

INTERNATIONAL SKATING UNION

Communication No. 1445

Single and Pair Skating

I. Technical Rules Clarifications and Changes for the season 2007-2008

1. Spiral Sequences (Single & Pair Skating, Short Program & Free Skating)

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 can be any combination of curves (on edges - 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.

If all these positions are executed with assistance of the hand/arm or in the Short Program (both Singles and Pairs) there is no change of foot, Level can not be more than 1 (but GOE is not restricted). Minimum of 3 seconds in each position.

Unsupported spiral position with the free leg sideways or forward is no longer a Level feature by itself, it can be included in the number of executed positions, but considered a Level feature only when it is a difficult variation of position (affects the core body and balance).

2. Spins (Single & Pair Skating, Short Program & Free Skating)

Positions: There are 3 basic positions: camel (free leg backwards with the knee higher than the hip level, however Layback and Biellmann are still considered as upright spins), sit (buttocks not higher than the knee of the skating leg), upright (any position with extended skating leg which is not a camel position) and intermediate positions (all positions that according to the above definitions are not camel, sit or upright).

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 cases the definition of such variations is fulfilled, but going to one of these positions is not considered as a change of position which can only be from one basic position to another basic position. Spin Combination in the Short Program must have at least 2 revolutions in every 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.

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

3. Spins, Single Free Skating

All Spins must be of a different character (must have different abbreviations). Any Spin with the same abbreviation as the one executed before will be deleted by computer (but will occupy a spinning box).

4. Jumps, Flip and Lutz (Single & Pair Skating, Short Program & Free Skating)

In obvious cases of starting from the wrong edge the Technical Panel will indicate this error to the Judges who must reduce their GOE accordingly.

5. Jump Combination (Single and & Pair Skating, Short Program & Free Skating)

The element remains a Jump Combination even when there are 2 three turns in between the jumps with a slight touch down (without weight transfer).

6. Jump Sequence (Single and Pair Free Skating)

A jump sequence may consist of any number of jumps of any number of revolutions that must be linked by non-listed jumps and hops immediately following each other while maintaining the jump rhythm (knee); there can be no three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence.

If this definition is not fulfilled, two solo jumps will be called.

7. Jump Combinations and Sequences (Single and Pair Free Skating)

If a skater or one or both partners fall/step out of the first jump and immediately after that execute another jump, this continuation will be ignored by the Technical Panel (like in a Jump Combination of Singles Short Program). The element will be called "First Jump + Sequence" or "First Jump + Combo" in cases of one partner executing a Jump Combination. Judges will evaluate the quality of the element(s) really executed.

8. Jumps, Single Free Skating

A Double Axel can not be included more than three times in total in a Single's Free Program (as a Solo Jump or a part of Combination/Sequence).

9. Lifts, Pairs Short Program and Free Skating

Holds: Hand-to-Hand, Hand-to-Hip, Hand-to-Waist and Hand-to-Armpit. A change of hold means going from one of these holds to another or from one hand to another in a one hand hold (one full revolution with each hold).

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). A change of position means going from one of these positions to another (one full revolution in each position).

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.

The Lift's Group is determined by the Hold at the moment the Lady passes the Man's shoulder. Full extension of the lifting arm(s) is not mandatory in Groups 1 and 2.

10. Death Spiral, Pairs Short Program and Free Skating

Lady's position: the lady's lowest hip and head position should be not higher than the lady's skating knee. 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). A Level of a Death spiral without one full revolution in the described man's position can not be more than 1.

11. Clarification on Short Program Pair Spin Combination (Rule 513, paragraph 5)

"The rotation must be continuous and no stop is permitted except a short stop when changing direction."

12. Clarification on time Deduction

There seems to be some misunderstanding based on different wording of Rule 353, paragraph 1) l) (ii) (deduction for time violation -1,0 for every 5 seconds lacking or in excess) and Rule 501, paragraph 2 (deduction for time violation -1,0 for **up** to every 5 seconds lacking or in excess). Both wordings mean the same, we would just like to clarify that the second one is more precise.

