WIFSA
World Inline Figure Skating Association

2020

INLINE FIGURE SKATING
ELITE DIVISION

GUIDELINES FOR INTERNATIONAL COMPETITIONS & CHAMPIONSHIPS
2019 – 2020

A. SINGLE FIGURE SKATING

I. GENERAL from 2019 and for 2020

REMINDER :

A-   Jugement

The Technical Committee has agreed to use the new Ice GOE regulation with 11 grades (instead of 7) from -5 to +5

B-   Jumps

1) **Bonus**

FP : in the 2d part of the program, only the last 3 jumps gets 10% bonus
SP : in the 2d part of the program, only the last jump gets 10% bonus

2) **Base Value**

Extra base value is given to those elements :
2A + 1 point (4,3pts)
3T, 3S + 1 point (5,3pts)
3Lo + 1 point (5,9pts)
3F, 3Lz + 1,5 points (6,8pts and 7,3pts)

3) **Euler**

Euler in jump combination, between 2 other jumps, is a specific jump (no more 1Lo), written 1Eu, base value of 0,50 points

4) **Jump sequence :**

Any jump + single or double Axel, without any hop(s). From the exit edge of the first jump push directly to the take off edge of the single or double Axel. « 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. »

5) **Under rotated jumps**

From ¼ missing (not any more « more than ¼ ») and less than ½

C) Spins

a) Heel spins
Heel spin is already a feature : counted if executed for one(1) full rotation (instead of 2 rotations) in any basic position.
b) Change foot spins
All Change foot spins in Free Skating : if no 2 rotations on 1 foot, we put « V » sign .(No value in SP)
c) Lay back spin withno change of position is + 0,5 points
d) To be counted as a feature the sit side position must be immediately preceded or followed by a regular basic sit position, on the same foot.
e) There must be a minimum of 2 rotations per foot to count a spin or change foot spin

D) Divers

No restrictions per country to enter as many skaters per categories.

Any ELITE Basic Novice(Novice A) or Intermediate Novice(novice B) competitor who has reached in a 2018 or 2019 Free skating at World Open a total score as below will have to upgrade to ELITE Advanced Novice category if the age requirement is still fullfield. This is valid for all participation to a competition from October 1st , 2019.

ELITE	
CATEGORY	Total Element score
Novice A (Basic Novice)	14
Novice B (Intermediate Novice)	15

Various
 Singles Girls and Boys for all Novice Divisions warm-up groups can be maximum up to eight (8) skaters.
 Warm up time: Basic Novice Free Skating 4 minutes, Intermediate Novice Free Skating 5 minutes, Advance Novice Short Program 4 minutes, Free Skating 5 minutes.
 There will be no Bonus for difficult elements performed in the second half of the Short and Free Programs for all Novice Divisions Single and Pair Skating.
 If an extra jump(s) is executed, only the individual jump(s) which is not according to requirements will have no value. The jumps are considered in the order of execution.

Single Euler can be only downgraded.
For all 1 position spin the final wind up is not counted in the required number of rotation.

II. CATEGORY / AGE REQUIREMENTS

Category (birth dates)	Age requirement
CHICKS	Has not reached the age of 9 at 1/09/ preceding the event
CUBS	Has reached the age of 9 , but not reached the age of 11 at 1/09/ preceding the event
BASIC NOVICE (A)	Has not reached the age of 13 at 1/09/ preceding the event
INTERMEDIATE NOVICE (B)	Has reached the age of 13 but not reached the age of 15 at 1/09/ preceding the event

ADULT COMPETITIONS
subgroups may be established at organizer's choice

ADULT MASTER (1, 2, 3…)	SINGLES: 31 years and + (41 years and +, 51 years and +, …) at 01/09 / preceding the event
	PAIRS : Addition of both partner's age is over 61 (71, 81,…) , preceding the event

Categories with SHORT PROGRAM and FREE SKATING for championships or at organizer's choice :

ADVANCE NOVICE	- GIRLS ⌂SEP.(Singles/Pairs Skating/Dance Couple) and BOYS(Single Skating)
	Has reached the age of 10, but not reached the age of 15 at 1/09/ preceding the event
	- BOYS (Pair Skating and Dance Couple)
	Has reached the age of 10, but not reached the age of 17 at 1/09/ preceding the event
JUNIOR	Has reached the age of 12 , but not reached the age of 19 at 01/09 / preceding the event
SENIOR	Has reached the age of 15 at 1/09/ preceding the event

II. SHORT PROGRAM FOR CHAMPIONSHIPS,

Only for Advanced Novice, Junior and Senior

A) Advanced Novice SP

Advanced NOVICE Ladies&men 2'20'' +/-10"	**a)** One Axel Paulsen jump single or double ; **b)** One double jump, may not repeat jump a) or c) ; **c)** One Jump combination consisting of a double jump, triple jump and a single or double or triple jump, may not repeat jump a) or b) ; **d)** One spin with only one position, no flying entrance: • **Men** : Camel or sit or upright spin with only one change of foot, minimum of four (3) revolutions per foot. • **Ladies** : Lay back (or side ways) or Camel or sit or upright spin, minimum of four (4) revolutions. No change of foot. **e)** One Spin combination with only one change of foot and the 3 basic positions, with a minimum of four (3) revolutions per foot ; flying entrance is optional. **f)** One Step sequence fully utilizing the floor surface. LEVEL 3 MAXIMUM in all elements subject to levels. The 4 Program Components are only judged in • Skating Skills • Transitions • Performance • Interpretation The factors for the Program Components is : - for men 0.5 - for Ladies 0.5 **Deduction : 0.5 by Fall** on the Total Program Score (TPS)

B) Junior SP

JUNIOR
 	
Ladies&men
<mark>2'40"</mark>
+/-10"
	a) One Axel Paulsen type jump (single/double) ;
	b) One double/triple <u>Loop</u>
	c) One Jump combination consisting of a double jump or a triple jump and a single, double or triple jump, may not repeat jump a) or b) ;
	d) One Flying <u>Sit</u> spin without change of foot, with a minimum of four (4) revolutions;
	e) One spin with only one position, no flying entrance:
	    • **Men** : <u>Camel</u> spin with only one change of foot, minimum of four (3) revolutions per foot.
	    • **Ladies** : Lay back (or side ways) or Camel spin, minimum of four (4) revolutions. No change of foot.
	f) One Spin combination with only one change of foot and the 3 basic positions, with a minimum of four (3) revolutions per foot ; No flying entrance.
	g) One Step sequence fully utilizing the floor surface.
	
