

INTERNATIONAL SKATING UNION

Communication No. 1494

Single and Pair Skating

Scale of Values, Guidelines for marking GOE and Levels for the season 2008-2009

I. Scale of Value (SOV)

Some changes in the Scale of Values (SOV) were accepted. The SOV Chart with the changes is presented below:

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Scale of Values – SINGLES									
A	Jumps								
	Toeloop	1T	1,0	0,6	0,3	0,4	-0,1	-0,2	-0,3
	Salchow	1S	1,0	0,6	0,3	0,4	-0,1	-0,2	-0,3
	Loop	1Lo	1,0	0,6	0,3	0,5	-0,1	-0,2	-0,3
	Flip	1F	1,0	0,6	0,3	0,5	-0,1	-0,2	-0,3
	Lutz	1Lz	1,0	0,6	0,3	0,6	-0,1	-0,2	-0,3
	Axel	1A	1,5	1,0	0,5	0,8	-0,2	-0,4	-0,5
	Double Toeloop	2T	1,5	1,0	0,5	1,3	-0,3	-0,6	-1,0
	Double Salchow	2S	1,5	1,0	0,5	1,3	-0,3	-0,6	-1,0
	Double Loop	2Lo	1,5	1,0	0,5	1,5	-0,3	-0,6	-1,0
	Double Flip	2F	1,5	1,0	0,5	1,7	-0,3	-0,6	-1,0
	Double Lutz	2Lz	1,5	1,0	0,5	1,9	-0,3	-0,6	-1,0
	Double Axel	2A	3,0	2,0	1,0	3,5	-0,7	-1,4	-2,1
	Triple Toeloop	3T	3,0	2,0	1,0	4,0	-1,0	-2,0	-3,0
	Triple Salchow	3S	3,0	2,0	1,0	4,5	-1,0	-2,0	-3,0
	Triple Loop	3Lo	3,0	2,0	1,0	5,0	-1,0	-2,0	-3,0
	Triple Flip	3F	3,0	2,0	1,0	5,5	-1,0	-2,0	-3,0
	Triple Lutz	3Lz	3,0	2,0	1,0	6,0	-1,0	-2,0	-3,0
	Triple Axel	3A	3,0	2,0	1,0	8,2	-1,4	-2,8	-4,2
	Quad Toeloop	4T	3,0	2,0	1,0	9,8	-1,6	-3,2	-4,8
	Quad Salchow	4S	3,0	2,0	1,0	10,3	-1,6	-3,2	-4,8
	Quad Loop	4Lo	3,0	2,0	1,0	10,8	-1,6	-3,2	-4,8
	Quad Flip	4F	3,0	2,0	1,0	11,3	-1,6	-3,2	-4,8
	Quad Lutz	4Lz	3,0	2,0	1,0	11,8	-1,6	-3,2	-4,8
	Quad Axel	4A	3,0	2,0	1,0	13,3	-1,6	-3,2	-4,8
B	Spins								
	Spin in one position and no change of foot (upright, layback, camel or sit)								
	Upright Spin Level 1	USp1	1,5	1,0	0,5	1,2	-0,3	-0,6	-1,0
	Upright Spin Level 2	USp2	1,5	1,0	0,5	1,5	-0,3	-0,6	-1,0
	Upright Spin Level 3	USp3	1,5	1,0	0,5	1,9	-0,3	-0,6	-1,0
	Upright Spin Level 4	USp4	1,5	1,0	0,5	2,4	-0,3	-0,6	-1,0
	Layback Spin Level 1	LSp1	1,5	1,0	0,5	1,5	-0,3	-0,6	-1,0
	Layback Spin Level 2	LSp2	1,5	1,0	0,5	1,9	-0,3	-0,6	-1,0
	Layback Spin Level 3	LSp3	1,5	1,0	0,5	2,4	-0,3	-0,6	-1,0
	Layback Spin Level 4	LSp4	1,5	1,0	0,5	2,7	-0,3	-0,6	-1,0

	Camel Spin Level 1	CSp1	1,5	1,0	0,5	<u>1,4</u>	-0,3	-0,6	-1,0
	Camel Spin Level 2	CSp2	1,5	1,0	0,5	<u>1,8</u>	-0,3	-0,6	-1,0
	Camel Spin Level 3	CSp3	1,5	1,0	0,5	<u>2,3</u>	-0,3	-0,6	-1,0
	Camel Spin Level 4	CSp4	1,5	1,0	0,5	<u>2,6</u>	-0,3	-0,6	-1,0
	Sit Spin Level 1	SSp1	1,5	1,0	0,5	<u>1,3</u>	-0,3	-0,6	-1,0
	Sit Spin Level 2	SSp2	1,5	1,0	0,5	<u>1,6</u>	-0,3	-0,6	-1,0
	Sit Spin Level 3	SSp3	1,5	1,0	0,5	<u>2,1</u>	-0,3	-0,6	-1,0
	Sit Spin Level 4	SSp4	1,5	1,0	0,5	<u>2,5</u>	-0,3	-0,6	-1,0
	Flying Spin (any position – upright, layback, camel or sit)								
	Flying Upright Spin Level 1	FUSp1	1,5	1,0	0,5	<u>1,7</u>	-0,3	-0,6	-1,0
	Flying Upright Spin Level 2	FUSp2	1,5	1,0	0,5	<u>2,0</u>	-0,3	-0,6	-1,0
	Flying Upright Spin Level 3	FUSp3	1,5	1,0	0,5	<u>2,4</u>	-0,3	-0,6	-1,0
	Flying Upright Spin Level 4	FUSp4	1,5	1,0	0,5	<u>2,9</u>	-0,3	-0,6	-1,0
	Flying Layback Spin Level 1	FLSp1	1,5	1,0	0,5	<u>2,0</u>	-0,3	-0,6	-1,0
	Flying Layback Spin Level 2	FLSp2	1,5	1,0	0,5	<u>2,4</u>	-0,3	-0,6	-1,0
	Flying Layback Spin Level 3	FLSp3	1,5	1,0	0,5	<u>2,9</u>	-0,3	-0,6	-1,0
	Flying Layback Spin Level 4	FLSp4	1,5	1,0	0,5	<u>3,2</u>	-0,3	-0,6	-1,0
	Flying Camel Spin Level 1	FCSp1	1,5	1,0	0,5	<u>1,9</u>	-0,3	-0,6	-1,0
	Flying Camel Spin Level 2	FCSp2	1,5	1,0	0,5	<u>2,3</u>	-0,3	-0,6	-1,0
	Flying Camel Spin Level 3	FCSp3	1,5	1,0	0,5	<u>2,8</u>	-0,3	-0,6	-1,0
	Flying Camel Spin Level 4	FCSp4	1,5	1,0	0,5	<u>3,2</u>	-0,3	-0,6	-1,0
	Flying Sit Spin Level 1	FSSp1	1,5	1,0	0,5	<u>2,0</u>	-0,3	-0,6	-1,0
	Flying Sit Spin Level 2	FSSp2	1,5	1,0	0,5	<u>2,3</u>	-0,3	-0,6	-1,0
	Flying Sit Spin Level 3	FSSp3	1,5	1,0	0,5	<u>2,6</u>	-0,3	-0,6	-1,0
	Flying Sit Spin Level 4	FSSp4	1,5	1,0	0,5	<u>3,0</u>	-0,3	-0,6	-1,0
	Spin with one change of foot and no change of position (upright, layback, camel or sit)								
	Change Foot Upright Spin Level 1	CUSp1	1,5	1,0	0,5	<u>1,7</u>	-0,3	-0,6	-1,0
	Change Foot Upright Spin Level 2	CUSp2	1,5	1,0	0,5	<u>2,0</u>	-0,3	-0,6	-1,0
	Change Foot Upright Spin Level 3	CUSp3	1,5	1,0	0,5	<u>2,4</u>	-0,3	-0,6	-1,0
	Change Foot Upright Spin Level 4	CUSp4	1,5	1,0	0,5	<u>2,9</u>	-0,3	-0,6	-1,0
	Change Foot Layback Spin Level 1	CLSp1	1,5	1,0	0,5	<u>2,0</u>	-0,3	-0,6	-1,0
	Change Foot Layback Spin Level 2	CLSp2	1,5	1,0	0,5	<u>2,4</u>	-0,3	-0,6	-1,0
	Change Foot Layback Spin Level 3	CLSp3	1,5	1,0	0,5	<u>2,9</u>	-0,3	-0,6	-1,0
	Change Foot Layback Spin Level 4	CLSp4	1,5	1,0	0,5	<u>3,2</u>	-0,3	-0,6	-1,0
	Change Foot Camel Spin Level 1	CCSp1	1,5	1,0	0,5	<u>2,0</u>	-0,3	-0,6	-1,0
	Change Foot Camel Spin Level 2	CCSp2	1,5	1,0	0,5	<u>2,3</u>	-0,3	-0,6	-1,0
	Change Foot Camel Spin Level 3	CCSp3	1,5	1,0	0,5	<u>2,8</u>	-0,3	-0,6	-1,0
	Change Foot Camel Spin Level 4	CCSp4	1,5	1,0	0,5	<u>3,2</u>	-0,3	-0,6	-1,0
	Change Foot Sit Spin Level 1	CSSp1	1,5	1,0	0,5	<u>1,9</u>	-0,3	-0,6	-1,0
	Change Foot Sit Spin Level 2	CSSp2	1,5	1,0	0,5	<u>2,3</u>	-0,3	-0,6	-1,0
	Change Foot Sit Spin Level 3	CSSp3	1,5	1,0	0,5	<u>2,6</u>	-0,3	-0,6	-1,0
	Change Foot Sit Spin Level 4	CSSp4	1,5	1,0	0,5	<u>3,0</u>	-0,3	-0,6	-1,0
	Spin Combination with change of position and no change of foot								
	Level 1	CoSp1	1,5	1,0	0,5	<u>1,7</u>	-0,3	-0,6	-1,0
	Level 2	CoSp2	1,5	1,0	0,5	<u>2,0</u>	-0,3	-0,6	-1,0
	Level 3	CoSp3	1,5	1,0	0,5	<u>2,5</u>	-0,3	-0,6	-1,0
	Level 4	CoSp4	1,5	1,0	0,5	<u>3,0</u>	-0,3	-0,6	-1,0
	Spin Combination with change of position and change of foot								
	Level 1	CCoSp1	1,5	1,0	0,5	<u>2,0</u>	-0,3	-0,6	-1,0
	Level 2	CCoSp2	1,5	1,0	0,5	<u>2,5</u>	-0,3	-0,6	-1,0
	Level 3	CCoSp3	1,5	1,0	0,5	<u>3,0</u>	-0,3	-0,6	-1,0
	Level 4	CCoSp4	1,5	1,0	0,5	<u>3,5</u>	-0,3	-0,6	-1,0

