright Level 2	USp2	1,5	1,0	0,5	1,5		-0,3	-0,6	-0,9
Upright Level 3	USp3	1,5	1,0	0,5	1,9		-0,3	-0,6	-0,9
Upright Level 4	USp4	1,5	1,0	0,5	2,4		-0,3	-0,6	-0,9

<u>Layback Level B</u>	<u>LSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>1,2</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Layback Level 1	LSp1	1,5	1,0	0,5	1,5		-0,3	-0,6	-0,9
Layback Level 2	LSp2	1,5	1,0	0,5	1,9		-0,3	-0,6	-0,9
Layback Level 3	LSp3	1,5	1,0	0,5	2,4		-0,3	-0,6	-0,9
Layback Level 4	LSp4	1,5	1,0	0,5	2,7		-0,3	-0,6	-0,9
<u>Camel Level B</u>	<u>CSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>1,1</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Camel Level 1	CSp1	1,5	1,0	0,5	1,4		-0,3	-0,6	-0,9
Camel Level 2	CSp2	1,5	1,0	0,5	1,8		-0,3	-0,6	-0,9
Camel Level 3	CSp3	1,5	1,0	0,5	2,3		-0,3	-0,6	-0,9
Camel Level 4	CSp4	1,5	1,0	0,5	2,6		-0,3	-0,6	-0,9
<u>Sit Level B</u>	<u>SSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>1,1</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Sit Level 1	SSp1	1,5	1,0	0,5	1,3		-0,3	-0,6	-0,9
Sit Level 2	SSp2	1,5	1,0	0,5	1,6		-0,3	-0,6	-0,9
Sit Level 3	SSp3	1,5	1,0	0,5	2,1		-0,3	-0,6	-0,9
Sit Level 4	SSp4	1,5	1,0	0,5	2,5		-0,3	-0,6	-0,9
Flying Spin (any position – upright, layback, camel or sit)									
<u>Upright Level B</u>	<u>FUSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>1,5</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Upright Level 1	FUSp1	1,5	1,0	0,5	1,7		-0,3	-0,6	-0,9
Upright Level 2	FUSp2	1,5	1,0	0,5	2,0		-0,3	-0,6	-0,9
Upright Level 3	FUSp3	1,5	1,0	0,5	2,4		-0,3	-0,6	-0,9
Upright Level 4	FUSp4	1,5	1,0	0,5	2,9		-0,3	-0,6	-0,9
<u>Layback Level B</u>	<u>FLSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>1,7</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Layback Level 1	FLSp1	1,5	1,0	0,5	2,0		-0,3	-0,6	-0,9
Layback Level 2	FLSp2	1,5	1,0	0,5	2,4		-0,3	-0,6	-0,9
Layback Level 3	FLSp3	1,5	1,0	0,5	2,9		-0,3	-0,6	-0,9
Layback Level 4	FLSp4	1,5	1,0	0,5	3,2		-0,3	-0,6	-0,9
<u>Camel Level B</u>	<u>FCSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>1,6</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Camel Level 1	FCSp1	1,5	1,0	0,5	1,9		-0,3	-0,6	-0,9
Camel Level 2	FCSp2	1,5	1,0	0,5	2,3		-0,3	-0,6	-0,9
Camel Level 3	FCSp3	1,5	1,0	0,5	2,8		-0,3	-0,6	-0,9
Camel Level 4	FCSp4	1,5	1,0	0,5	3,2		-0,3	-0,6	-0,9
<u>Sit Level B</u>	<u>FSSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>1,7</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Sit Level 1	FSSp1	1,5	1,0	0,5	2,0		-0,3	-0,6	-0,9
Sit Level 2	FSSp2	1,5	1,0	0,5	2,3		-0,3	-0,6	-0,9
Sit Level 3	FSSp3	1,5	1,0	0,5	2,6		-0,3	-0,6	-0,9
Sit Level 4	FSSp4	1,5	1,0	0,5	3,0		-0,3	-0,6	-0,9
Spin with one change of foot and no change of position (upright, layback, camel or sit)									
<u>Upright Level B</u>	<u>(F)CUSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>1,5</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Upright Level 1	(F)CUSp1	1,5	1,0	0,5	1,7		-0,3	-0,6	-0,9
Upright Level 2	(F)CUSp2	1,5	1,0	0,5	2,0		-0,3	-0,6	-0,9
Upright Level 3	(F)CUSp3	1,5	1,0	0,5	2,4		-0,3	-0,6	-0,9
Upright Level 4	(F)CUSp4	1,5	1,0	0,5	2,9		-0,3	-0,6	-0,9
<u>Layback Level B</u>	<u>(F)CLSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>1,7</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Layback Level 1	(F)CLSp1	1,5	1,0	0,5	2,0		-0,3	-0,6	-0,9
Layback Level 2	(F)CLSp2	1,5	1,0	0,5	2,4		-0,3	-0,6	-0,9
Layback Level 3	(F)CLSp3	1,5	1,0	0,5	2,9		-0,3	-0,6	-0,9
Layback Level 4	(F)CLSp4	1,5	1,0	0,5	3,2		-0,3	-0,6	-0,9
<u>Camel Level B</u>	<u>(F)CCSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>1,7</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Camel Level 1	(F)CCSp1	1,5	1,0	0,5	2,0		-0,3	-0,6	-0,9
Camel Level 2	(F)CCSp2	1,5	1,0	0,5	2,3		-0,3	-0,6	-0,9
Camel Level 3	(F)CCSp3	1,5	1,0	0,5	2,8		-0,3	-0,6	-0,9
Camel Level 4	(F)CCSp4	1,5	1,0	0,5	3,2		-0,3	-0,6	-0,9