13. Amendments to Rule 551

1. In the case of the Short Program and Free Skating, if there is an interruption or stop in the music, or circumstances arise which jeopardize the safety of the Competitor on account of unexpected damage to his clothing or equipment which impedes his skating, the Competitor must stop skating at the signal of the Referee. The Competitor then shall continue immediately from the point of interruption, if the circumstances which caused the Competitor to stop can be rectified without delay. If that is not possible, a period of up to three (3) minutes before the continuation will be allowed. The three (3) minutes time period commences immediately after the Referee has stopped the performance with a loud signal. The same applies to the situation when the Competitor interrupts the program on account of unexpected damage to his clothing or equipment without the signal of the Referee. However, if the tempo or quality of the music is deficient, no restart may be made if the Competitor fails to inform the Referee within 30 seconds after the start.

2. If, in the opinion of the Referee, medical attention is required, the Referee must stop the performance and allow the Competitor to continue immediately from the point of interruption or, if that is not possible, allow a period of up to three (3) minutes before the continuation.

3. No restarts of the whole program are allowed.

4. If a Competitor is unable to complete the program no marks are to be awarded. The same applies to the situation when a Competitor has been given the opportunity to continue the program from the point of interruption and once more is unable to complete the program.

14. Clarification on Rule 353, paragraph 1) g) vi), factor 1.1 for jump elements and throw jumps started in the second half of the Singles and Pairs Free Program

The second half commences in the middle of the required time without taking into account plus or minus 10 seconds allowance (e.g. if the allowed duration is 4 min. plus or minus 10 sec., the middle of a program will be 2 min. independent of the actual duration of this program).

II. Levels of Difficulty of Single/Pair elements

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

LEVELS OF DIFFICULTY, SINGLE SKATING, SEASON 2007-2008

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

Step Sequences	1) Variety (complexity for Level 4) of turns and steps throughout (compulsory) 2) <u>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</u> 3) Modest (full for Level 4) use of upper body movement 4) <u>Quick changes of rotational direction executed by rockers and/or counters, twizzles and/or quick rotational toe steps immediately following each other</u>
Spiral Sequences	1) 3 spiral pos. with change of foot (mandatory for SP), forward & backward, inside & outside (including backward inside) 2) 1 difficult variation of position 3) <u>Second difficult variation on a different foot than the first one</u> 4) Change of edge in a spiral (3 seconds hold before and after the change) 5) Unsupported change of free leg position or direction of skating maintaining the spiral (3 seconds hold before and after the change) 6) Free leg in a total split position sideways or forward, one or both arms hold possible
Spin in one position without change of foot (upright including layback, camel or sit)	1) 1 difficult variation 2) Second difficult variation different from the first one 3) Backward entrance 4) Spinning on both edges 5) <u>At least 8 revolutions without any changes in position/variation and edge (camel, sit, layback)</u> Additional features for the Layback spin 6) 1 change of position backwards-sideways or reverse, at least 3 rev. in each position 7) Biellmann position after layback spin (SP – after 8 revolutions in layback spin)
Spin in one position with change of foot	1) 1 difficult variation 2) Second difficult variation (counts only if these two variations are on different feet) 3) Difficult change of foot 4) Backward entrance or variation of flying entrance (not regular flying camel) 5) Spinning on both edges (on both feet counts twice) 6) Both directions immediately following each other 7) <u>At least 8 revolutions without any changes in position/variation, foot and edge (camel, sit, layback), counts twice if repeated on another foot</u>
Spin Combo without change of foot	1) 1 difficult variation (counts as many times as the number of executed difficult variations in different positions <u>one of which can be an intermediate position</u>) 2) Backward entrance or variation of flying entrance (not regular flying camel) 3) All 3 <u>basic</u> positions 4) Spinning on both edges in one <u>basic</u> position
Spin Combo with change of foot	<u>All 3 basic positions mandatory for Level 4</u> 1) 1 difficult variation 2) Second difficult variation (counts only if these two variations are on different feet and in different positions – <u>at least one of them in a basic position</u>) 3) Difficult change of foot 4) Spinning on both edges in one <u>basic</u> position (counts twice if executed on both feet <u>and in different basic positions</u>) 5) All 3 <u>basic</u> positions <u>on each foot</u> 6) Backward entrance or variation of flying entrance (not regular flying camel) 7) Both directions immediately following each other
Flying Spin, no change of foot and no change of position	1) 1 difficult variation 2) Second difficult variation different from the first one 3) Spinning on both edges 4) Landing on the same foot as take off <u>or changing foot on landing in a Flying Sit Spin (sit position attained in the air)</u> 5) Difficult variation of air or landing position 6) <u>At least 8 revolutions without any changes in position/variation and edge (camel, sit, layback)</u>