C	Step and Spiral Sequences								
	Step Sequence – any pattern (Straight Line, Circular, Serpentine)								
	Straight Line Step Sequence Level 1	SISt1	1,5	1,0	0,5	1,8	-0,3	-0,6	-1,0
	Straight Line Step Sequence Level 2	SISt2	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Straight Line Step Sequence Level 3	SISt3	1,5	1,0	0,5	3,3	-0,7	-1,4	-2,1
	Straight Line Step Sequence Level 4	SISt4	3,0	2,0	1,0	3,9	-0,7	-1,4	-2,1
	Circular Step Sequence Level 1	CiSt1	1,5	1,0	0,5	1,8	-0,3	-0,6	-1,0
	Circular Step Sequence Level 2	CiSt2	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Circular Step Sequence Level 3	CiSt3	1,5	1,0	0,5	3,3	-0,7	-1,4	-2,1
	Circular Step Sequence Level 4	CiSt4	3,0	2,0	1,0	3,9	-0,7	-1,4	-2,1
	Serpentine Step Sequence Level 1	SeSt1	1,5	1,0	0,5	1,8	-0,3	-0,6	-1,0
	Serpentine Step Sequence Level 2	SeSt2	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Serpentine Step Sequence Level 3	SeSt3	1,5	1,0	0,5	3,3	-0,7	-1,4	-2,1
	Serpentine Step Sequence Level 4	SeSt4	3,0	2,0	1,0	3,9	-0,7	-1,4	-2,1
	Spiral Sequence – any pattern (Circular, Serpentine)								
	Level 1	SpSq1	1,5	1,0	0,5	1,8	-0,3	-0,6	-1,0
	Level 2	SpSq2	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Level 3	SpSq3	1,5	1,0	0,5	3,1	-0,7	-1,4	-2,1
	Level 4	SpSq4	3,0	2,0	1,0	3,4	-0,7	-1,4	-2,1

Scale of Values – PAIRS

A	Side-by-Side Jumps								
	Toeloop	1T	1,0	0,6	0,3	0,4	-0,1	-0,2	-0,3
	Salchow	1S	1,0	0,6	0,3	0,4	-0,1	-0,2	-0,3
	Loop	1Lo	1,0	0,6	0,3	0,5	-0,1	-0,2	-0,3
	Flip	1F	1,0	0,6	0,3	0,5	-0,1	-0,2	-0,3
	Lutz	1Lz	1,0	0,6	0,3	0,6	-0,1	-0,2	-0,3
	Axel	1A	1,5	1,0	0,5	0,8	-0,2	-0,4	-0,5
	Double Toeloop	2T	1,5	1,0	0,5	1,3	-0,3	-0,6	-1,0
	Double Salchow	2S	1,5	1,0	0,5	1,3	-0,3	-0,6	-1,0
	Double Loop	2Lo	1,5	1,0	0,5	1,5	-0,3	-0,6	-1,0
	Double Flip	2F	1,5	1,0	0,5	1,7	-0,3	-0,6	-1,0
	Double Lutz	2Lz	1,5	1,0	0,5	1,9	-0,3	-0,6	-1,0
	Double Axel	2A	3,0	2,0	1,0	3,5	-0,7	-1,4	-2,1
	Triple Toeloop	3T	3,0	2,0	1,0	4,0	-1,0	-2,0	-3,0
	Triple Salchow	3S	3,0	2,0	1,0	4,5	-1,0	-2,0	-3,0
	Triple Loop	3Lo	3,0	2,0	1,0	5,0	-1,0	-2,0	-3,0
	Triple Flip	3F	3,0	2,0	1,0	5,5	-1,0	-2,0	-3,0
	Triple Lutz	3Lz	3,0	2,0	1,0	6,0	-1,0	-2,0	-3,0
	Triple Axel	3A	3,0	2,0	1,0	8,2	-1,4	-2,8	-4,2
	Quad Toeloop	4T	3,0	2,0	1,0	9,8	-1,6	-3,2	-4,8
	Quad Salchow	4S	3,0	2,0	1,0	10,3	-1,6	-3,2	-4,8
	Quad Loop	4Lo	3,0	2,0	1,0	10,8	-1,6	-3,2	-4,8
	Quad Flip	4F	3,0	2,0	1,0	11,3	-1,6	-3,2	-4,8
	Quad Lutz	4Lz	3,0	2,0	1,0	11,8	-1,6	-3,2	-4,8
	Quad Axel	4A	3,0	2,0	1,0	13,3	-1,6	-3,2	-4,8
B	Side by Side Spins								
	Spin in one position and no change of foot (upright, layback, camel or sit)								
	Upright Spin								
	Upright Spin Level 1	USp1	1,5	1,0	0,5	1,2	-0,3	-0,6	-1,0
	Upright Spin Level 2	USp2	1,5	1,0	0,5	1,5	-0,3	-0,6	-1,0
	Upright Spin Level 3	USp3	1,5	1,0	0,5	1,9	-0,3	-0,6	-1,0
	Upright Spin Level 4	USp4	1,5	1,0	0,5	2,4	-0,3	-0,6	-1,0
	Layback Spin Level 1	LSp1	1,5	1,0	0,5	1,5	-0,3	-0,6	-1,0
	Layback Spin Level 2	LSp2	1,5	1,0	0,5	1,9	-0,3	-0,6	-1,0
	Layback Spin Level 3	LSp3	1,5	1,0	0,5	2,4	-0,3	-0,6	-1,0
	Layback Spin Level 4	LSp4	1,5	1,0	0,5	2,7	-0,3	-0,6	-1,0