<u>Sit Level B</u>	<u>(F)CSSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	1,6		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Sit Level 1	(F)CSSp1	1,5	1,0	0,5	1,9		-0,3	-0,6	-0,9
Sit Level 2	(F)CSSp2	1,5	1,0	0,5	2,3		-0,3	-0,6	-0,9
Sit Level 3	(F)CSSp3	1,5	1,0	0,5	2,6		-0,3	-0,6	-0,9
Sit Level 4	(F)CSSp4	1,5	1,0	0,5	3,0		-0,3	-0,6	-0,9
<u>Level B</u>	<u>(F)CoSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	1,5		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Level 1	(F)CoSp1	1,5	1,0	0,5	1,7		-0,3	-0,6	-0,9
Level 2	(F)CoSp2	1,5	1,0	0,5	2,0		-0,3	-0,6	-0,9
Level 3	(F)CoSp3	1,5	1,0	0,5	2,5		-0,3	-0,6	-0,9
Level 4	(F)CoSp4	1,5	1,0	0,5	3,0		-0,3	-0,6	-0,9
Spin Combination with change of position and change of foot									
<u>Level B</u>	<u>(F)CCoSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	1,7		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Level 1	(F)CCoSp1	1,5	1,0	0,5	2,0		-0,3	-0,6	-0,9
Level 2	(F)CCoSp2	1,5	1,0	0,5	2,5		-0,3	-0,6	-0,9
Level 3	(F)CCoSp3	1,5	1,0	0,5	3,0		-0,3	-0,6	-0,9
Level 4	(F)CCoSp4	1,5	1,0	0,5	3,5		-0,3	-0,6	-0,9
Step and Choreographic Sequences									
Step Sequence									
<u>Level B</u>	<u>StSqB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	1,5		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Level 1	StSq1	1,5	1,0	0,5	1,8		-0,3	-0,6	-0,9
Level 2	StSq2	1,5	1,0	0,5	2,6		-0,3	-0,6	-0,9
Level 3	StSq3	1,5	1,0	0,5	3,3		-0,7	-1,4	-2,1
Level 4	StSq4	2,1	1,4	0,7	3,9		-0,7	-1,4	-2,1
<u>Choreo Sequence</u>	<u>ChSq</u>	2,1	1,4	0,7	2,0		-0,5	-1,0	-1,5
PAIR SKATING									
Lifts									
<u>Group 1 Level B</u>	<u>1LiB</u>	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	1,0		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Group 1 Level 1	1Li1	0,9	0,6	0,3	1,1		-0,3	-0,6	-0,9
Group 1 Level 2	1Li2	0,9	0,6	0,3	1,3		-0,3	-0,6	-0,9
Group 1 Level 3	1Li3	0,9	0,6	0,3	1,5		-0,3	-0,6	-0,9
Group 1 Level 4	1Li4	0,9	0,6	0,3	1,7		-0,3	-0,6	-0,9
<u>Group 2 Level B</u>	<u>2LiB</u>	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	1,1		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Group 2 Level 1	2Li1	0,9	0,6	0,3	1,3		-0,3	-0,6	-0,9
Group 2 Level 2	2Li2	0,9	0,6	0,3	1,7		-0,3	-0,6	-0,9
Group 2 Level 3	2Li3	0,9	0,6	0,3	2,4		-0,3	-0,6	-0,9
Group 2 Level 4	2Li4	0,9	0,6	0,3	3,0		-0,3	-0,6	-0,9
<u>Group 3 Level B</u>	<u>3LiB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	2,0		<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
Group 3 Level 1	3Li1	1,5	1,0	0,5	2,5		-0,5	-1,0	-1,5
Group 3 Level 2	3Li2	1,5	1,0	0,5	3,0		-0,5	-1,0	-1,5
Group 3 Level 3	3Li3	1,5	1,0	0,5	3,5		-0,5	-1,0	-1,5
Group 3 Level 4	3Li4	1,5	1,0	0,5	4,0		-0,5	-1,0	-1,5
<u>Group 4 Level B</u>	<u>4LiB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	2,0		<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
Group 4 Level 1	4Li1	1,5	1,0	0,5	2,5		-0,5	-1,0	-1,5
Group 4 Level 2	4Li2	1,5	1,0	0,5	3,0		-0,5	-1,0	-1,5
Group 4 Level 3	4Li3	1,5	1,0	0,5	3,5		-0,5	-1,0	-1,5
Group 4 Level 4	4Li4	1,5	1,0	0,5	4,0		-0,5	-1,0	-1,5
Group 5 Toe/Step in Lasso									
<u>Level B</u>	<u>5T/SLiB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	4,0		<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
Level 1	5T/SLi1	1,5	1,0	0,5	4,5		-0,5	-1,0	-1,5
Level 2	5T/SLi2	1,5	1,0	0,5	5,0		-0,5	-1,0	-1,5
Level 3	5T/SLi3	1,5	1,0	0,5	5,5		-0,5	-1,0	-1,5
Level 4	5T/SLi4	1,5	1,0	0,5	6,0		-0,5	-1,0	-1,5