CLARIFICATIONS: LEVELS OF DIFFICULTY SINGLES – STEPS, SPIRALS, SPINS, season 2007-2008

STEP SEQUENCES

Turns: three turns, twizzles, brackets, loops, counters, rockers.

Steps: running steps, toe steps, chasses, mohawks, choctaws.

Various types of turns and steps must be balanced in their distribution throughout the sequence.

Variety: Must include at least 4 different types of turns and 2 different types of steps. Each of these types of turns and steps must be executed at least twice during the sequence.

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 can be any combination of curves (on edges - 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. If all these positions are executed with assistance of the hand/arm or in the Short Program there is no change of foot, Level can not be more than 1 (but GOE is not restricted). Minimum of 3 seconds in each position.

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

Change of position in Spirals: A change of free leg position or direction of skating and a change of edge must be done not at the same time in order to be counted as features for a Level (3 sec. hold before and after the change of position and 3 sec. hold before and after the change of edge are mandatory).

SPINS

Positions. There are 3 basic positions: camel (free leg backwards with the knee higher than the hip level, however Layback and Biellmann are still considered as upright spins), sit (buttocks not higher than the knee of the skating leg), upright (any position with extended skating leg 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 positions, but going to one of these positions is not considered as a change of position which 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.

In any spin change of edge 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 an obvious “step over” (instead of a jump) Level can not be more than 1; in a flying sit spin “landing on the same foot as take off or changing foot on landing” is counted as a Level feature only when the sit position is attained in the air.