	Camel Spin Level 1	CSp1	1,5	1,0	0,5	1,4	-0,3	-0,6	-1,0
	Camel Spin Level 2	CSp2	1,5	1,0	0,5	1,8	-0,3	-0,6	-1,0
	Camel Spin Level 3	CSp3	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Camel Spin Level 4	CSp4	1,5	1,0	0,5	2,6	-0,3	-0,6	-1,0
	Sit Spin Level 1	SSp1	1,5	1,0	0,5	1,3	-0,3	-0,6	-1,0
	Sit Spin Level 2	SSp2	1,5	1,0	0,5	1,6	-0,3	-0,6	-1,0
	Sit Spin Level 3	SSp3	1,5	1,0	0,5	2,1	-0,3	-0,6	-1,0
	Sit Spin Level 4	SSp4	1,5	1,0	0,5	2,5	-0,3	-0,6	-1,0
	Spin with one change of foot and no change of position (upright, layback, camel or sit)								
	Change Foot Upright Spin Level 1	CUSp1	1,5	1,0	0,5	1,7	-0,3	-0,6	-1,0
	Change Foot Upright Spin Level 2	CUSp2	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Change Foot Upright Spin Level 3	CUSp3	1,5	1,0	0,5	2,4	-0,3	-0,6	-1,0
	Change Foot Upright Spin Level 4	CUSp4	1,5	1,0	0,5	2,9	-0,3	-0,6	-1,0
	Change Foot Layback Spin Level 1	CLSp1	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Change Foot Layback Spin Level 2	CLSp2	1,5	1,0	0,5	2,4	-0,3	-0,6	-1,0
	Change Foot Layback Spin Level 3	CLSp3	1,5	1,0	0,5	2,9	-0,3	-0,6	-1,0
	Change Foot Layback Spin Level 4	CLSp4	1,5	1,0	0,5	3,2	-0,3	-0,6	-1,0
	Change Foot Camel Spin Level 1	CCSp1	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Change Foot Camel Spin Level 2	CCSp2	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Change Foot Camel Spin Level 3	CCSp3	1,5	1,0	0,5	2,8	-0,3	-0,6	-1,0
	Change Foot Camel Spin Level 4	CCSp4	1,5	1,0	0,5	3,2	-0,3	-0,6	-1,0
	Change Foot Sit Spin Level 1	CSSp1	1,5	1,0	0,5	1,9	-0,3	-0,6	-1,0
	Change Foot Sit Spin Level 2	CSSp2	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Change Foot Sit Spin Level 3	CSSp3	1,5	1,0	0,5	2,6	-0,3	-0,6	-1,0
	Change Foot Sit Spin Level 4	CSSp4	1,5	1,0	0,5	3,0	-0,3	-0,6	-1,0
	Spin Combination with change of position and no change of foot								
	Level 1	CoSp1	1,5	1,0	0,5	1,7	-0,3	-0,6	-1,0
	Level 2	CoSp2	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Level 3	CoSp3	1,5	1,0	0,5	2,5	-0,3	-0,6	-1,0
	Level 4	CoSp4	1,5	1,0	0,5	3,0	-0,3	-0,6	-1,0
	Spin Combination with change of position and change of foot								
	Level 1	CCoSp1	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Level 2	CCoSp2	1,5	1,0	0,5	2,5	-0,3	-0,6	-1,0
	Level 3	CCoSp3	1,5	1,0	0,5	3,0	-0,3	-0,6	-1,0
	Level 4	CCoSp4	1,5	1,0	0,5	3,5	-0,3	-0,6	-1,0
C	Step and Spiral Sequences								
	Step Sequence – any pattern (Straight Line, Circular, Serpentine)								
	Straight Line Step Sequence Level 1	SlSt1	1,5	1,0	0,5	1,8	-0,3	-0,6	-1,0
	Straight Line Step Sequence Level 2	SlSt2	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Straight Line Step Sequence Level 3	SlSt3	1,5	1,0	0,5	3,3	-0,7	-1,4	-2,1
	Straight Line Step Sequence Level 4	SlSt4	3,0	2,0	1,0	3,9	-0,7	-1,4	-2,1
	Circular Step Sequence Level 1	CiSt1	1,5	1,0	0,5	1,8	-0,3	-0,6	-1,0
	Circular Step Sequence Level 2	CiSt2	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Circular Step Sequence Level 3	CiSt3	1,5	1,0	0,5	3,3	-0,7	-1,4	-2,1
	Circular Step Sequence Level 4	CiSt4	3,0	2,0	1,0	3,9	-0,7	-1,4	-2,1
	Serpentine Step Sequence Level 1	SeSt1	1,5	1,0	0,5	1,8	-0,3	-0,6	-1,0
	Serpentine Step Sequence Level 2	SeSt2	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Serpentine Step Sequence Level 3	SeSt3	1,5	1,0	0,5	3,3	-0,7	-1,4	-2,1
	Serpentine Step Sequence Level 4	SeSt4	3,0	2,0	1,0	3,9	-0,7	-1,4	-2,1
	Spiral Sequence – any pattern (Circular, Serpentine)								
	Level 1	SpSq1	1,5	1,0	0,5	1,8	-0,3	-0,6	-1,0
	Level 2	SpSq2	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Level 3	SpSq3	1,5	1,0	0,5	3,1	-0,7	-1,4	-2,1
	Level 4	SpSq4	3,0	2,0	1,0	3,4	-0,7	-1,4	-2,1