Group 5 Axel/Backward Lasso									
<u>Level B</u>	<u>5A/BLiB</u>	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<u>4,5</u>		<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>
Level 1	5A/BLi1	2,1	1,4	0,7	5,0		-0,7	-1,4	-2,1
Level 2	5A/BLi2	2,1	1,4	0,7	5,5		-0,7	-1,4	-2,1
Level 3	5A/BLi3	2,1	1,4	0,7	6,0		-0,7	-1,4	-2,1
Level 4	5A/BLi4	2,1	1,4	0,7	6,5		-0,7	-1,4	-2,1
Group 5 Reverse Lasso									
<u>Level B</u>	<u>5RLiB</u>	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<u>5,0</u>		<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>
Level 1	5RLi1	2,1	1,4	0,7	5,5		-0,7	-1,4	-2,1
Level 2	5RLi2	2,1	1,4	0,7	6,0		-0,7	-1,4	-2,1
Level 3	5RLi3	2,1	1,4	0,7	6,5		-0,7	-1,4	-2,1
Level 4	5RLi4	2,1	1,4	0,7	7,0		-0,7	-1,4	-2,1
Twist Lifts									
Lutz/Flip/Toeloop Twist lift									
<u>Single Level B</u>	<u>1TwB</u>	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<u>0,9</u>		<u>-0,2</u>	<u>-0,4</u>	<u>-0,6</u>
Single Level 1	1Tw1	0,6	0,4	0,2	1,1		-0,2	-0,4	-0,6
Single Level 2	1Tw2	0,6	0,4	0,2	1,3		-0,2	-0,4	-0,6
Single Level 3	1Tw3	0,6	0,4	0,2	1,5		-0,2	-0,4	-0,6
Single Level 4	1Tw4	0,6	0,4	0,2	1,7		-0,2	-0,4	-0,6
<u>Double Level B</u>	<u>2TwB</u>	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<u>2,7</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Double Level 1	2Tw1	0,9	0,6	0,3	3,0		-0,3	-0,6	-0,9
Double Level 2	2Tw2	0,9	0,6	0,3	3,2		-0,3	-0,6	-0,9
Double Level 3	2Tw3	0,9	0,6	0,3	3,5		-0,3	-0,6	-0,9
Double Level 4	2Tw4	0,9	0,6	0,3	3,8		-0,3	-0,6	-0,9
<u>Triple Level B</u>	<u>3TwB</u>	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<u>4,6</u>		<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>
Triple Level 1	3Tw1	2,1	1,4	0,7	5,0		-0,7	-1,4	-2,1
Triple Level 2	3Tw2	2,1	1,4	0,7	5,4		-0,7	-1,4	-2,1
Triple Level 3	3Tw3	2,1	1,4	0,7	5,8		-0,7	-1,4	-2,1
Triple Level 4	3Tw4	2,1	1,4	0,7	6,2		-0,7	-1,4	-2,1
<u>Quad Level B</u>	<u>4TwB</u>	<u>3,0</u>	<u>2,0</u>	<u>1,0</u>	<u>6,6</u>		<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
Quad Level 1	4Tw1	3,0	2,0	1,0	7,1		-1,0	-2,0	-3,0
Quad Level 2	4Tw2	3,0	2,0	1,0	7,6		-1,0	-2,0	-3,0
Quad Level 3	4Tw3	3,0	2,0	1,0	8,1		-1,0	-2,0	-3,0
Quad Level 4	4Tw4	3,0	2,0	1,0	8,6		-1,0	-2,0	-3,0
Axel Twist Lift									
<u>Single Level B</u>	<u>1ATwB</u>	<u>0,6</u>	<u>0,4</u>	<u>0,2</u>	<u>0,9</u>		<u>-0,2</u>	<u>-0,4</u>	<u>-0,6</u>
Single Level 1	1ATw1	0,6	0,4	0,2	1,1		-0,2	-0,4	-0,6
Single Level 2	1ATw2	0,6	0,4	0,2	1,3		-0,2	-0,4	-0,6
Single Level 3	1ATw3	0,6	0,4	0,2	1,5		-0,2	-0,4	-0,6
Single Level 4	1ATw4	0,6	0,4	0,2	1,7		-0,2	-0,4	-0,6
<u>Double Level B</u>	<u>2ATwB</u>	<u>0,9</u>	<u>0,6</u>	<u>0,3</u>	<u>3,0</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Double Level 1	2ATw1	0,9	0,6	0,3	3,3		-0,3	-0,6	-0,9
Double Level 2	2ATw2	0,9	0,6	0,3	3,5		-0,3	-0,6	-0,9
Double Level 3	2ATw3	0,9	0,6	0,3	3,8		-0,3	-0,6	-0,9
Double Level 4	2ATw4	0,9	0,6	0,3	4,1		-0,3	-0,6	-0,9
<u>Triple Level B</u>	<u>3ATwB</u>	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<u>5,0</u>		<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>
Triple Level 1	3ATw1	2,1	1,4	0,7	5,3		-0,7	-1,4	-2,1
Triple Level 2	3ATw2	2,1	1,4	0,7	5,7		-0,7	-1,4	-2,1
Triple Level 3	3ATw3	2,1	1,4	0,7	6,1		-0,7	-1,4	-2,1
Triple Level 4	3ATw4	2,1	1,4	0,7	6,6		-0,7	-1,4	-2,1
<u>Quad Level B</u>	<u>4ATwB</u>	<u>3,0</u>	<u>2,0</u>	<u>1,0</u>	<u>7,0</u>		<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
Quad Level 1	4ATw1	3,0	2,0	1,0	7,5		-1,0	-2,0	-3,0
Quad Level 2	4ATw2	3,0	2,0	1,0	8,0		-1,0	-2,0	-3,0
Quad Level 3	4ATw3	3,0	2,0	1,0	8,5		-1,0	-2,0	-3,0
Quad Level 4	4ATw4	3,0	2,0	1,0	9,0		-1,0	-2,0	-3,0