	The 5 Program Components are only judged in
	• Skating Skills • Transitions • Performance • Composition • Interpretation
	The factors for the Program Components is
	- for men 0.5 - for Ladies 0.5
	<u>Deduction : 1.0 by Fall</u> on the Total Program Score (TPS)

C) Senior SP

SENIOR
 	
Ladies&men
<mark>2'40''</mark>
+/-10"
	a) One Axel Paulsen type jump ; (single or double Axel)
	b) One double/triple <u>jump</u>, may not repeat jump a) or c) ;
	c) One Jump combination consisting of <u>a double jump or a triple jump</u> and a <u>double or triple jump</u>, may not repeat jump a) or b) ;
	d) One Flying spin (one position only without change of foot) with a minimum of four (4) revolutions ;
	e) One spin with only one position, no flying entrance:
	    • **Men** : Camel spin or sit spin with only one change of foot, (the position must be different than the flying spin landing position), minimum of four (3) revolutions per foot.
	    • **Ladies** : Lay back (or/and side ways), sit or camel spin, the position must be different than the flying spin landing position, minimum of four (4) revolutions. No change of foot.
	f) One Spin combination with only one change of foot and the 3 basic positions, with a minimum of four (3) revolutions per foot ; No flying entrance.
	g) One Step sequence fully utilizing the floor surface.
	
	The 5 Program Components are only judged in
	• Skating Skills • Transitions • Performance • Composition • Interpretation
	
	The factors for the Program Components is
	- for men 0.5 - for Ladies 0.5
	<u>Deduction : 1.0 by Fall</u> on the Total Program Score (TPS)

D) SP General

Prohibited elements (from TP):
- o Any kind of Somersault – deduction two (2.0) points
- o Split on the floor is treated as a fall – deduction 1 point

The panel's points for each Program Component are then multiplied by a factor as follows (same for Advanced Novice, Junior and Senior)

Men	Short Program	0.5
Ladies	Short Program	0.5

III. Free Skating program must contain

The required number of revolution in all spins is in basic position/required position(s)

A- The Choreographic Sequence (ChSq)

An important choreographic and creative part of the program **started by a gliding element**,
Must cover the whole floor surface and **the end must be clealy visible**.
Listed elements from the scale of value are forbidden but any « look like » listed jumps of 1,5 rotation maximum or choregraphic spins will not be called.
Evaluated by 5 levels of difficulty and GOE -5/+5
a) Must include :

- Total lengh is a **minimum** of Fifteen (15) seconds for all categories and Twenty (20) seconds for Elite Senior,
- A minimum of **Two (2)** *Different Gliding Positions (any kind) hold a minimum of Three (3) seconds each.
- One choreographic jump clearly visible of 1,5 rotation maximum
- Linking choreographic skating elements

    (*Different means other position and/or foot and/or edge and/or direction)

Taken in consideration by the judges for the GOE :

- Strong choreography
- Match to the music
- Deep edges and speed
- Quality of the gliding positions, choreo jump(s) and 1 foot section.

B- Requirements

Categories	Contents
CHICKS Girls Boys 2'00'' (+/- 10'')	**a)** Maximum of three (3) jump elements for Girls and Boys. There may be up to one (1) jump combination or sequence. A jump combination can contain only two (2) jumps. Only one (1) jump can be repeated. This repetition must be either in a jump combination or in a jump sequence. **b)** There must be a maximum of two (2) spins of a different nature (abbreviation), minimum of three (3) revolutions per foot in basic positions, Change of foot allowed, flying entrance is not allowed. **c)** There must be a maximum : - One (1) step sequence. Jumps and spins forbidden. **d)** There must be : - A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 15 seconds lengh. This element is subject to levels. In all elements which are subject to Levels, only features up to **Level 1** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. The 3 Program Components are only judged in • Skating Skills • Performance • Interpretation The Factor of the Program Components is **1.4** **Deduction : 0,5 by Fall by Technical Panel**
CUBS Girls Boys 2'30'' (+/- 10'')	**a)** Maximum of 4 jump elements for Girls and Boys. There may be up to one(1) jump combination or sequence. A jump combination can contain only two (2) jumps. Only one (1) jump can be repeated. This repetition must be either in a jump combination or in a jump sequence. **b)** There must be a maximum of two (2) spins as required below, change of foot is allowed, flying entrance is not allowed : • One of which must be a spin combination with all three (3) basic positions. • And one spin in only one basic position (with no change of position). Change of foot is optional, Flying entry forbidden and there must be three (3) revolutions per foot in the required positions. **c)** There must be a maximum : - One (1) step sequence, Jumps and spins forbidden. **d)** There must be : - A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 15 seconds lengh. This element is subject to levels. In all elements which are subject to Levels, only features up to **Level 1** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. The 3 Program Components are only judged in • Skating Skills • Performance • Interpretation The Factor of the Program Components is **1.4** **Deduction : 0,5 by Fall by Technical Panel**