D	Lifts								
	Group1 Level 1	1Li1	1,0	0,6	0,3	1,1	-0,3	-0,6	-1,0
	Group1 Level 2	1Li2	1,0	0,6	0,3	1,3	-0,3	-0,6	-1,0
	Group1 Level 3	1Li3	1,0	0,6	0,3	1,5	-0,3	-0,6	-1,0
	Group1 Level 4	1Li4	1,0	0,6	0,3	1,7	-0,3	-0,6	-1,0
	Group2 Level 1	2Li1	1,0	0,6	0,3	1,3	-0,3	-0,6	-1,0
	Group2 Level 2	2Li2	1,0	0,6	0,3	1,7	-0,3	-0,6	-1,0
	Group2 Level 3	2Li3	1,0	0,6	0,3	2,4	-0,3	-0,6	-1,0
	Group2 Level 4	2Li4	1,0	0,6	0,3	3,0	-0,3	-0,6	-1,0
	Group3 Level 1	3Li1	1,5	1,0	0,5	2,5	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group3 Level 2	3Li2	1,5	1,0	0,5	3,0	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group3 Level 3	3Li3	1,5	1,0	0,5	3,5	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group3 Level 4	3Li4	1,5	1,0	0,5	4,0	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group4, Level 1	4Li1	1,5	1,0	0,5	2,5	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group4, Level 2	4Li2	1,5	1,0	0,5	3,0	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group4, Level 3	4Li3	1,5	1,0	0,5	3,5	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group4, Level 4	4Li4	1,5	1,0	0,5	4,0	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group5, Toe Lasso Level 1	<u>5TLi1</u>	1,5	1,0	0,5	4,5	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group5, Toe Lasso Level 2	<u>5TLi2</u>	1,5	1,0	0,5	5,0	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group5, Toe Lasso Level 3	<u>5TLi3</u>	1,5	1,0	0,5	5,5	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group5, Toe Lasso Level 4	<u>5TLi4</u>	1,5	1,0	0,5	6,0	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group5, Step in Lasso Level 1	<u>5SLi1</u>	1,5	1,0	0,5	4,5	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group5, Step in Lasso Level 2	<u>5SLi2</u>	1,5	1,0	0,5	5,0	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group5, Step in Lasso Level 3	<u>5SLi3</u>	1,5	1,0	0,5	5,5	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group5, Step in Lasso Level 4	<u>5SLi4</u>	1,5	1,0	0,5	6,0	<u>-0,5</u>	<u>-1,0</u>	<u>-1,5</u>
	Group5, Reverse Lasso Level 1	5RLi1	2,0	1,4	0,7	5,0	<u>-0,7</u>	<u>-1,4</u>	<u>-2,0</u>
	Group5, Reverse Lasso Level 2	5RLi2	2,0	1,4	0,7	5,5	<u>-0,7</u>	<u>-1,4</u>	<u>-2,0</u>
	Group5, Reverse Lasso Level 3	5RLi3	3,0	2,0	1,0	6,0	<u>-0,7</u>	<u>-1,4</u>	<u>-2,0</u>
	Group5, Reverse Lasso Level 4	5RLi4	3,0	2,0	1,0	6,5	<u>-0,7</u>	<u>-1,4</u>	<u>-2,0</u>
	Group5, Axel Lasso Level 1	5ALi1	2,0	1,4	0,7	5,0	<u>-0,7</u>	<u>-1,4</u>	<u>-2,0</u>
	Group5, Axel Lasso Level 2	5ALi2	2,0	1,4	0,7	5,5	<u>-0,7</u>	<u>-1,4</u>	<u>-2,0</u>
	Group5, Axel Lasso Level 3	5ALi3	3,0	2,0	1,0	6,0	<u>-0,7</u>	<u>-1,4</u>	<u>-2,0</u>
	Group5, Axel Lasso Level 4	5ALi4	3,0	2,0	1,0	6,5	<u>-0,7</u>	<u>-1,4</u>	<u>-2,0</u>
E	Twist Lifts								
	Single Toeloop Level 1	1TTw1	1,5	1,0	0,5	1,1	-0,3	-0,6	-1,0
	Single Toeloop Level 2	1TTw2	1,5	1,0	0,5	1,3	-0,3	-0,6	-1,0
	Single Toeloop Level 3	1TTw3	1,5	1,0	0,5	1,5	-0,3	-0,6	-1,0
	Single Toeloop Level 4	1TTw4	1,5	1,0	0,5	1,7	-0,3	-0,6	-1,0
	Double Toeloop Level 1	2TTw1	1,5	1,0	0,5	2,7	-0,3	-0,6	-1,0
	Double Toeloop Level 2	2TTw2	1,5	1,0	0,5	3,2	-0,3	-0,6	-1,0
	Double Toeloop Level 3	2TTw3	1,5	1,0	0,5	3,7	-0,3	-0,6	-1,0
	Double Toeloop Level 4	2TTw4	1,5	1,0	0,5	4,2	-0,3	-0,6	-1,0
	Triple Toeloop Level 1	3TTw1	2,0	1,4	0,7	4,7	-0,7	-1,4	-2,0
	Triple Toeloop Level 2	3TTw2	2,0	1,4	0,7	5,2	-0,7	-1,4	-2,0
	Triple Toeloop Level 3	3TTw3	2,0	1,4	0,7	5,7	-0,7	-1,4	-2,0
	Triple Toeloop Level 4	3TTw4	2,0	1,4	0,7	6,2	-0,7	-1,4	-2,0
	Quad Toeloop Level 1	4TTw1	2,0	1,4	0,7	6,2	-1,0	-2,0	-3,0
	Quad Toeloop Level 2	4TTw2	2,0	1,4	0,7	6,7	-1,0	-2,0	-3,0
	Quad Toeloop Level 3	4TTw3	2,0	1,4	0,7	7,2	-1,0	-2,0	-3,0
	Quad Toeloop Level 4	4TTw4	2,0	1,4	0,7	7,7	-1,0	-2,0	-3,0
	Single Lutz/Flip Level 1	1LzTw1	1,5	1,0	0,5	1,3	-0,3	-0,6	-1,0
	Single Lutz/Flip Level 2	1LzTw2	1,5	1,0	0,5	1,5	-0,3	-0,6	-1,0
	Single Lutz/Flip Level 3	1LzTw3	1,5	1,0	0,5	1,7	-0,3	-0,6	-1,0
	Single Lutz/Flip Level 4	1LzTw4	1,5	1,0	0,5	1,9	-0,3	-0,6	-1,0