Throws									
Single ToeLoop	1TTh	0,9	0,6	0,3	1,1	0,8	-0,3	-0,6	-0,9
Single Salchow	1STh	0,9	0,6	0,3	1,1	0,8	-0,3	-0,6	-0,9
Single Loop	1LoTh	0,9	0,6	0,3	1,4	1,0	-0,3	-0,6	-0,9
Single Flip/Lutz	1F/LzTh	0,9	0,6	0,3	1,4	1,0	-0,3	-0,6	-0,9
Single Axel	1ATh	1,5	1,0	0,5	2,2	1,5	-0,5	-1,0	-1,5
Double Toeloop	2TTh	1,5	1,0	0,5	2,5	1,8	-0,5	-1,0	-1,5
Double Salchow	2STh	1,5	1,0	0,5	2,5	1,8	-0,5	-1,0	-1,5
Double Loop	2LoTh	1,5	1,0	0,5	2,8	2,0	-0,5	-1,0	-1,5
Double Flip/Lutz	2F/LzTh	1,5	1,0	0,5	3,0	2,1	-0,5	-1,0	-1,5
Double Axel	2ATh	2,1	1,4	0,7	4,0	2,8	-0,7	-1,4	-2,1
Triple Toeloop	3TTh	2,1	1,4	0,7	4,5	3,2	-0,7	-1,4	-2,1
Triple Salchow	3STh	2,1	1,4	0,7	4,5	3,2	-0,7	-1,4	-2,1
Triple Loop	3LoTh	2,1	1,4	0,7	5,0	3,5	-0,7	-1,4	-2,1
Triple Flip/Lutz	3F/LzTh	2,1	1,4	0,7	5,5	3,9	-0,7	-1,4	-2,1
Triple Axel	3ATh	3,0	2,0	1,0	7,5	5,3	-1,0	-2,0	-3,0
Quad Toeloop	4TTh	3,0	2,0	1,0	8,0	5,6	-1,0	-2,0	-3,0
Quad Salchow	4STh	3,0	2,0	1,0	8,0	5,6	-1,0	-2,0	-3,0
Quad Loop	4LoTh	3,0	2,0	1,0	8,5	6,0	-1,0	-2,0	-3,0
Quad Flip/Lutz	4F/LzTh	3,0	2,0	1,0	9,0	6,3	-1,0	-2,0	-3,0
Death Spirals									
Forward/Backward inside									
<u>Level B</u>	<u>Fi/BiDsB</u>	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<u>2,6</u>		<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>
Level 1	Fi/BiDs1	2,1	1,4	0,7	2,8		-0,7	-1,4	-2,1
Level 2	F/BiiDs2	2,1	1,4	0,7	3,0		-0,7	-1,4	-2,1
Level 3	Fi/BiDs3	2,1	1,4	0,7	3,2		-0,7	-1,4	-2,1
Level 4	Fi/BiDs4	2,1	1,4	0,7	3,5		-0,7	-1,4	-2,1
Forward/Backward outside									
<u>Level B</u>	<u>Fo/BoDsB</u>	<u>2,1</u>	<u>1,4</u>	<u>0,7</u>	<u>2,8</u>		<u>-0,7</u>	<u>-1,4</u>	<u>-2,1</u>
Level 1	Fo/BoDs1	2,1	1,4	0,7	3,0		-0,7	-1,4	-2,1
Level 2	Fo/BoDs2	2,1	1,4	0,7	3,5		-0,7	-1,4	-2,1
Level 3	Fo/BoDs3	2,1	1,4	0,7	4,0		-0,7	-1,4	-2,1
Level 4	Fo/BoDs4	2,1	1,4	0,7	4,5		-0,7	-1,4	-2,1
Pivot Figure	PiF	2,1	1,4	0,7	2,2		-0,7	-1,4	-2,1
Pair Spins									
<u>Pair Spin Level B</u>	<u>PSPB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>1,7</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Pair Spin Level 1	PSP1	1,5	1,0	0,5	2,0		-0,3	-0,6	-0,9
Pair Spin Level 2	PSP2	1,5	1,0	0,5	2,5		-0,3	-0,6	-0,9
Pair Spin Level 3	PSP3	1,5	1,0	0,5	3,0		-0,3	-0,6	-0,9
Pair Spin Level 4	PSP4	1,5	1,0	0,5	3,5		-0,3	-0,6	-0,9
Pair Combination Spin									
<u>Level B</u>	<u>PCoSpB</u>	<u>1,5</u>	<u>1,0</u>	<u>0,5</u>	<u>2,5</u>		<u>-0,3</u>	<u>-0,6</u>	<u>-0,9</u>
Level 1	PCoSp1	1,5	1,0	0,5	3,0		-0,3	-0,6	-0,9
Level 2	PCoSp2	1,5	1,0	0,5	3,5		-0,3	-0,6	-0,9
Level 3	PCoSp3	1,5	1,0	0,5	4,0		-0,3	-0,6	-0,9
Level 4	PCoSp4	1,5	1,0	0,5	4,5		-0,3	-0,6	-0,9