LEVELS OF DIFFICULTY, PAIR SKATING, SEASON 2007-2008

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) <u>and/or arm(s)</u> touching the man 3) Ladies' position in the air with arm(s) above the head (<u>minimum one full revolution</u>) 4) Difficult take-off (steps or skating moves <u>executed by both partners</u> immediately preceding take-off etc.)
Lift	1) Difficult (simple for juniors) variation of the take-off 2) <u>1 change of hold and/or lady's position (one rev. before and after the change, counts twice if repeated)</u> 3) <u>Two difficult variations of lady in different positions (one full revolution for each variation)</u> 4) <u>Difficult (simple for juniors) carry (not for SP)</u> 5) <u>Difficult one-hand-hold of the man (see Clarifications for repetitions)</u> 6) Difficult (simple for juniors) landing variety 7) Change of rotational direction by the man
Step Sequence	1) Variety of turns and steps of both partners throughout (compulsory) 2) <u>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)</u> 3) Moderate (full for Level 4) use of upper body movement 4) Changes of pos. (<u>crossing at least twice while doing steps and turns</u>) of the pair for at least 1/3 of the seq. 5) <u>Not separating from each other all the time (staying in the same position, changes of holds are allowed)</u>
Spiral Sequence	1) <u>2 or more pos. of both with change of feet (mandatory for SP), forward and backward, inside and outside</u> 2) 1 difficult variation of positions of both partners 3) <u>Another difficult variation on different feet than the first one executed by both partners</u> 4) Change of edge by both partners in a spiral (3 sec. hold before and after the change) 5) Unsupported change of free leg pos. or direction by both in spiral pos. (3 sec. before and after the change) 6) <u>Free leg in a total split position by one or both partners, one or both arms hold possible</u>
Death Spiral	1) Difficult entry (<u>counts when both partners are on one foot and already on the entry curve</u>) and/or exit 2) <u>Change of lady's arm hold (1 rev. with each hold)</u> 3) <u>Change of man's arm hold (1 rev. with each hold)</u> 4) Change of lady's pos. in death spiral (change of death spiral character; 1 rev. in each pos.; not for SP) 5) Additional rev. of the lady after the first rev. (each full rev. after the first rev. counts separately)
Solo Spin in one pos. with/ without change of foot	1) 1 difficult variation 2) Another difficult variation (counts only if these two variations are on different feet) 3) Flying or backward entrance 4) Spinning on both edges in one <u>basic</u> position (each foot counts separate) 5) Both directions immediately following each other 6) <u>At least 6 rev. without any changes in position/variation, foot and edge (camel, sit, layback)</u>
Solo Spin Combo without foot change	1) 1 difficult variation (counts as many times as executed) 2) Flying or backward entrance 3) <u>All 3 basic positions</u> 4) Spinning on both edges in one <u>basic</u> position
Solo Spin Combo with change of foot	1) 1 difficult variation 2) Another difficult variation (counts if these 2 variations are on different feet <u>and in different basic positions</u>) 3) Flying or backward entrance 4) <u>All 3 basic positions on each foot</u> 5) Spinning on both edges in one <u>basic</u> position (counts twice if on both feet <u>and in different basic positions</u>) 6) <u>2 changes of foot (not for SP)</u> 7) Both directions immediately following each other
Pair Spin	1) 1 difficult variation of pos. (each variation of each partner counts separately as many times as executed) 2) <u>Entrance from backward outside edge</u> 3) 2 changes of positions of both partners 4) <u>At least 6 revolutions without any changes in position/variation and foot</u>
Pair Spin Combo (with change of foot and position)	1) 2 changes of positions of both partners 2) Additional change(s) of positions of both partners after the 2 changes required above 3) 3 difficult variations of positions of partners (each variation of each partner counts separately) 4) Additional difficult variation(s) of positions of partners after the 3 variations required above 5) <u>Entrance from backward outside edge</u> 6) Both directions immediately following each other

LEVELS OF DIFFICULTY PAIRS, CLARIFICATIONS, SEASON 2007-2008

LIFTS: Definition of carries and one hand holds

Basic	Holds	Hand-to-Hand, Hand-to-Hip, Hand-to-Waist and Hand-to-Armpit.
	Positions	<u>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).</u>
	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 is not limited to: Somersault take off, dance lift going immediately into a Pair lift take off without the lady touching the ice in between the two lifts, one hand take off, <u>Spread-Eagle, executed by one or both partners as the entry curve.</u>
	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, <u>Spread-Eagle position of the man during dismounting.</u>
	Carry	Includes at least one of the following features: during the carry the Man for at least <u>3 seconds</u> skates on 1 foot <u>or holds the partner on one arm</u> 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. <u>In the SP – rotation of the man using one hand hold can be counted not more than twice.</u> <u>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 the FS can't have more than 2 Level features for one hand hold.</u>
	Change of hold or lady's position	<u>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.</u>

Step sequences

Turns:	Three turns, brackets, twizzles, <u>loops</u> , rockers, counters.
Steps:	Running steps, toe steps, chocktaws, chasses, mohawks. <u>In order to be taken into account for a possible higher Level a variety of turns and steps must be balanced in their distribution throughout the sequence; the workload between both partners must be even.</u>
Variety:	Must include <u>at least four</u> different types of turns and <u>at least two</u> different types of steps. <u>Each of these types of turns and steps must be executed at least twice during the sequence.</u>

Spiral sequences

Spiral positions are classified according to the skating leg (right, left), edge (outside, inside) and direction (forward, backward) as well as position of the free leg (backward, forward, sideways). Pattern of the Spiral Sequence can be any combination of curves (on edges - 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 considering for Level features. If all these positions are with assistance of the hand/arm or in the Short Program there is no change of foot by both partners, Level can not be more than 1 (but GOE is not restricted). Minimum of 3 sec. in each position.