	Double Lutz/Flip Level 1	2LzTw1	1,5	1,0	0,5	3,0	-0,3	-0,6	-1,0
	Double Lutz/Flip Level 2	2LzTw2	1,5	1,0	0,5	3,5	-0,3	-0,6	-1,0
	Double Lutz/Flip Level 3	2LzTw3	1,5	1,0	0,5	4,0	-0,3	-0,6	-1,0
	Double Lutz/Flip Level 4	2LzTw4	1,5	1,0	0,5	4,5	-0,3	-0,6	-1,0
	Triple Lutz/Flip Level 1	3LzTw1	2,0	1,4	0,7	5,0	-0,7	-1,4	-2,0
	Triple Lutz/Flip Level 2	3LzTw2	2,0	1,4	0,7	5,5	-0,7	-1,4	-2,0
	Triple Lutz/Flip Level 3	3LzTw3	2,0	1,4	0,7	6,0	-0,7	-1,4	-2,0
	Triple Lutz/Flip Level 4	3LzTw4	2,0	1,4	0,7	6,5	-0,7	-1,4	-2,0
	Quad Lutz/Flip Level 1	4LzTw1	2,0	1,4	0,7	6,5	-1,0	-2,0	-3,0
	Quad Lutz/Flip Level 2	4LzTw2	2,0	1,4	0,7	7,0	-1,0	-2,0	-3,0
	Quad Lutz/Flip Level 3	4LzTw3	2,0	1,4	0,7	7,5	-1,0	-2,0	-3,0
	Quad Lutz/Flip Level 4	4LzTw4	2,0	1,4	0,7	8,0	-1,0	-2,0	-3,0
	Single Axel Level 1	1ATw1	1,5	1,0	0,5	1,3	-0,3	-0,6	-1,0
	Single Axel Level 2	1ATw2	1,5	1,0	0,5	1,5	-0,3	-0,6	-1,0
	Single Axel Level 3	1ATw3	1,5	1,0	0,5	1,7	-0,3	-0,6	-1,0
	Single Axel Level 4	1ATw4	1,5	1,0	0,5	1,9	-0,3	-0,6	-1,0
	Double Axel Level 1	2ATw1	1,5	1,0	0,5	3,3	-0,3	-0,6	-1,0
	Double Axel Level 2	2ATw2	1,5	1,0	0,5	3,8	-0,3	-0,6	-1,0
	Double Axel Level 3	2ATw3	1,5	1,0	0,5	4,3	-0,3	-0,6	-1,0
	Double Axel Level 4	2ATw4	1,5	1,0	0,5	4,8	-0,3	-0,6	-1,0
	Triple Axel Level 1	3ATw1	2,0	1,4	0,7	5,3	-0,7	-1,4	-2,0
	Triple Axel Level 2	3ATw2	2,0	1,4	0,7	5,8	-0,7	-1,4	-2,0
	Triple Axel Level 3	3ATw3	2,0	1,4	0,7	6,3	-0,7	-1,4	-2,0
	Triple Axel Level 4	3ATw4	2,0	1,4	0,7	6,8	-0,7	-1,4	-2,0
	Quad Axel Level 1	4ATw1	2,0	1,4	0,7	6,8	-1,0	-2,0	-3,0
	Quad Axel Level 2	4ATw2	2,0	1,4	0,7	7,3	-1,0	-2,0	-3,0
	Quad Axel Level 3	4ATw3	2,0	1,4	0,7	7,8	-1,0	-2,0	-3,0
	Quad Axel Level 4	4ATw4	2,0	1,4	0,7	8,3	-1,0	-2,0	-3,0
F	Throws								
	ToeLoop	1TTh	1,0	0,6	0,3	1,2	-0,3	-0,6	-1,0
	Salchow	1STh	1,0	0,6	0,3	1,2	-0,3	-0,6	-1,0
	Loop	1LoTh	1,0	0,6	0,3	1,5	-0,3	-0,6	-1,0
	Flip/Lutz	1FTh	1,0	0,6	0,3	1,5	-0,3	-0,6	-1,0
	Axel	1ATh	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Double Toeloop	2TTh	1,5	1,0	0,5	2,5	-0,3	-0,6	-1,0
	Double Salchow	2STh	1,5	1,0	0,5	2,5	-0,3	-0,6	-1,0
	Double Loop	2LoTh	1,5	1,0	0,5	3,0	-0,3	-0,6	-1,0
	Double Flip/Lutz	2FTh	1,5	1,0	0,5	3,0	-0,3	-0,6	-1,0
	Double Axel	2ATh	2,0	1,4	0,7	4,0	-0,7	-1,4	-2,0
	Triple Toeloop	3TTh	2,0	1,4	0,7	4,5	-0,7	-1,4	-2,0
	Triple Salchow	3STh	2,0	1,4	0,7	4,5	-0,7	-1,4	-2,0
	Triple Loop	3LoTh	2,0	1,4	0,7	5,0	-0,7	-1,4	-2,0
	Triple Flip/Lutz	3FTh	2,0	1,4	0,7	5,5	-0,7	-1,4	-2,0
	Triple Axel	3ATh	3,0	2,0	1,0	7,5	<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
	Quad Toeloop	4TTh	3,0	2,0	1,0	8,0	<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
	Quad Salchow	4STh	3,0	2,0	1,0	8,0	<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
	Quad Loop	4LoTh	3,0	2,0	1,0	8,5	<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
	Quad Flip/Lutz	4FTh	3,0	2,0	1,0	9,0	<u>-1,0</u>	<u>-2,0</u>	<u>-3,0</u>
G	Death Spirals								
	Forward inside Level 1	FiDs1	2,0	1,4	0,7	2,8	-0,7	-1,4	-2,0
	Forward inside Level 2	FiDs2	2,0	1,4	0,7	3,0	-0,7	-1,4	-2,0
	Forward inside Level 3	FiDs3	2,0	1,4	0,7	3,2	-0,7	-1,4	-2,0
	Forward inside Level 4	FiDs4	2,0	1,4	0,7	3,5	-0,7	-1,4	-2,0

	Backward inside Level 1	BiDs1	2,0	1,4	0,7	2,8	-0,7	-1,4	-2,0
	Backward inside Level 2	BiDs2	2,0	1,4	0,7	3,0	-0,7	-1,4	-2,0
	Backward inside Level 3	BiDs3	2,0	1,4	0,7	3,2	-0,7	-1,4	-2,0
	Backward inside Level 4	BiDs4	2,0	1,4	0,7	3,5	-0,7	-1,4	-2,0
	Forward outside Level 1	FoDs1	2,0	1,4	0,7	3,0	-0,7	-1,4	-2,0
	Forward outside Level 2	FoDs2	2,0	1,4	0,7	3,5	-0,7	-1,4	-2,0
	Forward outside Level 3	FoDs3	2,0	1,4	0,7	4,0	-0,7	-1,4	-2,0
	Forward outside Level 4	FoDs4	2,0	1,4	0,7	4,5	-0,7	-1,4	-2,0
	Backward outside Level 1	BoDs1	2,0	1,4	0,7	3,0	-0,7	-1,4	-2,0
	Backward outside Level 2	BoDs2	2,0	1,4	0,7	3,5	-0,7	-1,4	-2,0
	Backward outside Level 3	BoDs3	2,0	1,4	0,7	4,0	-0,7	-1,4	-2,0
	Backward outside Level 4	BoDs4	2,0	1,4	0,7	4,5	-0,7	-1,4	-2,0
H	Pair Spins								
	Pair Spin – Level 1	PSp1	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Pair Spin – Level 2	PSp2	1,5	1,0	0,5	2,5	-0,3	-0,6	-1,0
	Pair Spin – Level 3	PSp3	1,5	1,0	0,5	3,0	-0,3	-0,6	-1,0
	Pair Spin – Level 4	PSp4	1,5	1,0	0,5	3,5	-0,3	-0,6	-1,0
	Pair Combination Spin – Level 1	PCoSp1	1,5	1,0	0,5	3,0	-0,3	-0,6	-1,0
	Pair Combination Spin – Level 2	PCoSp2	1,5	1,0	0,5	3,5	-0,3	-0,6	-1,0
	Pair Combination Spin – Level 3	PCoSp3	1,5	1,0	0,5	4,0	-0,3	-0,6	-1,0
	Pair Combination Spin – Level 4	PCoSp4	1,5	1,0	0,5	4,5	-0,3	-0,6	-1,0

II. Guidelines for marking GOE of Single/Pair Elements were updated as follows below:

Remark: Elements with no Value will be indicated to the Panel of Judges. GOE of such elements does not influence the result.