II. Updated Levels of Difficulty of Single/Pair Elements

LEVELS OF DIFFICULTY, SINGLE SKATING, SEASON 2012-2013

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

Step Sequences	1) Simple variety (Level 2), variety (Level 3), complexity (Level 4) of turns and steps throughout (compulsory) 2) Rotations (turns, steps) in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction 3) Use of upper body movements for at least <u>1/3</u> of the pattern 4) At least half a pattern on one foot only 4) Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) quickly executed within the sequence
All Spins	1) Difficult variations (<u>count as many times as performed with limitations specified below</u>) 2) Change of foot executed by jump 3) <u>Jump within a spin without changing feet</u> 4) Difficult variation of flying entrance/Landing on the same foot as take-off or changing foot on landing in a Flying Sit Spin 5) Backward entrance 6) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position 7) All 3 basic positions on both feet 8) Both directions immediately following each other in sit or camel spin 9) <u>Clear increase of speed in camel, sit, layback or Biellmann position</u> 10) At least 8 rev. without changes in position/variation, foot or edge (camel, layback, difficult variation of any basic position <u>or for combinations only non-basic position</u>) Additional features for the Layback spin: 11) One clear change of position backwards-sideways or reverse, at least 3 rev. in each position (counts also if the Layback spin is a part of any other spin) 12) Biellmann position after Layback spin (SP – after 8 revolutions in layback spin) <u>Features 2 – 9, 11, 12 count only once per program (first time they are attempted). Feature 10 counts only once per program (first time it is successfully performed).</u> <u>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).</u> In any spin with change of foot the maximum number of features attained on one foot is two (2). For Spin Combinations with change of foot all 3 basic positions are mandatory for Levels 2 – 4 in both Short Program and Free Skating. For Spins with change of foot at least one basic position on each foot is mandatory for Levels 2 – 4 in Free Skating. In case this requirement is not fulfilled in Short Program, the spin will have no Level and consequently no value.

CLARIFICATIONS: LEVELS OF DIFFICULTY SINGLES, season 2012-2013

STEP SEQUENCES

Types of turns (executed on one foot) : three turns, twizzles, brackets, loops, counters, rockers.

Types of steps (executed on one foot whenever possible) : toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, running steps.

Simple variety must include at least 7 turns & 4 steps, none of the types can be counted more than twice.

Variety must include at least 9 turns and 4 steps, none of the types can be counted more than twice.

Complexity must include at least 5 different types of turns and 3 different types of steps all executed at least once in both directions.

Use of upper body movements means the visible use for a combined total of at least 1/3 (instead of 1/2) of the pattern of the step sequence any movements of the arms, head and torso 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.

At least half a pattern on one foot is no longer a Level feature.

SPINS

Positions. There are 3 basic positions: camel (free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright), sit (the upper part of the skating leg at least parallel to the ice), upright (any position with skating leg extended or slightly bent, which is not a camel position) and non-basic positions (all other positions formerly called as intermediate positions).

Spin combinations: the number of revolutions in non-basic positions is counted in the total number of revolutions; non-basic positions can be considered as difficult variations in accordance with the definition of such variations, but a change of position can only be from one basic position to another basic position.

Spin in one position and Flying Spin: non-basic positions are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.

Change of edge in order to be counted requires at least 2 full rev. on one edge followed by at least 2 full rev. on another edge in the same basic position.

Spin Variations.

Simple: A simple variation of position is a movement of a body part, leg, arm, hand or head, which enhances but does not change the basic position of the main body core. A simple variation does not increase the Level.

Difficult: A difficult variation is a movement of a body part, leg, arm, hand or head, which requires more physical strength or flexibility and that, has an effect on the balance of the main body core. Only these variations can increase the Level.

Jump within a spin without changing feet and Clear increase of speed in camel, sit, layback or Biellmann position are no longer considered as difficult variations, but they are considered as separate features.

Flying spins/entrances: in case of a “step over” in Short Program Level cannot be more than 1, in Free Skating this does not count as a Level feature; in a flying sit spin “landing on the same foot as take-off or changing foot on landing” is counted as a Level feature only when the position is attained in the air.

In Free Skating normal flying camel entry does not block a possibility of counting a difficult flying entry as a Level feature.

Backward entrances: in order to be counted as a Level feature a backward entrance requires at least 2 rev. on a backward outside edge.

Spins in both directions: Execution of spins in both directions (clockwise and counter clockwise) that immediately follow each other will be rewarded by counting this as an additional feature in all Levels for sit and camel basic positions. A minimum of 3 revolutions in each direction is required. A Spin executed in both directions (clockwise and counter clockwise) as above is considered as one Spin.

Change of foot to be considered requires at least 3 revolutions before and after the change.