BASIC NOVICE Ladies Men 2'30'' (+/- 10'')	**a)** Maximum of 4 jump elements for Girls and Boys. One of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. Any jump cannot be executed more than twice. Double lutz, axel and triple jumps are not permitted **b)** There must be a maximum of two (2) spins as required below, change of foot is allowed,: • One of which must be a spin combination with all three (3) basic positions. Min 4 rotation (CoSp), 6 rotation (CCoSp) • And one spin in only one basic position. Min 4 rotation (CoSp), 6 rotation (CCoSp) Change of foot and flying entry are optional **c)** There must be a maximum : - One (1) step sequence with fully utilizing the surface. **d)** There must be : - A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 15 seconds lengh. This element is subject to levels. In all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. The 3 Program Components are only judged in • Skating Skills • Performance • Interpretation The Factor of the Program Components is **1.4** **Deduction : 0,5 by Fall by Technical Panel**
INTERMEDIATE NOVICE Ladies Men 3'00'' (+/- 10'')	**a)** Maximum of five (5) jump elements for Ladies and Men, One of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. Any jump cannot be executed more than twice. Double lutz, axel and triple jumps are not permitted **b)** There must be a maximum of two (2) spins as required below, change of foot is allowed,: • One of which must be a spin combination with all three (3) basic positions. Min 4 rotation (CoSp), 6 rotation (CCoSp) • And one spin in only one basic position. Min 4 rotation (CoSp), 6 rotation (CCoSp) Change of foot and flying entry are optional **c)** There must be a maximum : - One (1) step sequence with fully utilizing the surface. **d)** There must be : - A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 15 seconds lengh. This element is subject to levels. In all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. The 3 Program Components are only judged in • Skating Skills • Performance • Interpretation The Factor of the Program Components is **1.6** **Deduction : 0,5 by Fall by Technical Panel**
ADVANCE NOVICE 3'00'' (+/- 10'')	**a)** A Maximum of six (6) jump elements for Girls and Boys , One of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. One jump combinations can contain up to **three (3)** jumps and the other can contain only two (2) jumps. Any single jump cannot be executed more than twice in total . Only two (2) jumps with 2 or more revolutions can be repeated. This repetition must be in a jump combination or in a jump sequence. **b)** There must be a maximum of two (2) spins as required below : 1. One of which must be a spin combination with change of foot, Flying entrance is not allowed. Min. 6 rotations 2. One Flying spin with only one landing basic position (no change of the landing basic position), min 4 rotations. Change of foot is optional, Min 6 rotations. **c)** There must be a maximum : - One (1) step sequence with fully utilizing the surface. **d)** There must be : - A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 15 seconds lengh. This element is subject to levels. In all elements which are subject to Levels, only features up to **Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. The 4 Program Components are only judged in • Skating Skills • Transitions • Performance • Interpretation The Factor of the Program Components is **1.4** **Deduction : 0,5 by Fall by Technical Panel**
JUNIOR	**a)** Maximum of seven (6) jump elements for ladies and men, One of which must be an Axel type jump. There may be up to three (3) jump combinations or sequences. One jump combinations can contain up to **three (3)** jumps and the other can contain only two (2) jumps. **Only two (2) jumps with 2 or more revolutions can be repeated**. This repetition **must be** in a jump combination or in a jump sequence. Any single jump cannot be executed more than twice in total **b)** There must be a maximum of three (3) spins of a different nature (different name):

Ladies & Men **3'30''** **(+/- 10'')**	3. One of which must be a spin combination 4. One Flying spin or spin with a flying entrance. 5. One spin in one basic position only (with no change of position). Flying entrance and change of foot are allowed for all spins and there must be 4 revolutions (6 for change foot spins). **c)** There must be a maximum : One (1) step sequence with fully utilizing the surface. **d)** There must be : - A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 15 seconds lengh. This element is subject to levels. The 5 Program Components are on judged in • Skating Skills • Transitions • Performance • Composition • Interpretation The factors for the Program Components is - for men 1.4 - for ladies 1.2 **Deduction : 1.0 by Fall by Technical Panel**
SENIOR **Ladies** **and** **Men** **4'00''** **(+/- 10'')**	**a)** Maximum of 7 jump elements for ladies and Men, one of which must be an Axel type jump. There may be up to three (3) jump combinations or sequences. Only one (1) Jump combination can contain up to **three (3)** jumps and the others Jump combinations can contain only two (2) jumps.. A same jump with a different number of rotation will count as an other jump. **Only two (2) jumps with 2 or more revolutions can be repeated**. This repetition **must be** in a jump combination or in a jump sequence. Any single jump cannot be executed more than twice in total ; **c)** There must be a maximum of three (3) spins of a different nature (different name): 6. One of which must be a spin combination 7. One Flying spin or spin with a flying entrance. 8. One spin in one basic position only (with no change of position). Flying entrance and change of foot are allowed for all spins and there must be 4 revolutions (6 for change foot spins). **c)** There must be a maximum : **One (1) step sequence** with fully utilizing the surface. **d)** There must be : - A Choreographic Sequence, must fully utilizing the rink surface for a minimum of **20** seconds lengh. This element is subject to levels. The 5 Program Components are on judged in • Skating Skills • Transitions • Performance • Composition • Interpretation The factors for the Program Components is - for men 1.4 - for ladies 1.2 **Deduction : 1.0 by Fall by Technical Panel**
ADULT **MASTER** **Ladies** **and** **Men** **3'00''** **Maximum**	a) There must be a maximum of **5 jump elements**, one of which must be an Axel type jump <u>and at least 1 double jump must be executed</u>. There may be up to two (2) jump combinations or sequences. Only one (1) Jump combination can contain **three (3)** jumps and the other Jump combination can contain only two (2) jumps. **Only two (2) jumps with 2 or more revolutions can be repeated**. This repetition **must be** in a jump combination or in a jump sequence. Any jump cannot be executed more than twice in total. b) There must be a maximum of **two (2) spins**, change of foot and flying entrance are allowed: • One of which must be a spin combination **with all three (3) basic positions**. The spin combination can be executed with a change of foot then a minimum of six (4) revolutions is required in total ; or without a change of foot then a minimum of four (4) revolutions is required in total. c) Maximum of **1 step sequence** <u>fully utilizing the surface</u> ; **d)** There must be : - A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 15 seconds lengh. This element is subject to levels. The 5 Program Components are on judged in • Skating Skills • Transitions • Performance • Composition • Interpretation The factors for the Program Components is - for men 1.4 - for ladies 1.2 <u>**Deduction : 0,5 by Fall**</u>

Prohibited elements (from TP):
   o   Any kind of Somersault – deduction (2.0)

IV.   LEVELS OF DIFFICULTY, SINGLE SKATING

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

Choreographic Sequence

1	• **At least one of the two position is hold a minimum of six(6) seconds** and at least one of the two position is on One(1) foot.
2	• **Three(3) creative jumps** up to 1,5 rotation maximum (creative take off, air position or landing, …) like but not limited to : forward axel, walley, split jump, butterfly, masurka, etc… Those jumps must be clearly visible (not a hop). At least one must be with different take off and one must be at least 1 full rotation (this can be made in the same jump),
3	• **No cross overs** : Glidind positions, choreo jump(s) and skating elements must not be connected through regular forward or backward crossovers (speed gained only through edges, any steps, turns listed or not). From the first Gliding position to the next listed element (conclude the ChSq) or, if the ChSq is the last element, until the end of the program (stop of skating). Only 1 cross over is permitted. * **Cross over definition** : basic stroking technique for gaining momentum while skating along a curve or a circle. In 3 parts as one push of the first foot, crossing that foot over the other one (forward skating) or behind the other one (backward skating) and the second push from the second foot with the legs crossed.
4	• **One foot section** : one section executed on one(1) foot of a minimum of ½ rink surface (min. 15 meters length) in accordance to the music and conclude by a choreo jump. Any shape is allowed. Example : succession of deep edges with forward, backward and multi rotational skating with movements of the head, arms, torso, free leg, skating leg. Must be executed on the same leg with no weight transfer on the other foot.