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.

Spins

Positions. There are 3 basic positions: camel (free leg backwards with the knee higher than the hip level, however Layback and Biellmann are still considered as upright positions), sit (buttocks not higher than the knee of the skating leg), upright (any position with extended skating leg which is not a camel position) and intermediate positions (all other positions).

Solo and Pair 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, but going to one of these positions is not considered as a change of position which can only be from one basic position to another basic position.

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

Definition of Spin Variations (all comments are related to both partners)

Simple Variation: A movement of a leg, arm, leg, 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 variation: 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 revolutions in each direction is required. A Spin executed in both directions (clockwise and counter clockwise) as above is considered as one Spin.

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

Death Spiral

Definition. Lady's position: the lady's lowest hip and head should be not higher than the lady's skating knee. 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). A Level of a Death spiral without one full revolution in the described man's position can not 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.

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

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 (wrong element)	GOE -3	Stepping out of landing	-2, -GOE
	Fall on take-off	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.	-2	Long preparation	-1
	Starting or landing on two feet	-2, -GOE	Weak landing (on toe, on wrong edge etc.)	-1
SP: Jump preceded by steps	No steps and/or 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	One/both jumps under rotated up to ¼ rev.	-1 or -2
	SP: One or both jumps with less rev. than required (wrong element)	GOE -3	Starting from wrong edge (one or both jumps)	-1 to -3, -GOE
	Fall on second jump	-2, -GOE	Touch down with both hands	-2, -GOE
	Both jumps started or landed on two feet	GOE -3	Touch down with one hand or free foot	-1
	One jump started or landed on two feet	-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	Loss of flow between the jumps	-1
	One/both jumps downgraded	-1 to -3, -GOE	No rhythm between the jumps (combo)	-2
	<u>Long preparation</u>	-1	<u>Weak landing (on toe, on wrong edge etc.)</u>	-1
Flying Spin	Fall on take-off	GOE -3	Less than required revolutions	-1 to -3
	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
Spin	Fall on entrance	GOE -3	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	-1 to -3	Change of foot poorly executed	-1 to -3
Spin Combo	SP: Less than required positions (min. 2 rev. in position)	-2, -GOE	Less than required revolutions on one foot	-1 to -3
	Fall on entrance	GOE -3	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	-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	Only 50, from 40 to 50 or less than 40 % of the time performing steps or turns	-1 to -3
Spirals	SP: No change of foot	GOE -3	No spiral positions (min. 3 sec. hold)	GOE -3
	SP: Only 1 spiral pos. (min. 3 sec. hold)	-2 to -3, -GOE	Only 50, from 40 to 50 or less than 40 % of the time in spiral positions	-1 to -3
	SP: Only 2 spiral pos. (min. 3 sec. hold)	-2		
	FS: Only 1 spiral pos. (min. 3 sec. hold)	-1		