Guidelines for Judges in establishing GOE for errors in SINGLES Short Program and Free Skating elements

Element	Error	Reduction or other	Error	Reduction or other
Jumps	SP:Less rev. than required(not downgraded)	GOE -3	Starting from wrong edge (depending on length)	-1 to -3,-GOE
	Fall on landing	-3, -GOE	Touch down with both hands	-2, -GOE
	Downgraded	-1 to -3,-GOE	Touch down with one hand or free foot	-1
	Under rotated up to ¼ rev.(not downgraded)	<u>-1 to -2</u>	Long preparation	-1
	Starting or landing on two feet	-2, -GOE	Poor take-off	<u>-1 to -2</u>
	Stepping out of landing	-2, -GOE	Weak landing (on toe, on wrong edge etc.)	-1
SP:Jump preceded by steps	No steps/movements preceding the jump	-3, -GOE	Only one step/movement preceding the jump	-2
	Steps/movements not immediately preceding the jump	-1 to -2		
Jump Combo/ Sequence	SP: Combo consisting of one jump only	GOE -3	Starting from wrong edge (one or both jumps)	-1 to -3,-GOE
	SP: One/both jumps less rev. than required (not downgraded)	GOE -3	Touch down with both hands	-2, -GOE
	<u>Both jumps downgraded</u>	<u>-3,-GOE</u>	Touch down with one hand or free foot	-1
	<u>One jump downgraded</u>	<u>-1 to -2, -GOE</u>	Long preparation	-1
	Both jumps started or landed on two feet	GOE -3	Loss of flow between the jumps	-1
	One jump started or landed on two feet	-2, -GOE	Weak landing (on toe, on wrong edge etc.)	-1
	Fall on second jump	-2, -GOE	Combo: 2 three turns inbetween (a touch down without weight transfer possible)	-2, -GOE
	Stepping out of landing of the second jump	-2, -GOE		
	One/both jumps under rotated up to ¼ rev. (not downgraded)	-1 or -2	Combo: No rhythm between the jumps	-2
Flying Spin	Fall on landing	GOE -3	Touch down with both hands	-2, -GOE
	Incorrect take-off or landing	-1 to -2	Touch down with free foot or one hand	-1
	Position in the air not attained	-2,-3,-GOE	Weak or poor position on the ice	-1 to -3
	Traveling	-1 to -3	Inconsistent speed of rotation (eg slows down)	-1
	Less than required revolutions	-1 to -3		
Spin	Fall during the spin	-3, -GOE	Touch down with both hands	-2, -GOE
	Re-centering of the spin	-1 to -3	Touch down with free foot or one hand	-1
	Traveling	-1 to -3	Inconsistent speed of rotation (eg slows down)	-1
	Less than required revolutions	-1 to -3	Change of foot poorly executed (eg moving to an intermediate pos. during the change in a sit spin)	-1 to -3
	Weak or poor position(s)	-1 to -3		
Spin Combo	SP: Less than required positions (min. 2 rev. in position)	-2, -GOE	Touch down with both hands	-2, -GOE
	Fall during the spin	-3, -GOE	Touch down with free foot or one hand	-1
	Re-centering of the spin	-1 to -3	Weak or poor position(s)	-1 to -3
	Traveling	-1 to -3	Inconsistent speed of rotation (eg slows down)	-1
	Less than required revolutions on both feet	-2 to -3	Change of foot poorly executed (eg moving to an intermediate pos. during the change in a sit spin)	-1 to -3
	Less than required revolutions on one foot	-1 to -3		
Steps/ Spirals	SP: Jumps with more than ½ rev. included	-1	Stumble	-1 to -2
	Fall	-3, -GOE	Slow or reduction of speed	-1 to -3
	Pattern incorrect	-1 to -3	<u>Less than half of the pattern</u> doing steps/turns	-1 to -3
Spirals	SP: Only 1 spiral pos. (min. 3 sec. hold)	-2 to -3, -GOE	FS: Only 1 spiral pos. (min. 3 sec. hold)	-1
	SP: Only 2 spiral pos. (min. 3 sec. hold)	-2	<u>Less than half of the pattern</u> in spiral positions	-1 to -3

Guidelines for Judges in establishing GOE for errors in PAIRS Short Program and Free Skating elements

Ele-Ment	Error	Reduction or other	Error	Reduction or other
Lift	Fall after the required number of rev.: Lady 2, Man 1	-3, - GOE	Poor turns by Man	-1 to -3
	Serious problems in the lifting process	-3, - GOE	Loss of speed on landing	-1 to -2
	Lady collapses on partner	-2, - GOE	Man exits on two feet	-1
	Lady starts(except toe take-off) or lands on two feet	-2, - GOE	Touch down with the free foot	-1
	Poor positions in the air or on landing	-1 to -3		
Twist Lift	SP: Single	GOE -3	Lady lands on two feet	-2, - GOE
	Fall	-3, - GOE	Man exits on two feet	-1
	Poor speed at take-off or landing	-1 to -3	Touch down with the free foot	-1
	Poor height or distance	-1 to -3	Downgraded	-2,-3,-GOE
	Lady collapses on partner	-2, - GOE	Under rotated up to ¼ rev. (not downgraded)	-2, - GOE
	Lady is not caught in the air before landing	-2, - GOE	Awkward catch	-1
	Lady is not caught at the waist	-2, - GOE	Serious scratching/no toe pick on take-off	-1 to -2
Throw Jump	SP: Less than required revolutions(not downgraded)	GOE -3	Touch down with both hands	-2, - GOE
	Fall	-3, - GOE	Touch down with one hand or free foot	-1
	Downgraded	-2,-3,-GOE	Poor speed, poor height or distance	-1 to -3
	Under rotated up to ¼ rev. (not downgraded)	-2, - GOE	Weak landing	-1
	Starting/landing on two feet, stepping out of landing	-2, - GOE	<u>Awkward position of any partner</u>	-1
Solo Jump (one/ both partners)	SP: Less than required revolutions(not downgraded)	GOE -3	Touch down with one hand or free foot	-1
	Fall	-3, - GOE	Starting from the wrong edge	-1 to-3,-GOE
	Downgraded	-1 to -3,- GOE	Long preparation	-1
	Under rotated up to ¼ rev. (not downgraded)	-2, - GOE	Weak landing	-1
	Unequal number of revolutions	-2,-3,-GOE	No unison	-1 to -3
	Starting/landing on two feet, stepping out of landing	-2, - GOE	Big distance between partners	-1 to -3
	Touch down with both hands	-2, - GOE		
Jump Combo/ Seq. (one/ both partners) FS	Fall on second jump	-2, - GOE	One/both jumps under rotated up to ¼ rev (not downgraded)	-1 to -2
	Both jumps started or landed on two feet	GOE -3		
	One jump started or landed on two feet	-2, - GOE	Starting from the wrong edge (one/both jumps)	-1 to-3,-GOE
	Stepping out of landing of the first jump	-2,-3,-GOE	Touch down with both hands	-2, - GOE
	Stepping out of landing of the second jump	-2, - GOE	Touch down with one hand or free foot	-1
	<u>Both jumps downgraded</u>	<u>-3, - GOE</u>	Combo: 2 three turns inbetween (a touch down without weight transfer possible)	-2, - GOE
	<u>One jump downgraded</u>	<u>-1 to -2,- GOE</u>		
	No unison / <u>big distance between partners</u>	-1 to -3	Combo: No rhythm between the jumps	-2
Solo Spin/ Spin Combo (one/both partners)	SP: Less than required pos.(min.2 rev. in each pos.)	-1 to -3,- GOE	Touch down with both hands	-2, - GOE
	Fall during the spin	-3, - GOE	Touch down with one hand or free foot	-1
	Less than required revolutions	-1 to -3	Poor positions	-1 to -3
	Re-centering or traveling	-1 to -3	No unison	-1 to -3
	Position not attained in the air (flying spin)	-1 to -3	Inconsistent speed of rotation	-1
	Incorrect take-off/landing (flying spin)	-1 to -2	Change of foot poorly executed	-1 to -3
Pair Spin/Spin Combo	SP: Less than required pos.(min.2 rev.in each pos.)	-1 to -3,- GOE	Less than required revolutions	-1 to -3
	SP: No change of foot/pos. by one/both	-3	Poor pos./poor speed /re-centers/ travels	-1 to -3
	SP: Change of foot not at the same time	-1 to -2	Touch down with one/both hands/free foot	-1 to -2
	Fall during spin	-3, - GOE	Change of foot poorly executed	-1 to -3
	Stop during spin (except when changing direction)	-1 to -2		
Death Spiral	Fall during the death spiral	-3, - GOE	Weak position of the Lady	-1 to -3
	Wrong pivot position (too high, no toe pick etc.)	-2 to -3,- GOE	Poor exit	-1 to -3
	Less than 1 rev. after the Man attains pivot pos.	-2 to -3,- GOE	Loss of speed during death spiral	-1 to -2
	Lady assisted by anything other than the blades	-2 to -3,- GOE	Weak Lady's edge quality	-1
Steps/ Spirals	SP: Jump with more than ½ rev. included	-1	Low speed or reduction of speed	-1 to -3
	Fall	-3, - GOE	Stumble	-1 to -2
	Incorrect pattern	-1 to -3	<u>Less than half of the pattern</u> doing steps/turns	-1 to -3
Spirals	SP: No partner in spiral position at a time	-1	2 spirals by one, 1 spiral by the other	-2
	1 spiral position by both (min.3 sec. hold each)	-2 to -3,-GOE		