Step Sequences

1) Minimum variety (Level 1), simple variety (Level 2), variety (Level 3), complexity (Level 4) of difficult turns and steps throughout **(compulsory)**
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
3) Use of body movements for at least 1/3 of the pattern
4) <u>One combination per foot</u> of 3 difficult turns (rockers, counters, brackets, twizzles, loops) executed with a clear rhythm within the sequence. <u>Only the first try on each foot will be taken in consideration</u>.

6 Difficult Turns and step : twizzle, brackets, loops , counters, rockers and choctaws.
6 Easy Turn and Steps : three turn, toe steps, chasses, Mohawks, change of edge, cross rolls .

- Minimum variety : must include 5 Difficult turns and steps , none of the types can be counted more than twice.

- Simple variety : must include 7 Difficult turns and steps , none of the types can be counted more than twice .

- Variety : must include 9 difficult turns and steps , none of the types can be counted more than twice .

- Complexity : must include 11 difficult turns and steps , none of the types can be counted more than twice. 5 types of difficult turns and steps must be executed in both directions.

All Spins

1) Difficult variations (count as many times as performed with limitations specified below)
2) Change of foot executed by jump
3) Jump within a spin without changing feet
4) Difficult change of position on the same foot
5) Difficult entrance into a spin
   - **Traveling entrance to be difficult must be executed in a difficult position**
   - (any kind of traveling entrance with more than 2 full rotations prior the spin can be executed only once per program)
6) <u>Heel spin must be executed in a basic position</u> or it's variation (1 revolution minimum)
7) All 3 basic positions on the second foot
8) Both directions immediately following each other in sit or camel spin
9) Clear increase of speed in the same basic positions, except non difficult upright
10) At least 5 rev. without changes in the same position/variation, in all positions except non difficult upright.
11) *Flying entry in flying spins/spins with a flying entrance*

12) Change of edge in the same basic position (or it's variation)

Additional features for the Layback spin:
13) One clear change of position backwards-sideways or reverse, at least 1 rev. in each position (counts also if the Layback spin is a part of any other spin)
14) Biellmann position after Layback spin, after 4 revolutions in layback spin in short program and 2 rev. in free program.

Features 2 – 9, 11 – 14 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 5 revs are executed on both feet, any one of these executions can be taken in favor of the skater).
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).
In any spin with change of foot the maximum number of features attained on one foot is two (2)

V.   CLARIFICATIONS Single Inline Figure Skating

A competitor can compete in only one single category per event.
A competitor can downgrade from a category any time if the age requirement is respected, with the following exceptions :
-    Being on an international championship podium or World Open podium in the previous category.

SPINS

Sign **V** is applied for **:**

 1) **Flying spins** (only 1 position and no change of foot) of both Short Program and Free Skating, all categories, <u>if at least one of the following requirements is   not fulfilled</u> :
          a) For stepping over or not clear visible jump;

 2) **Spin combination**

     a)   When there is less than 2 rotations on one foot (only Free Skating, SP no value)
     b)   when there is only two(2) different basic positions of 1 rotation minimum (SP and FS)

2) Change foot **Spins in one position**

     a)   When there is less than 2 rotations on one foot (only Free Skating, SP no value)
     b)   When there is no basic position of 1 full rotation on one foot (only Free Skating, SP no value)

Exemple for CoSp :
- Camel + upright =2 basic Positions of minimum one full rotation each, In that case **as the upright is in final** <u>there must be at least a simple variation of upright to count the position for a combination spin</u> , The call is CoSpV (any level possible)
- Camel+Sit+ Upright =3 basic Positions. In that case no variation of the upright in final is required. The call is CoSp (any level possible).

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 spins),
-    **Sit** (the upper part of the skating leg at least parallel to the floor),
-    **Upright** (any position with skating leg extended or slightly bent which is not a camel position).

Any position which is not basic is a non-basic position.

Layback Spin is an upright spin in which head and shoulders are leaning backwards with the back arched. The position of the free leg is optional.
Sideways Leaning Spin is an upright spin in which head and shoulders are leaning sideways and the upper body is arched. The position of the free leg is optional.

In any spin change of edge can be counted only if done in a basic position.

The change of foot in any spin with same basic position on both feet, must have on each foot at least **two (2)** revolutions.
Combination spins
-    All combination spin must have 2 diferent basic positions
-    A combination spin with change of foot must have at least two (2) revolutions on each foot. It is possible on 1 foot to have only a Non Basic position.

If the skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.

Categories of difficult variations	There are 11 categories of difficult variations: For **CAMEL POSITION** there are 3 categories based on direction of the shoulder line: - (CF) Camel Forward: shoulder line parallel to the floor - (CS) Camel Sideways: shoulder line twisted to a vertical position - (CU) Camel Upward: shoulder line twisted more than to a vertical position For **SIT POSITION** there are 3 categories based on position of free leg: - (SF) Sit Forward: free leg forward - (SS) Sit Sideways: free leg sideways, with regular basic sit before/after - (SB) Sit Behind : free leg behind 5 For **UPRIGHT POSITION** there are 3 categories based on position of torso: - (UF) Upright Forward: torso leaning forward - (US) Upright Straight or Sideways: torso straight up or sideways - (UB) Upright Biellmann: in Biellmann position For **LAYBACK POSITION** there is 1 category - (UL) Upright Layback For **NON-BASIC POSITIONS** there is 1 category (NBP)

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.