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

Element	Error	Reduction or other	Error	Reduction or other
Lift	Fall on take-off/less than required rev.: Lady 2, Man 1	GOE -3	Poor positions in the air or on landing	-1 to -3
	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 or lands on two feet	-2, - GOE	Touch down with the free foot	-1
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.	-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 on take off	-1
Throw Jump	SP: Less than required revolutions (wrong element)	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.	-2, - GOE	Weak landing	-1
	Starting/landing on two feet, stepping out of landing	-2, - GOE		
Solo Jump (one/ both partners)	SP: Less than required revolutions (wrong element)	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.	-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 the partners	-1 to -3
	Touch down with both hands	-2, - GOE		
FS Jump Combo/ Seq. (one/ both partners)	Fall on second jump	-2, - GOE	One/both jumps under rotated up to ¼ rev	-1 to -2
	Both jumps started or landed on two feet	GOE -3	No rhythm between the jumps (combo)	-2
	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
	One/both jumps downgraded	-1 to -3,- GOE	Combo: 2 three turns inbetween (a touch down without weight transfer possible)	-2
	No unison	-1 to -3		
Solo Spin/ Spin Combo (one/ both partners)	SP: Less than required pos.(min.2 rev. in each pos.)	-1 to -3,- GOE	Incorrect take-off/landing (flying spin)	-1 to -2
	SP: No change of foot	GOE -3	Touch down with both hands	-2, - GOE
	Fall on entrance	GOE -3	Touch down with one hand or free foot	-1
	Fall during the spin	-3, - GOE	Poor positions	-1 to -3
	Less than required revolutions	-1 to -3	No unison	-1 to -3
	Re-centering or traveling	-1 to -3	Inconsistent speed of rotation	-1
	Position not attained in the air (flying spin)	-1 to -3	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	Fall during the spin	-3, - GOE
	SP: No change of foot/pos. by one/both	-3	Less than required revolutions	-1 to -3
	SP: Change of foot not at the same time	-1 to -2	Poor pos./poor speed /re-centers/ travels	-1 to -3
	SP: Stop during spin except when <u>changing direction</u>	<u>-1 to -2</u>	Touch down with one/both hands/free foot	-1 to -2
	Fall on entrance	GOE -3	Change of foot poorly executed	-1 to -3
Death Spiral	Fall on entrance	GOE -3	Weak position of the Lady	-1 to -3
	Fall during the death spiral	-3, - GOE	Poor exit	-1 to -3
	Wrong pivot position (too high, no toe pick etc.)	-2 to -3,- GOE	Loss of speed during death spiral	-1 to -2
	Less than 1 rev. after the Man attains pivot pos.	-2 to -3,- GOE	Weak Lady's edge quality	-1
	Lady assisted by anything other than the blades	-2 to -3,- GOE		
Steps/ Spirals	SP: Jump with more than ½ rev. included	-1	Stumble	-1 to -2
	Fall	-3, - GOE	Only 50, from 40 to 50 or less than 40 % of the time performing steps or turns	-1 to -3
	Incorrect pattern	-1 to -3		
	Low speed or reduction of speed	-1 to -3		
Spirals	SP: No partner in spiral position at a time	-1	1 spiral pos .by both (min.3 sec. hold each)	-2 to -3,-GOE
	No spiral pos. by one/both (min. 3 sec. hold each)	GOE -3	2 spirals by one, 1 spiral by the other	-2

IV. Changes in the Scales of Values

The following changes in the Scale of Values (SOV) were accepted:

1. The Base Value of the Double Axel 3.3 will be increased to 3.5 so that this value will not be lower than the Base Value of the Spin Combination with Change of foot and Spiral Sequence of Level 4. Additions and reductions for plus and minus GOEs remain as in the season 2006-2007.
2. The Base Values of all types and Levels of Triple and Quad Twist Lifts will be increased by 0.5 to encourage the skaters who can execute these difficult elements. The additions and reductions for plus or minus GOEs remain as in the season 2006-2007.
3. The Base Values of all Levels of the Reverse Lasso Lift will be increased by 0.5 and will be equal to the Base Values of the corresponding Levels of the Axel (Side by Side) Lasso Lift to encourage the skaters who can execute these difficult elements. The additions and reductions for plus or minus GOEs remain as in the season 2006-2007.

The SOV Chart with the changes is presented below:

Scale of Values – SINGLES									
			+++	++	+	BASE	-	--	---
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	7,5	-1,0	-2,0	-3,0
	Quad Toeloop	4T	3,0	2,0	1,0	9,0	-1,0	-2,0	-3,0
	Quad Salchow	4S	3,0	2,0	1,0	9,5	-1,0	-2,0	-3,0
	Quad Loop	4Lo	3,0	2,0	1,0	10,0	-1,0	-2,0	-3,0
	Quad Flip	4F	3,0	2,0	1,0	10,5	-1,0	-2,0	-3,0
	Quad Lutz	4Lz	3,0	2,0	1,0	11,0	-1,0	-2,0	-3,0
	Quad Axel	4A	3,0	2,0	1,0	13,0	-1,0	-2,0	-3,0
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	1,8	-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	1,8	-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	2,6	-0,3	-0,6	-1,0