III. Levels of Difficulty of Single/Pair Elements

The features required for the Levels of Difficulty were updated according to the Chart below:

LEVELS OF DIFFICULTY, SINGLE SKATING, SEASON 2008-2009

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

Step Sequences	1) <u>Simple variety (Level 2), variety (Level 3), complexity (Level 4) of turns and steps throughout (compulsory)</u> 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) <u>Moderate</u> (full for Level 4) use of upper body movement 4) <u>Immediate</u> changes of rotational direction executed by rockers and/or counters <u>and/or</u> twizzles and/or <u>quick steps</u> following each other
Spiral Sequences	<u>Spirals on both feet, forward & backward, inside & outside mandatory for Levels 3-4</u> 1) 1 difficult variation of position 2) Another difficult variation on a different foot than the first one 3) Change of edge in a spiral 4) Unsupported change of free leg position or direction of skating maintaining the spiral (3 seconds hold before and after the change) 5) Free leg in a total split position, one or both arms hold possible 6) <u>Holding spiral position (without any interruption) for 6 or more seconds</u>
<u>All Spins</u>	1) <u>1 difficult variation in a basic or (for spin combinations only) in an intermediate position</u> 2) <u>Another difficult variation in a basic position which must be:</u> • <u>spins in one position and flying spins – different than the first one</u> • <u>all other spins – on different foot and/or in different position than the first one</u> 3) <u>Difficult change of foot</u> 4) <u>Backward entrance/Difficult variation of flying entrance/Landing on the same foot as take off or changing foot on landing in a Flying Sit Spin</u> 5) <u>Both edges in one basic position (in any spin both edges count only once)</u> 6) <u>All 3 basic positions (for spins with change of foot – on each foot)</u> 7) <u>Both directions immediately following each other</u> 8) <u>At least 8 rev. without changes in pos./variation, foot or edge (camel, sit, layback, difficult upright), counts twice if repeated on another foot</u> Additional features for the Layback spin: 9) One change of position backwards-sideways or reverse, at least 3 rev. in each position 10) Biellmann position after layback spin (SP – after 8 revolutions in layback spin) For Spin Combinations with change of foot all 3 basic positions are mandatory for Levels 2 – 4 in Short Program and for Level 4 in Free Skating

CLARIFICATIONS: LEVELS OF DIFFICULTY SINGLES – STEPS, SPIRALS, SPINS, season 2008-2009

STEP SEQUENCES

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

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

Simple variety: Must include at least 6 turns and 4 steps, none of the types can be counted more than twice.

Variety: Must include at least 8 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.

SPIRAL SEQUENCES

A Spiral is a position with one blade on the ice and the free leg (including knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (outside, inside), direction (forward, backward) and position of the free leg (backward, forward, sideways). Pattern of the Spiral Sequence - any combination of curves (spiral positions on a straight line are ignored and not counted in the number of positions). Only the first 3 attempted positions are to be considered for Level features. Change of foot and unsupported spiral position must also be among the first 3 positions in order to be counted. If all these positions are executed with assistance of the hand/arm, Level can not be more than 1 (but GOE is not restricted). Minimum of 3 seconds in each position. In the Short Program no Level will be awarded if there is no change of foot at all; if there is a change of foot, but all position before or after this change are shorter than 3 sec., only Level 1 can be awarded.

Difficult Variations affect the core body position and balance. Only these variations can increase the Level.

Change of position in Spirals: A change of edge and of free leg position or direction of skating can not be done at the same time in order to be counted as Level features. During the change of edge there should be no movement, however in the required 3 sec. in a spiral position before and after the change variations of this position are allowed.

Change of edge in Spirals requires minimum 3 seconds hold before and after the change with the distance used for the change not longer than 1 meter.

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 (lower part of the buttocks not higher than the top of the knee of the skating leg), upright (any position with skating leg extended or almost extended, which is not a camel position) and intermediate positions (all other positions).

Spin combinations: the number of revolutions in intermediate positions is counted in the total number of revolutions; intermediate 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: intermediate 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 any spin can be counted only if done in a 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 affect on the balance of the main body core. Only these variations can increase the Level.

Remarks:

- Biellmann position counts as a feature that can increase the Level only in one spin in the Short Program and in two spins in Free Skating; while doing that, the first spin(s) is (are) taken into account;
- for camel, sit and layback positions once the position has been established a clear increasing of speed will be considered a difficult variation;
- camel spin includes position with the upper body turned upwards approximately 180% (upside down position);
- in any spin a clear jump within a spin started and landed on the same foot (at least 2 revolutions before and after the jump) will be considered as a difficult variation;
- in order to be counted as a Level feature backward entrance requires at least 2 rev. on a backward outside edge.

Spinning on both edges: Spinning on both edges in order to be counted as a feature for a Level requires at least 2 full rev. on one edge followed by at least 2 full rev. on another edge in the same basic position (sit, camel, upright).

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. 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. Simple (can not increase the Level): does not require significant strength and skill, e.g. a step over, a small hop, a hop/jump from or into an upright position. **Difficult** (can increase the Level): requires significant strength and skill, e.g. a clear jump over or a toe-Arabian or any form of a “butterfly” from sit or camel position directly into sit or camel position.

Remark: to be considered, a change of foot in a spin requires at least 3 revolutions before and after the change.

Flying spins: in case of a “step over” in Short Program Level can not 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 sit position is attained in the air.