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. 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 1⁄4 revolution or more,** but less than 1⁄2 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).
In Short Program, the final GOE must be -5 if the Jump Element is not according to requirements. This means for example that the Jump Element has wrong number of revolutions, jump is repeated or jump combination has only one jump and the sign +COMBO.
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.
Single Euler in between two listed jumps in jump combinations
Single Euler (1Eu) missing half a revolution or more will be considered as downgraded (<<). In this case the judges will apply the reduction for a downgraded jump.If the Single Euler is missing less than half a revolution, **it will not be considered** as under-rotated (<) by the technical panel.

If the Single Euler is not clearly jumped or it is executed as a step over, the judges will apply a reduction in GOE.

VI. Scale of Values
2018-2019

	-5	-4	-3	-2	-1	BASE	+1	+2	-+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
Single and Pair Skating											
Jumps											
1T	-0.20	-0.16	-0.12	-0.08	-0.04	**0.40**	+0.04	+0.08	+0.12	+0.16	+0.20
1S	-0.20	-0.16	-0.12	-0.08	-0.04	**0.40**	+0.04	+0.08	+0.12	+0.16	+0.20
1Lo	-0.25	-0.20	-0.15	-0.10	-0.05	**0.50**	+0.05	+0.10	+0.15	+0.20	+0.25
1Eu (Euler)	-0.25	-0.20	-0.15	-0.10	-0.05	**0.50**	+0.05	+0.10	+0.15	+0.20	+0.25
1F	-0.25	-0.20	-0.15	-0.10	-0.05	**0.50**	+0.05	+0.10	+0.15	+0.20	+0.25
1Lz	-0.30	-0.24	-0.18	-0.12	-0.06	**0.60**	+0.06	+0.12	+0.18	+0.24	+0.30
1T<	-0.15	-0.12	-0.09	-0.06	-0.03	**0.30**	+0.03	+0.06	+0.09	+0.12	+0.15
1S<	-0.15	-0.12	-0.09	-0.06	-0.03	**0.30**	+0.03	+0.06	+0.09	+0.12	+0.15
1Lo<	-0.19	-0.15	-0.11	-0.08	-0.04	**0.38**	+0.04	+0.08	+0.11	+0.15	+0.19
1Eu<	-0.19	-0.15	-0.11	-0.08	-0.04	**0.38**	+0.04	+0.08	+0.11	+0.15	+0.19
1F < or e	-0.19	-0.15	-0.11	-0.08	-0.04	**0.38**	+0.04	+0.08	+0.11	+0.15	+0.19
1Lz < or e	-0.23	-0.18	-0.14	-0.09	-0.05	**0.45**	+0.05	+0.09	+0.14	+0.18	+0.23
1F < and e	-0.15	-0.12	-0.09	-0.06	-0.03	**0.30**	+0.03	+0.06	+0.09	+0.12	+0.15
1Lz < and e	-0.18	-0.14	-0.11	-0.07	-0.04	**0.36**	+0.04	+0.07	+0.11	+0.14	+0.18
1A	-0.55	-0.44	-0.33	-0.22	-0.11	**1.10**	+0.11	+0.22	+0.33	+0.44	+0.55
2T	-0.65	-0.52	-0.39	-0.26	-0.13	**1.30**	+0.13	+0.26	+0.39	+0.52	+0.65
2S	-0.65	-0.52	-0.39	-0.26	-0.13	**1.30**	+0.13	+0.26	+0.39	+0.52	+0.65
2Lo	-0.85	-0.68	-0.51	-0.34	-0.17	**1.70**	+0.17	+0.34	+0.51	+0.68	+0.85
2F	-0.90	-0.72	-0.54	-0.36	-0.18	**1.80**	+0.18	+0.36	+0.54	+0.72	+0.90
2Lz	-1.05	-0.84	-0.63	-0.42	-0.21	**2.10**	+0.21	+0.42	+0.63	+0.84	+1.05
1A<	-0.42	-0.33	-0.25	-0.17	-0.08	**0.83**	+0.08	+0.17	+0.25	+0.33	+0.42
2T<	-0.49	-0.39	-0.29	-0.20	-0.10	**0.98**	+0.10	+0.20	+0.29	+0.39	+0.49
2S<	-0.49	-0.39	-0.29	-0.20	-0.10	**0.98**	+0.10	+0.20	+0.29	+0,39	+0.49
2Lo<	-0.64	-0.51	-0.38	-0.26	-0.13	**1.28**	+0.13	+0.26	+0.38	+0.51	+0.64
2F < or e	-0,68	-0.54	-0.41	-0.27	-0.14	**1.35**	+0.14	+0.27	+0.41	+0.54	+0.68
2Lz < or e	-0.79	-0.63	-0.47	-0.32	-0.16	**1.58**	+0.16	+0.32	+0,47	+0.63	+0.79
2F < and e	-0.54	-0.43	-0.32	-0.22	-0.11	**1.08**	+0.11	+0.22	+0.32	+0.43	+0.54
2Lz < and e	-0.63	-0.50	-0.38	-0.25	-0.13	**1.26**	+0.13	+0.25	+0.38	+0.50	+0.63
2A	-2.15	-1.72	-1.29	-0.86	-0.43	**4.30**	+0.43	+0.86	+1.29	+1.72	+2.15
3T	-2.65	-2.12	-1.59	-1.06	-0.53	**5.30**	+0.53	+1.06	+1.59	+2.12	+2.65
3S	-2.65	-2.12	-1.59	-1.06	-0.53	**5.30**	+0.53	+1.06	+1.59	+2.12	+2.65
3Lo	-2.95	-2.36	-1.77	-1.18	-0.59	**5.90**	+0.59	+1.18	+1.77	+2.36	+2.95
3F	-3,4	-2,72	-2,04	-1,36	-0,68	**6.8**	+0,68	+1,36	+2,04	+2,72	+3,4
3Lz	-3,65	-2,92	-2,19	-1,46	-0,73	**7.3**	+0,73	+1,46	+2,19	+2,92	+3,65
2A<	-1.62	-1.29	-0.97	-0.65	-0.32	**3.23**	+0.32	+0.65	+0.97	+1.29	+1.62
3T<	-1.99	-1.59	-1.19	-0.80	-0.40	**3.98**	+0.40	+0.80	+1.19	+1.59	+1.99
3S<	-1.99	-1.59	-1.19	-0.80	-0.40	**3.98**	+0.40	+0.80	+1.19	+1.59	+1.99
3Lo<	-2.22	-1.77	-1.33	-0.89	-0.44	**4.43**	+0.44	+0.89	+1.33	+1.77	+2.22
3F < or e	-2,55	-2,04	-1,53	-1,02	-0,51	**5,1**	+0,51	+1,02	+1,53	+2,04	+2,55
3Lz < or e	-2,75	-2,2	-1,65	-1,1	-0,55	**5,48**	+0,55	+1,1	+1,65	+2,2	+2,75
3F < and e	-2,05	-1,64	-1,23	-0,82	-0,41	**4,08**	+0,41	+0,82	+1,23	+1,64	+2,05
3Lz < and e	-2,2	-0,76	-1,32	-0,88	-0,44	**4,38**	+0,44	+0,88	+1,32	+1,78	+2,2