LEVELS OF DIFFICULTY, PAIR SKATING 2012-2013

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

Twist Lifts	1) Lady's split position (each leg at least 45° from the body axis) 2) Catching the lady at the side of the waist without her hand(s)/arm(s)/any part of upper body touching the man 3) Lady's position in the air with arm(s) above the head (minimum one full revolution) 4) Difficult take-off (steps/skating moves executed by both partners immediately preceding take-off) 5) <u>Man's arms sideways, reaching at least shoulder level after release of the lady</u>
Lifts	1) Seniors: Difficult variation of the take-off and/or difficult landing variety Juniors: Simple variation of the take-off and/or simple landing variety (each counts as a feature) 2) 1 change of hold and/or lady's position (1 rev. before and after the change, counts twice if repeated) 3) Difficult variation of the lady (one full revolution) <u>(see Clarifications)</u> 4) Difficult (simple for juniors) carry (not for SP) 5) One-hand-hold of the man (2 full revolutions in total not counting parts shorter than 1 rev.) 6) Additional revolutions of the man with one-hand-hold after 2 revs in 5) (only in FS and only in one lift) 7) Change of rotational direction by the man (one revolution before and after the change)
Step Sequences	1) Simple variety(Level 2), variety(Levels 3–4) of turns and steps of both partners throughout (compulsory) 2) Rotations (turns, steps) in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction) 3) Use of upper body movements for at least <u>1/3</u> of the pattern 4) Changes of pos. (crossing at least <u>three times</u> while doing steps and turns) for at least 1/3 of the sequence, <u>but not more than 1/2 of the sequence</u> 5) Not separating at least half of the pattern (changes of holds are allowed)
Death Spirals	1) Difficult entry (immediately preceding the death spiral) and/or exit 2) Change of man's pivot position (not for SP) 2) Change of lady's and/or man's arm hold (1 rev. with each hold) 3) Additional revolution(s) of the lady after the first revolution (counts as many times as repeated) Features 2 and 3 are counted only if both partners are in "low" positions.
Solo Spins	1) 1 difficult variation in a basic or (for spin combinations only) in a <u>non-basic</u> position 2) Another difficult variation in a basic position which must be significantly different from the first one and: • spin in one position with change of foot – on different foot than the first one • spin combination without change of foot – in different position than the first one • spin combination with change of foot – on different foot and in different position than the first one 3) Flying or backward entrance 4) <u>Jump within a spin without changing feet</u> 5) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann Position 6) <u>Clear increase of speed in camel, sit, layback or Biellmann position</u> 7) All 3 basic positions on one foot (counts twice if executed on both feet) 8) 2 changes of foot (not for SP) 9) Both directions immediately following each other 10) At least 6 rev. without changes in pos./variation, foot and edge (camel, sit, layback, difficult upright) In any spin with change of foot the maximum number of features attained on one foot is two (2). For Spins with change of foot at least one basic position on each foot is mandatory for Levels 2 – 4 both in Short Program and in Free Skating. For spin combinations all 3 basic positions are mandatory for Levels 2-4 both in Short Program and in Free Skating.
Pair Spins	1) 2 changes of basic positions of both partners 2) Additional change(s) of basic positions of both partners after the 2 changes required above 3) 3 difficult variations of positions of partners, only one of which can be in <u>non-basic</u> position (each variation of each partner counts separately, <u>each partner must have at least one difficult variation</u>) 4) Any other difficult <u>variation in a basic position of either partner (each partner must have two difficult variations)</u> 5) Entrance from backward outside or inside edge 6) Both directions immediately following each other 7) At least 6 revolutions without any changes in position/variation and foot (camel, sit, difficult upright)

CLARIFICATIONS: LEVELS OF DIFFICULTY PAIRS, season 2012-2013

LIFTS

Positions:	Upright (lady's upper body vertical), Star (lady's position sideways with upper body parallel to the ice) and Platter (lady's position flat, facing up or down with upper body parallel to the ice)
Simple: Take-off	Includes but is not limited to change of hand hold on ascent of lift.
Landing	Different landing foot (<u>not automatically considered</u>), change of hold on descent.
Carry	Duration at least 3 seconds with no revolution of the man.
Difficult: Take-off	Includes but not limited to: Somersault take-off, dance 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 by one or both partners as the entry curve. Inside Axel take-off in 5Ali and 5SLi is considered as a difficult variation of the take-off.
Landing	Variation of the difficult landing which 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 dismounting.
Carry	Includes at least one of the following features: during the carry the man for at least 3 seconds skates on one foot or holds the partner on one arm or performs crossovers or performs Spread Eagle or a similar move.
Position	A movement of a leg(s), arm(s) or upper body which requires more 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 or lady's position requires one full revolution 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.

Difficult variation of the lady in any of the 3 basic positions can be awarded only once per program.

TWIST LIFTS

New feature (n° 5): after the man releases the lady, his arms must change position along to the side of his body at least as low as his shoulders before he catches the lady.

STEP SEQUENCES

Types of turns and steps: see single chart.

Simple variety must include at least 7 turns & 4 steps, none of the types can be counted more than twice.

Variety must include at least 9 turns and 4 steps, none of the types can be counted more than twice.

Use of upper body movements means the visible use for a combined total of at least 1/3 of the pattern of the step sequence any movements of the arms, head and torso 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.

PAIR SPINS

Entrance from backward outside or inside edge requires that each partner rotates at least two (2) revolutions on a backward outside/inside edge.

Execution of 3(4) difficult variations: each partner must execute at least 1(2) variation(s). Only 1 of the variations can be in non-basic position. These features do not depend on the order in which variations are executed.

DEATH SPIRALS

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.

If during the Death Spiral lady's head **never** reaches the level of her skating knee, Death Spiral will have no value.

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) and 3).

Change of arm hold by the lady or man requires one full revolution in the death spiral position before and after this change. However if both partners change arms at the same time, only one Level feature will be awarded.

Entry, exit:

Difficult entry to a death spiral should be on the curve and on the leg of the death spiral and while acquiring the actual death spiral position there should be a continuous and not too prolonged movement to this position.

Entry commences at the beginning of entry curve when one or both partners are already on one foot on the edge of the death spiral.

Exit starts when the Man starts bending his "holding" arm in the elbow and ends when the Lady comes to the vertical position.

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. It is at the discretion of each Judge to decide on the number of bullets for any upgrade, but general recommendations are as follows:

FOR + 1 : 2 bullets

FOR + 2 : 4 bullets

FOR + 3 : 6 or more bullets

Singles

Jump Elements	1) unexpected / creative / difficult entry 2) clear recognizable steps/free skating movements immediately preceding element 3) varied position in the air / delay in rotation 4) good height and distance 5) good extension on landing / creative exit 6) good flow from entry to exit including jump combinations / sequences 7) effortless throughout 8) element matched to the musical structure
Spins	1) good speed or acceleration during spin 2) ability to center a spin quickly 3) balanced rotations in all positions 4) clearly more than required number of revolutions 5) good position(s) (including height and air position in flying spins) 6) creativity and originality 7) good control throughout all phases 8) element matched to the musical structure
Step Sequences	1) good energy and execution 2) good speed or acceleration during sequence 3) good clarity and precision 4) deep clean edges (including entry and exit of all turns) 5) good control and commitment of whole body to accuracy of steps 6) creativity and originality 7) effortless throughout 8) element matched to the musical structure
<u>Choreographic Sequences</u>	<u>1) good flow, energy and execution</u> <u>2) good speed or acceleration during sequence</u> <u>3) good clarity and precision</u> <u>4) good control and commitment of whole body</u> <u>5) creativity and originality</u> <u>6) effortless throughout</u> <u>7) reflecting concept/character of the program</u> <u>8) element matched to the musical structure</u>