LEVELS OF DIFFICULTY, PAIR SKATING, SEASON 2008-2009

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

Twist Lift	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) and/or arm(s) touching the man 3) Ladies' 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)
Lift	1) Difficult (simple for juniors) variation of the take-off 2) 1 change of hold and/or lady's position (1 rev. before and after the change, counts twice if repeated) 3) <u>Difficult variation of the Lady (one full revolution)</u> 4) Difficult (simple for juniors) carry (not for SP) 5) Difficult one-hand-hold of the man (see Clarifications for repetitions) 6) Difficult (simple for juniors) landing variety 7) Change of rotational direction by the man <u>(one revolution before and after the change)</u>
Step Sequence	1) <u>Simple variety (Level 2), variety (Levels 3–4) of turns and steps of both partn. throughout (compulsory)</u> 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) Moderate (full for Level 4) use of upper body movement 4) Changes of pos. (crossing at least twice while doing steps and turns) for at least 1/3 of the sequence 5) Not separating all the time (staying in the same position, changes of holds are allowed)
Spiral Sequence	<u>Spirals of both partners forward and backward, inside and outside mandatory for Levels 3 – 4</u> 1) 1 difficult variation of positions of both partners 2) Second difficult variation on different feet than the first one executed by both partners 3) Change of edge by both partners in a spiral 4) Unsupported change of free leg pos. or direction by both in spiral (3 sec. before and after the change) 5) Free leg in a total split position by one or both partners, one or both arms hold possible 6) <u>Difficult variation of pos. by one partner (second partner in spread-eagle/shoot-the-duck/similar pos.)</u> 7) <u>Holding spiral position for 6 or more seconds</u>
Death Spiral	1) Difficult entry (counts when both partners are on one foot and already on the entry curve) and/or exit 2) Change of lady's arm hold (1 rev. with each hold) 3) Change of man's arm hold (1 rev. with each hold) 4) <u>Difficult variation of lady's position during the death spiral (at least 1 full revolution in this variation)</u> 5) Two full revolutions of the lady in the death spiral 6) Additional rev. of the lady in the death spiral after these 2 rev. (counts as many times as repeated)
<u>Solo Spins</u>	1) <u>1 difficult variation in a basic or (for spin combinations only) in an intermediate position</u> 2) <u>Another difficult variation in a basic position which must be:</u> • <u>spins in one position – different than the first one</u> • <u>all other spins – on different foot and/or in different position than the first one</u> 3) <u>Flying or backward entrance</u> 4) <u>All 3 basic positions on one foot (counts twice if executed on both feet)</u> 5) <u>Both edges in one basic position (in any spin both edges count only once)</u> 6) <u>2 changes of foot (not for SP)</u> 7) <u>Both directions immediately following each other</u> 8) <u>At least 6 rev. without changes in pos./variation, foot and edge (camel, sit, layback, difficult upright)</u>
<u>Pair Spins</u>	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 one of which can be in intermediate position (each variation of each partner counts separately) 4) Additional difficult variation(s) of positions of partners after the 3 variations required above 5) Entrance from backward outside <u>or inside</u> edge 6) Both directions immediately following each other 7) <u>At least 6 revolutions without any changes in position/variation and foot</u>

LEVELS OF DIFFICULTY PAIRS, CLARIFICATIONS, SEASON 2008-2009

LIFTS

Definition of carries and one hand holds

- Basic:**
- Holds** Hand-to-Hand, Hand-to-Hip, Hand-to-Waist and Hand-to-Armpit.
 - 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).
 - Carry** Two hand Carry up to 3 seconds with no revolution of the man.
- Simple:**
- Take off** Includes but is not limited to change of hand hold on ascent of lift.
 - Landing** Different landing foot, change of hold on descent.
 - Carry** Duration at least 3 seconds.
- 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 by one or both partners as the entry curve.
 - Landing** Variation of the difficult landing which includes but is not limited to: Somersaults, variation in holds, 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.
 - One hand hold** At least one full revolution in this hold.
In SP – rotation of the man using one hand hold can be counted not more than twice. In FS – rotation of the man using one hand hold can be counted 3 times in one lift only (the first that will have 3 rev. with one hand hold). All other lifts in FS can't have more than 2 Level features for one hand hold.
 - 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.

STEP SEQUENCES

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

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

Simple variety: Must include at least 6 turns and 4 steps, none of the types can be counted more than twice.

Variety: Must include at least 8 turns and 4 steps, none of the types can be counted more than twice.

SPIRAL SEQUENCES

Spiral pos. are classified according to the skating leg (right, left), edge (outside, inside) and direction (forward, backward) as well as pos. of the free leg (backward, forward, sideways). Pattern of the Spiral Sequence can be any combination of curves (on edges – spiral pos. on a straight line are ignored and not counted in the number of pos.). Only the first 3 attempted pos. are to be considered for Level features. Change of foot and unsupported spiral pos. must also be among the first 3 pos. in order to be counted. If all these pos. are with assistance of the hand/arm or in the Short Program there is no change of foot by both partners (with a Spiral pos. before and a Spiral pos. after the change 3 sec. long), Level cannot be more than 1 (but GOE is not restricted). Minimum of 3 sec. in each pos.

Simple variation: A spiral position with limited leg or arm movement (not affecting main body core position and independent from skating edge or direction). A simple variation DOES NOT increase the Level.

Difficult variation: This is a variation that affects the main body core and balance. Only these variations can increase the Level.

Change of edge in Spirals requires minimum 3 seconds hold before and after the change with the distance used for the change not longer than 1 meter.

SPINS

Positions. There are 3 basic pos.: camel (free leg backwards with the knee higher than the hip level, however Layback and Biellmann and similar variations are still considered as upright pos.), sit (lower part of the buttocks not higher than the top of the knee of the skating leg), upright (any position with skating leg extended or almost extended, which is not a camel position) and intermediate pos. (all other pos.). If in a pair sit spin the Lady's free leg is behind, and the Man's free leg is in front, the Lady's basic sit position is considered to be achieved, when her skating leg knee is bent 90 degrees or more, regardless of the buttocks position.

Solo and Pair Spin combinations: the number of revolutions in intermediate pos. is counted in the total number of rev.; intermediate pos. can be considered as difficult variations in accordance with the definition, but going to one of these pos. is not considered as a change of pos. which can only be from one basic pos. to another basic pos. **Spins in one position and flying spins:** intermediate pos. are allowed, counted in the total number of rev. required by the Rules, but are not valid for Level features. In any spin change of edge can be counted only if done in the same basic pos.

Definition of Spin Variations (all comments are related to both partners). **Simple:** A movement of a leg, arm, leg, hand or head which enhances, but does not change the basic pos. of the main body core. A simple variation DOES NOT increase the Level. **Difficult:** A movement of a 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.

Spins in both directions: Execution of spins in both directions (clockwise and counter clockwise) that immediately follows each other will be rewarded by counting this as an additional feature for every spin performed. A minimum of 3 rev. in each direction is required. A Spin executed in both directions (clockwise and counter clockwise) as above is considered as one Spin.

To be counted as a Level feature **Backward entrance** in any solo Spin requires at least 2 rev. on a backward outside edge by each partner. To be counted as a Level feature **Entrance from backward outside or inside edge** in Pair Spins requires that each partner rotates at least 2 rev. on a backward outside/inside edge.

DEATH SPIRAL

Definition. Lady's position: the lowest hip or buttock and head should not be higher than her skating knee. However for BoDs a slightly higher position of her hip or buttock is acceptable. Any part of the Death Spiral with a higher lady's position is not valid for Level features. Man's position: for at least one full revolution the man should stay in a low pivot position (this is when his buttocks are not higher than the knee of the pivot foot). The Level of a Death Spiral without one full revolution in the described man's and lady's simultaneous position cannot be more than 1. 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.

Difficult Entry, exit: Skater(s) must demonstrate positions that affect the main body core and balance on the entry curve. Only these positions can be counted for Level features. An example of a difficult exit also: Lady exits immediately into a lift (dance or other) or into a jump

Entry commences at the beginning of the entry curve when 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.

Milan
April 28, 2008
Lausanne

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