SOLO SPINS

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	**1.00**	+0.10	+0.20	+0.30	+0.40	+0.50
USp1	-0.60	-0.48	-0.36	-0.24	-0.12	**1.20**	+0.12	+0.24	+0.36	+0.48	+0.60
USp2	-0.75	-0.60	-0.45	-0.30	-0.15	**1.50**	+0.15	+0.30	+0.45	+0.60	+0.75
USp3	-0.95	-0.76	-0.57	-0.38	-0.19	**1.90**	+0.19	+0.38	+0.57	+0.76	+0.95
USp4	-1.20	-0.96	-0.72	-0.48	-0.24	**2.40**	+0.24	+0.48	+0.72	+0.96	+1.20
LBSp B	-0.85	-0.68	-0.51	-0.34	-0.17	**1.70**	+0,17	+0.34	+0.51	+0.68	+0,85
LBSp1	-1.00	-0.80	-0.60	-0.40	-0.20	**2.00**	+0.20	+0.40	+0.60	+0.80	+1.00
LBSp2	-1.20	-0.96	-0.72	-0.48	-0.24	**2.40**	+0.24	+0.48	+0.72	+0.96	+1.20
LBSp3	-1.45	-1.16	-0.87	-0.58	-0.29	**2.90**	+0.29	+0.58	+0,87	+1,16	+1.45
LBSp4	-1.60	-1.28	-0.96	-0.64	-0.32	**3.20**	+0.32	+0.64	+0.96	+1.28	+1.60