	Camel Spin Level 1	CSp1	1,5	1,0	0,5	1,2	-0,3	-0,6	-1,0
	Camel Spin Level 2	CSp2	1,5	1,0	0,5	1,5	-0,3	-0,6	-1,0
	Camel Spin Level 3	CSp3	1,5	1,0	0,5	1,8	-0,3	-0,6	-1,0
	Camel Spin Level 4	CSp4	1,5	1,0	0,5	2,4	-0,3	-0,6	-1,0
	Sit Spin Level 1	SSp1	1,5	1,0	0,5	1,2	-0,3	-0,6	-1,0
	Sit Spin Level 2	SSp2	1,5	1,0	0,5	1,5	-0,3	-0,6	-1,0
	Sit Spin Level 3	SSp3	1,5	1,0	0,5	1,8	-0,3	-0,6	-1,0
	Sit Spin Level 4	SSp4	1,5	1,0	0,5	2,4	-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	1,7	-0,3	-0,6	-1,0
	Flying Upright Spin Level 2	FUSp2	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Flying Upright Spin Level 3	FUSp3	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Flying Upright Spin Level 4	FUSp4	1,5	1,0	0,5	3,0	-0,3	-0,6	-1,0
	Flying Layback Spin Level 1	FLSp1	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Flying Layback Spin Level 2	FLSp2	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Flying Layback Spin Level 3	FLSp3	1,5	1,0	0,5	2,6	-0,3	-0,6	-1,0
	Flying Layback Spin Level 4	FLSp4	1,5	1,0	0,5	3,3	-0,3	-0,6	-1,0
	Flying Camel Spin Level 1	FCSp1	1,5	1,0	0,5	1,7	-0,3	-0,6	-1,0
	Flying Camel Spin Level 2	FCSp2	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Flying Camel Spin Level 3	FCSp3	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Flying Camel Spin Level 4	FCSp4	1,5	1,0	0,5	3,0	-0,3	-0,6	-1,0
	Flying Sit Spin Level 1	FSSp1	1,5	1,0	0,5	1,7	-0,3	-0,6	-1,0
	Flying Sit Spin Level 2	FSSp2	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Flying Sit Spin Level 3	FSSp3	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Flying Sit Spin Level 4	FSSp4	1,5	1,0	0,5	3,0	-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	2,3	-0,3	-0,6	-1,0
	Change Foot Upright Spin Level 4	CUSp4	1,5	1,0	0,5	3,0	-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	2,3	-0,3	-0,6	-1,0
	Change Foot Layback Spin Level 3	CLSp3	1,5	1,0	0,5	2,7	-0,3	-0,6	-1,0
	Change Foot Layback Spin Level 4	CLSp4	1,5	1,0	0,5	3,3	-0,3	-0,6	-1,0
	Change Foot Camel Spin Level 1	CCSp1	1,5	1,0	0,5	1,7	-0,3	-0,6	-1,0
	Change Foot Camel Spin Level 2	CCSp1	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Change Foot Camel Spin Level 3	CCSp1	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Change Foot Camel Spin Level 4	CCSp1	1,5	1,0	0,5	3,0	-0,3	-0,6	-1,0
	Change Foot Sit Spin Level 1	CSSp1	1,5	1,0	0,5	1,7	-0,3	-0,6	-1,0
	Change Foot Sit Spin Level 2	CSSp1	1,5	1,0	0,5	2,0	-0,3	-0,6	-1,0
	Change Foot Sit Spin Level 3	CSSp1	1,5	1,0	0,5	2,3	-0,3	-0,6	-1,0
	Change Foot Sit Spin Level 4	CSSp1	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	2,1	-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	3,1	-0,7	-1,4	-2,1