Pairs

Lifts	1) good take-off and landing position of both partners 2) correct and aesthetically pleasing air positions 3) good ice coverage during element 4) no scratching of blade on the ice by man or lady during all phases	5) good speed and flow 6) ability to maintain good flow from one position to another 7) effortless throughout 8) element matched to the musical structure
Twist Lifts	1) good take-off and landing position of both partners 2) good position of man at release 3) good ice coverage during element 4) no scratching of blade on the ice by man or lady during all phases	5) good speed and timing from entry to exit 6) good height of lady in air position 7) effortless throughout 8) element matched to the musical structure
Jump Elements	1) unexpected / creative / difficult entry 2) varied position in the air / delay in rotation 3) good height and distance 4) good extension on landing / creative exit	5) good flow from entry to exit 6) good unison and close to each other in all phases 7) effortless throughout 8) element matched to the musical structure
Throw Jumps	1) unexpected / creative / difficult entry 2) good position of man at release 3) good air position of lady 4) good extension on landing / creative exit	5) good speed, height, distance 6) good control and flow on the landing 7) effortless throughout 8) element matched to the musical structure
Solo Spins	1) good speed or acceleration during spin 2) ability to center a spin quickly 3) balanced rotations in all positions 4) clearly more than required number of rev.	5) good and identical positions by both partners 6) good control throughout all phases by both partners 7) good unison and distance between partners 8) element matched to the musical structure
Pair Spins	1) good control throughout (entry, rotation, conclusion/exit) by both partners 2) good speed or acceleration during spin 3) balanced rotations in all positions 4) clearly more than required number of rev.	5) good positions by both partners 6) creativity and originality 7) executed with continuous flow and ease 8) element matched to the musical structure
Death Spirals	1) good flow in entry and exit 2) good control and speed in death spiral position 3) good quality of positions of both partners 4) no scratching of blade on the ice by man or lady during all phases	5) good, controlled transition into required position 6) effortless throughout 7) creativity and originality 8) element matched to the musical structure
Step Sequences	1) good energy and execution 2) good speed or acceleration during sequence 3) good clarity and precision 4) deep clean edges (including entry and exit of all turns)	5) good control and commitment of whole body to accuracy of steps 6) creativity and originality 7) good unison 8) element matched to the musical structure
<u>Choreographic Sequences</u>	1) <u>good flow, energy and execution</u> 2) <u>good speed or acceleration during sequence</u> 3) <u>good clarity and precision</u> 4) <u>good control and commitment of whole body of both partners</u>	5) <u>creativity and originality</u> 6) <u>effortless throughout</u> 7) <u>reflecting concept/character of the program</u> 8) <u>element matched to the musical structure</u>

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 reduction are added.

SINGLE SKATING

Errors for which final GOE must be in the minuses		Reduction/ other	Errors for which final GOE is not restricted	Reduction/ other
JUMP ELEMENTS				
SP: One or more rev. less than required	GOE -3		Poor speed, height, distance, air position	-1 to -2
SP: Combo consisting of one jump only	GOE -3		Lacking rotation (no sign)	-1
Downgraded (sign <<)	-2 to -3		Under-rotated (sign <)	-1 to -2
SP: No required steps/movements preceding Jump	-3		SP: Break between required steps/movements & jump/only one step/movement preceding jump	-1 to -2
Fall	-3		Poor take-off	-1 to -2
Landing on two feet in a jump	-3		Loss of flow/rhythm between jumps (combo/seq.)	-1 to -2
Stepping out of landing in a jump	-2 to -3		Weak landing (bad pos./wrong edge/scratching etc)	-1 to -2
Touch down with both hands in a jump	-2		Long preparation	-1 to -2
2 three turns in between (jump combo)	-2		Touch down with one hand or free foot	-1
SEVERE WRONG EDGE TAKE-OFF F/Lz (sign “e”)	-2 to -3		UNCLEAR EDGE TAKE-OFF F/Lz (sign “e”)	-1 to -2
SPINS				
Fall	-3		Less than required revolutions	-1 to -2
SP: Position in the air not attained (flying spin)	-2 to -3		Poor/awkward position(s), slow, traveling	-1 to -3
Touch down with both hands	-2		<u>Unaesthetic position(s)</u>	-1 to -3
			FS: Pos. in the air not attained (flying spin/entry)	-1 to -3
			Change of foot poorly executed (curve of entry/exit, moving to <u>non-basic</u> position etc.)	-1 to -3
			Incorrect take-off or landing in a flying spin	-1 to -2
			Touch down with free foot or one hand	-1
STEPS				
Fall	-3		<u>Incorrect pattern (too small)</u>	-1 to -2
Less than half of the pattern doing steps/turns	-2 to -3		Poor quality of steps, turns, positions	-1 to -3
			Stumble	-1 to -2
			Does not correspond to the music	-1 to -2
			SP: Listed jumps with more than half rev. included	-1
<u>CHOREOGRAPHIC SEQUENCES</u>				
<u>Fall</u>	-3		<u>Stumble</u>	-1 to -2
<u>Serious error</u>	-2 to -3		<u>Does not correspond to the music</u>	-1 to -3
			<u>Poor quality of movements</u>	-1 to -2