CSpB	-0.55	-0.44	-0.33	-0.22	-0.11	**1.10**	+0.11	+0.22	+0.33	+0.44	+0.55
CSp1	-0.70	-0.56	-0.42	-0.28	-0.14	**1.40**	+0.14	+0.28	+0.42	+0.56	+0.70
CSp2	-0.90	-0.72	-0.54	-0.36	-0.18	**1.80**	+0.18	+0.36	+0.54	+0.72	+0.90
CSp3	-1.15	-0.92	-0.69	-0.46	-0.23	**2.30**	+0.23	+0.46	+0.69	+0.92	+1.15
CSp4	-1.30	-1.04	-0.78	-0.52	-0.26	**2.60**	+0.26	+0.52	+0.78	+1.04	+1.30
SSpB	-0.55	-0.44	-0.33	-0.22	-0.11	**1.10**	+0.11	+0.22	+0.33	+0.44	+0.55
SSp1	-0.65	-0.52	-0.39	-0.26	-0.13	**1.30**	+0.13	+0.26	+0.39	+0.52	+0.65
SSp2	-0.80	-0.64	-0.48	-0.32	-0.16	**1.60**	+0.16	+0.32	+0.48	+0.64	+0.80
SSp3	-1.05	-0.84	-0.63	-0.42	-0.21	**2.10**	+0.21	+0.42	+0.63	+0.84	+1.05
SSp4	-1.25	-1.00	-0.75	-0.50	-0.25	**2.50**	+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	**1.50**	+0.15	+0.30	+0.45	+0.60	+0.75
FUSp1	-0.85	-0.68	-0.51	-0.34	-0.17	**1.70**	+0.17	+0.34	+0.51	+0.68	+0.85
FUSp2	-1.00	-0.80	-0.60	-0.40	-0.20	**2.00**	+0.20	+0.40	+0.60	+0.80	+1.00
FUSp3	-1.20	-0.96	-0.72	-0.48	-0.24	**2.40**	+0.24	+0.48	+0.72	+0.96	+1.20
FUSp4	-1.45	-1.16	-0.87	-0.58	-0.29	**2.90**	+0.29	+0.58	+0.87	+1.16	+1.45
FUSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	**1.13**	+0.11	+0.23	+0.34	+0.45	+0.57
FUSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	**1.28**	+0.13	+0.26	+0.38	+0.51	+0.64
FUSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	**1.50**	+0.15	+0.30	+0.45	+0.60	+0.75
FUSp3V	-0.90	-0.72	-0.54	-0.36	-0.18	**1.80**	+0.18	+0.36	+0.54	+0.72	+0.90
FUSp4V	-1.09	-0.87	-0.65	-0.44	-0.22	**2.18**	+0.22	+0.44	+0.65	+0.87	+1.09
FLSpB	-0.85	-0.68	-0.51	-0.34	-0.17	**1.70**	+0.17	+0.34	+0.51	+0.68	+0.85
FLSp1	-1.00	-0.80	-0.60	-0.40	-0.20	**2.00**	+0.20	+0.40	+0.60	+0.80	+1.00
FLSp2	-1.20	-0.96	-0.72	-0.48	-0.24	**2.40**	+0.24	+0.48	+0.72	+0.96	+1.20
FLSp3	-1.45	-1.16	-0.87	-0.58	-0.29	**2.90**	+0.29	+0.58	+0.87	+1.16	+1.45
FLSp4	-1.60	-1.28	-0.96	-0.64	-0.32	**3.20**	+0.32	+0.64	+0.96	+1.28	+1.60
FLSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	**1.28**	+0.13	+0.26	+0.38	+0.51	+0.64
FLSp1V	-0,75	-0,60	-0,45	-0,30	-0,15	**1.50**	+0.15	+0.30	+0.45	+0.60	+0.75
FLSp2V	-0,90	-0,72	-0,54	-0,36	-0,18	**1.80**	+0.18	+0.36	+0.54	+0.72	+0.90
FLSp3V	-1,09	-0,87	-0,65	-0,44	-0,22	**2.18**	+0.22	+0.44	+0.65	+0.87	+1.09
FLSp4V	-1,20	-0,96	-0,72	-0,48	-0,24	**2.40**	+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	**1.60**	+0.16	+0.32	+0.48	+0.64	+0.80
FCSp1	-0.95	-0.76	-0.57	-0.38	-0.19	**1.90**	+0.19	+0.38	+0.57	+0.76	+0.95
FCSp2	-1.15	-0.92	-0.69	-0.46	-0.23	**2.30**	+0.23	+0.46	+0.69	+0.92	+1.15
FCSp3	-1.40	-1.12	-0.84	-0.56	-0.28	**2.80**	+0.28	+0.56	+0.84	+1.12	+1.40
FCSp4	-1.60	-1.28	-0.96	-0.64	-0.32	**3.20**	+0.32	+0.64	+0.96	+1.28	+1.60
FCSpBV	-0.60	-0.48	-0,36	-0.24	-0.12	**1.20**	+0.12	+0.24	+0.36	+0.48	+0.60
FCSp1V	-0.72	-0.57	-0,43	-0.29	-0.14	**1.43**	+0.14	+0.29	+0.43	+0.57	+0.72
FCSp2V	-0.87	-0.69	-0,52	-0.35	-0.17	**1.73**	+0.17	+0.35	+0.52	+0.69	+0.87
FCSp3V	-1.05	-0,84	-0.63	-0.42	-0.21	**2.10**	+0.21	+0.42	+0.63	+0.84	+1.05
FCSp4V	-1.20	-0,96	-0.72	-0.48	-0.24	**2.40**	+0.24	+0.48	+0.72	+0.96	+1.20
FSSpB	-0.85	-0.68	-0.51	-0.34	-0.17	**1.70**	+0.17	+0.34	+0.51	+0.68	+0.85
FSSp1	-1.00	-0.80	-0.60	-0.40	-0.20	**2.00**	+0.20	+0.40	+0.60	+0.80	+1.00
FSSp2	-1.15	-0.92	-0.69	-0.46	-0.23	**2.30**	+0.23	+0.46	+0.69	+0.92	+1.15
FSSp3	-1.30	-1.04	-0.78	-0.52	-0.26	**2.60**	+0.26	+0.52	+0.78	+1.04	+1.30
FSSp4	-1.50	-1.20	-0.90	-0.60	-0.30	**3.00**	+0.30	+0.60	+0.90	+1.20	+1.50
FSSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	**1.28**	+0.13	+0.26	+0.38	+0.51	+0.64
FSSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	**1.50**	+0.15	+0.30	+0.45	+0.60	+0.75
FSSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	**1.73**	+0.17	+0.35	+0.52	+0.69	+0.87
FSSp3V	-0.98	-0.78	-0.59	-0.39	-0.20	**1.95**	+0.20	+0.39	+0.59	+0.78	+0.98
FSSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	**2.25**	+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	**1.50**	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CUSp1	-0.85	-0.68	-0.51	-0.34	-0.17	**1.70**	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CUSp2	-1.00	-0.80	-0.60	-0.40	-0.20	**2.00**	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CUSp3	-1.20	-0.96	-0.72	-0.48	-0.24	**2.40**	+0.24	+0.48	+0.72	+0.96	+1.20
(F)CUSp4	-1.45	-1.16	-0.87	-0.58	-0.29	**2.90**	+0.29	+0.58	+0.87	+1.16	+1.45
(F)CUSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	**1.13**	+0.11	+0.23	+0.34	+0.45	+0.57
(F)CUSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	**1.28**	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CUSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	**1.50**	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CUSp3V	-0.90	-0.72	-0.54	-0.36	-0.18	**1.80**	+0.18	+0.36	+0.54	+0.72	+0.90
(F)CUSp4V	-1.09	-0.87	-0.65	-0.44	-0.22	**2.18**	+0.22	+0.44	+0.65	+0.87	+1.09
(F)CLSpB	-0.85	-0.68	-0.51	-0.34	-0.17	**1.70**	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CLSp1	-1.00	-0.80	-0.60	-0.40	-0.20	**2.00**	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CLSp2	-1.20	-0.96	-0.72	-0.48	-0.24	**2.40**	+0.24	+0.48	+0.72	+0.96	+1.20
(F)CLSp3	-1.45	-1.16	-0.87	-0.58	-0.29	**2.90**	+0.29	+0.58	+0.87	+1.16	+1.45
(F)CLSp4	-1.60	-1.28	-0.96	-0.64	-0.32	**3.20**	+0.32	+0.64	+0.96	+1.28	+1.60
(F)CLSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	**1.28**	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CLSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	**1.50**	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CLSp2V	-0.90	-0.72	-0.54	-0.36	-0.18	**1.80**	+0.18	+0.36	+0.54	+0.72	+0.90
(F)CLSp3V	-1.09	-0.87	-0.65	-0.44	-0.22	**2.18**	+0.22	+0.44	+0.65	+0.87	+1.09
(F)CLSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	**2.40**	+0.24	+0.48	+0.72	+0.96	+1.20
(F)CCSpB	-0.85	-0.68	-0.51	-0.34	-0.17	**1.70**	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CCSp1	-1.00	-0.80	-0.60	-0.40	-0.20	**2.00**	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CCSp2	-1.15	-0.92	-0.69	-0.46	-0.23	**2.30**	+0.23	+0.46	+0.69	+0.92	+1.15
(F)CCSp3	-1.40	-1.12	-0.84	-0.56	-0.28	**2.80**	+0.28	+0.56	+0.84	+1.12	+1.40
(F)CCSp4	-1.60	-1.28	-0.96	-0.64	-0.32	**3.20**	+0.32	+0.64	+0.96	+1.28	+1.60
(F)CCSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	**1.28**	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CCSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	**1.50**	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CCSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	**1.73**	+0.17	+0.35	+0.52	+0.69	+0.87
(F)CCSp3V	-1.05	-0.84	-0.63	-0.42	-0.21	**2.10**	+0.21	+0.42	+0.63	+0.84	+1.05
(F)CCSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	**2.40**	+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	1.60	+0.16	+0.32	+0.48	+0.64	+0.80
(F)CSSp1	-0.95	-0.76	-0.57	-0.38	-0.19	1.90	+0.19	+0.38	+0.57	+0.76	+0.95
(F)CSSp2	-1.15	-0.92	-0.69	-0.46	-0.23	2.30	+0.23	+0.46	+0.69	+0.92	+1.15
(F)CSSp3	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	+0.26	+0.52	+0.78	+1.04	+1.30
(F)CSSp4	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50
(F)CSSpBV	-0.60	-0.48	-0.36	-0.24	-0.12	1.20	+0.12	+0.24	+0.36	+0.48	+0.60
(F)CSSp1V	-0.72	-0.57	-0.43	-0.29	-0.14	1.43	+0.14	+0.29	+0.43	+0.57	+0.72
(F)CSSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	1.73	+0.17	+0.35	+0.52	+0.69	+0.87
(F)CSSp3V	-0.98	-0.78	-0.59	-0.39	-0.20	1.95	+0.20	+0.39	+0.59	+0.78	+0.98
(F)CSSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	+0.23	+0.45	+0.68	+0.90	+1.13
Spin Combination with change of position and no change of foot											
(F)CoSpB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CoSp1	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CoSp2	-1.00	-0.80	-0.60	-0.40	-0.20	2,00	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CoSp3	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	+0.25	+0.50	+0.75	+1.00	+1.25
(F)CoSp4	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50
(F)CoSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	1.13	+0.11	+0.23	+0.34	+0.45	+0.57
(F)CoSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CoSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CoSp3V	-0.94	-0.75	-0.56	-0.38	-0.19	1.88	+0.19	+0.38	+0.56	+0.75	+0.94
(F)CoSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	+0.23	+0.45	+0.68	+0.90	+1.13
Spin Combination with change of position and change of foot											
(F)CCoSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CCoSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CCoSp2	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	+0.25	+0.50	+0.75	+1.00	+1.25
(F)CCoSp3	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50
(F)CCoSp4	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	+0.35	+0.70	+1.05	+1.40	+1.75
(F)CCoSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CCoSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CCoSp2V	-0.94	-0.75	-0.56	-0.38	-0.19	1.88	+0.19	+0.38	+0.56	+0.75	+0.94
(F)CCoSp3V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	+0.23	+0.45	+0.68	+0.90	+1.13
(F)CCoSp4V	-1.32	-1.05	-0.79	-0.53	-0.26	2.63	+0.26	+0.53	+0.79	+1.05	+1.32
Step Sequences											
StSqB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
StSq1	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	+0.18	+0.36	+0.54	+0.72	+0.90
StSq2	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	+0.26	+0.52	+0.78	+1.04	+1.30
StSq3	-1.65	-1.32	-0.99	-0.66	-0.33	3.30	+0.33	+0.66	+0.99	+1.32	+1.65
StSq4	-1.95	-1.56	-1.17	-0.78	-0.39	3.90	+0.39	+0.78	+1.17	+1.56	+1.95

Choreographic Sequence

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
ChSqB	-0,5	-0,4	-0,3	-0,2	-0,1	1,0	+0,2	+0,4	+0,6	+0,8	+1,0
ChSq1	-1,0	-0,8	-0,6	-0,4	-0,2	1,5	+0,3	+0,6	+0,9	+1,2	+1,5
ChSq2	-1,5	-1,2	-0,9	-0,6	-0,3	2,0	+0,4	+0,8	+1,2	+1,6	+2,0
ChSq3	-2,0	-1,6	-1,2	-0,8	-0,4	2,5	+0,5	+1,0	+1,5	+2,0	+2,5
ChSq4	-2,5	-2,0	-1,5	-1 ,0	-0,5	3	+0,6	+01,2	+1,8	+2,4	+3

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.

VII. Grade of execution

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.

REDUCTIONS FOR ERRORS			
JUMP ELEMENTS			
SP: Jump element not according to requirement, **MUST BE**	-5	Downgraded (sign)	-3 to -4
Euler executed as step over	-1 to -2	Under-rotated (sign)	-2 to -3
		Lacking rotation including Euler in combination	-1 to -2
Fall	-5	Poor speed, height, distance, air position	-1 to -3
Landing on two feet in a jump	-3 to -4	Touch down with both hands at landing	-2 to -3
Stepping out of landing in a jump	-3 to -4	Touch down with one hand or free foot at landing	-1 to -2
2 three turns in between (jump combo)	-2 to -3	Loss of flow/direction/rythm between jumps (combo/sequence)	-2 to -3
Wrong edge take off F/Lz (sign "e")	-3 to -4	Week landing (bad position/wrong edge/scratching on the toe, ect…)	-1 to -3
Unclear wrong edge take off F/Lz (sign "!")	-1 to -3	Poor take-off	-2 to -3
Unclear wrong edge take off F/Lz (no sign)	-1	Long preparation	-2 to -3
SPINS			
Fall	**-5**	Poor/awkward, unnaesthetic position(s)	-1 to -3
Touch down with free foot or one hand(s)	**-1 to -3**	Slow or reduction of speed	-1 to -3
Poor fly (Flying spins/entry)	-1 to -3	Change of foot poorly done (including cuve of entry/exit except when changing direction)	-1 to -3
Incorrect take-off or landing in flying spins	**-1 to -2**	Less than required revolutions	-1 to -3
Traveling in the spin	-1 to -3	Unbalanced number of revolution in spins with change of foot	-1
Loss of balance	**-1 to -3**	**Second execution of long traveling entrance**	**-3**
STEPS			
SP : listed jump with more than half rev. included	-1	Poor quality of steps, turns, positions	-1 to -3
Fall	-5	Stumble	-1 to -3
Less than half of the pattern doing steps/turns	-2 to -3	Does not correspond to the music	-1 to -3
CHOREOGRAPHIC SEQUENCES			
Fall	-5	Stumble	-1 to -3
Inability to clearly demonstrate the sequence	-2 to -3	Does not enhance the music	-1 to -3
Loss of control while executing the sequence	-1 to -3	Poor quality of movements	-1 to -2
No choreography linking the elements	-3 to -4	**Poor choreography linking the elements**	-1 to -3

Guideline for marking positive GOE

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

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