PAIR SKATING

Errors for which final GOE must be in the minuses	Reduction/ other	Errors for which final GOE is not restricted	Reduction/ other
LIFTS			
Fall	-3	Poor positions in the air or on landing	-1 to -3
Serious problems in the lifting process	-3	<u>Slight problems in the lifting process</u>	-1 to -2
Lady collapses on partner	-2	Poor speed and/or distance	-1 to -3
Lady starts or lands on two feet	-2	Poor turns by man	-1 to -3
		Poor take-off/weak landing	-1 to -3
		Long preparation	-1
		Touch down with the free foot	-1
TWIST LIFTS			
SP: Single.	GOE -3	Poor height or distance	-1 to -3
Fall	-3	Poor take-off (poor speed, serious scratching, no toe-pick)	-1 to -2
Lady collapses on partner	-2 to -3	Catch assisted by the man's shoulder	-1 to -2
Lady is not caught in the air before landing	-2	Weak landing (poor speed, bad positions, awkward catch)	-1 to -2
Lady lands on two feet	-2	Lady is not caught at the waist	-2
Lady touches down with both hands	-2	Long preparation	-1
Downgraded (sign <<)	-2	Man exits on two feet	-1
		Touch down with the free foot	-1
JUMP ELEMENTS, THROW JUMPS			
SP: One or more rev. less than required	GOE -3	Poor speed, height, distance, air position	-1 to -2
Fall	-3	No unison – jump elements	-1 to -3
Starting or landing on two feet in a jump	-2	Big distance between partners– jump elements	-1 to -3
Stepping out of landing in a jump	-2	Poor take-off	-1 to -2
Touch down with both hands in a jump	-2	Lacking rotation (no sign)	-1
Downgraded (sign <<)	-2 to -3	Under-rotated (sign <)	-1 to -2
Unequal number of revolutions by partners	-2	Loss of flow/rhythm between jumps (combo/seq.)	-1 to -2
2 three turns in between – jump combo	-2	Poor man's position at take-off – throw jump	-1 to -2
SEVERE WRONG EDGE TAKE-OFF F/Lz (sign "e")	-2 to -3	UNCLEAR EDGE TAKE-OFF F/Lz (sign "e")	-1 to -2
		Weak landing (bad pos./wrong edge/scratching etc)	-1 to -2
		Long preparation	-1 to -2
		Touch down with one hand or free foot	-1
SOLO AND PAIR SPINS			
Fall	-3	Less than required revolutions	-1 to -2
Touch down with both hands	-2	Poor/awkward position(s), slow, traveling	-1 to -3
		Unaesthetic position(s)	-1 to -3
		Position in the air not attained (flying spin/entry)	-1 to -3
		Change of foot poorly executed	-1 to -3
		Slow or reduction of speed	-1 to -3
		No unison, too big distance between partners	-1 to -3
		Incorrect take-off or landing (flying spin/entry)	-1 to -2
		SP, PCoSp: Change of foot not at the same time	-1 to -2
		Stop during spin (except when changing direction)	-1 to -2
		Touch down with free foot or one hand	-1
DEATH SPIRALS			
Fall	-3	Poor position of the lady (too high etc.)	-1 to -3
Wrong pivot position (losing toe pick etc.)	-2 to -3	Poor exit	-1 to -3
Lady assisted not only by the blades	-2 to -3	<u>Any part of the lady's body touching the ice</u>	-1 to -2
		Slow or reduction of speed	-1 to -3
		Weak lady's edge quality	-1
		Use of both arms of man/lady at the exit	-1 to -2
STEPS			
Fall	-3	<u>Incorrect pattern (too small)</u>	-1 to -2
Less than half of the pattern doing steps/turns	-2 to -3	Poor quality of steps, turns, positions	-1 to -3
		Stumble	-1 to -2
		Does not correspond to the music	-1 to -2
		SP: Listed jumps with more than half rev. included	-1
CHOREOGRAPHIC SEQUENCES			
Fall	-3	<u>Stumble</u>	-1 to -2
<u>Serious error</u>	-2 to -3	<u>Does not correspond to the music</u>	-1 to -3
		<u>Poor quality of movements</u>	-1 to -2

Remarks:

1. Lifts, twist lifts and death spirals (pairs), spins and steps (singles and pairs) are divided depending on their difficulty in five (5) Levels according to the number of features achieved: Basic Level (B) – in case of no features, Level 1 – in case of one feature, Level 2 – in case of two features, Level 3 – in case of three features and Level 4 – in case of four or more features (S&PTC Congress proposal).
2. Group 5 Backward Lasso Lift (5BLi) is defined as follows:
“Both partners skate backwards. Lady’s right hand is in the man’s right hand and her left hand is in his left hand (same arm hold). The lady takes off backwards from an edge or with a toe push and makes one rotation on the ascent of the lift.”

Group 5 Reverse Lasso Lift (5RLi) is defined as follows:
“Both partners skate backwards. Lady’s right hand is in the man’s left hand and her left hand is in his right hand (opposite arm hold). The lady takes off backwards from an edge or with a toe push and makes half a rotation on the ascent of the lift”.
3. Choreographic Sequences consist of any kind of movements such as steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. A Choreographic Sequence for Ladies/Pairs must include at least one spiral (not a kick) of any length (by both partners for Pairs). The Sequence commences with the first move and is concluded with the last move of the skater. The pattern is not restricted, but the Sequence must fully utilize the ice surface. If this requirement is not fulfilled, the Sequence will have no value. The Choreographic Sequence is included in Free Skating and for Singles has to be performed after the step sequence. The Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

Milan,
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Lausanne

Ottavio Cinquanta, President

Fredi Schmid, Director General