	Straight Line Step Sequence Level 4	SlSt4	3,0	2,0	1,0	3,4	-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	3,1	-0,7	-1,4	-2,1
	Circular Step Sequence Level 4	CiSt4	3,0	2,0	1,0	3,4	-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	3,1	-0,7	-1,4	-2,1
	Serpentine Step Sequence Level 4	SeSt4	3,0	2,0	1,0	3,4	-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									
			+++	++	+	BASE	-	--	---
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	7,5	-1,0	-2,0	-3,0
	Quad Toeloop	4T	3,0	2,0	1,0	9,0	-1,0	-2,0	-3,0
	Quad Salchow	4S	3,0	2,0	1,0	9,5	-1,0	-2,0	-3,0
	Quad Loop	4Lo	3,0	2,0	1,0	10,0	-1,0	-2,0	-3,0
	Quad Flip	4F	3,0	2,0	1,0	10,5	-1,0	-2,0	-3,0
	Quad Lutz	4Lz	3,0	2,0	1,0	11,0	-1,0	-2,0	-3,0
	Quad Axel	4A	3,0	2,0	1,0	13,0	-1,0	-2,0	-3,0
B	Side by Side Spins								
	Spin with one position and change or no change of foot (upright/layback, camel, sit)								
	Level 1	1	1,5	1,0	0,5	1,3	-0,3	-0,6	-1,0
	Level 2	2	1,5	1,0	0,5	1,7	-0,3	-0,6	-1,0
	Level 3	3	1,5	1,0	0,5	2,1	-0,3	-0,6	-1,0
	Level 4	4	1,5	1,0	0,5	2,5	-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	2,1	-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	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	3,1	-0,7	-1,4	-2,1
	Straight Line Step Sequence Level 4	SISt4	3,0	2,0	1,0	3,4	-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	3,1	-0,7	-1,4	-2,1
	Circular Step Sequence Level 4	CiSt4	3,0	2,0	1,0	3,4	-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	3,1	-0,7	-1,4	-2,1
	Serpentine Step Sequence Level 4	SeSt4	3,0	2,0	1,0	3,4	-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	1,0	0,6	0,3	2,5	-0,3	-0,6	-1,0
	Group3 Level 2	3Li2	1,0	0,6	0,3	3,0	-0,3	-0,6	-1,0
	Group3 Level 3	3Li3	1,0	0,6	0,3	3,5	-0,3	-0,6	-1,0
	Group3 Level 4	3Li4	1,0	0,6	0,3	4,0	-0,3	-0,6	-1,0
	Group4, Level 1	4Li1	1,0	0,6	0,3	2,5	-0,3	-0,6	-1,0
	Group4, Level 2	4Li2	1,0	0,6	0,3	3,0	-0,3	-0,6	-1,0
	Group4, Level 3	4Li3	1,0	0,6	0,3	3,5	-0,3	-0,6	-1,0
	Group4, Level 4	4Li4	1,0	0,6	0,3	4,0	-0,3	-0,6	-1,0
	Group5, <u>Toe Lasso</u> Level 1	<u>5TLi1</u>	1,0	0,6	0,3	4,5	-0,3	-0,6	-1,0
	Group5, <u>Toe Lasso</u> Level 2	<u>5TLi2</u>	1,0	0,6	0,3	5,0	-0,3	-0,6	-1,0
	Group5, <u>Toe Lasso</u> Level 3	<u>5TLi3</u>	1,0	0,6	0,3	5,5	-0,3	-0,6	-1,0
	Group5, <u>Toe Lasso</u> Level 4	<u>5TLi4</u>	1,0	0,6	0,3	6,0	-0,3	-0,6	-1,0
	Group5, <u>Step in Lasso</u> Level 1	<u>5SLi1</u>	1,0	0,6	0,3	4,5	-0,3	-0,6	-1,0
	Group5, <u>Step in Lasso</u> Level 2	<u>5SLi2</u>	1,0	0,6	0,3	5,0	-0,3	-0,6	-1,0
	Group5, <u>Step in Lasso</u> Level 3	<u>5SLi3</u>	1,0	0,6	0,3	5,5	-0,3	-0,6	-1,0
	Group5, <u>Step in Lasso</u> Level 4	<u>5SLi4</u>	1,0	0,6	0,3	6,0	-0,3	-0,6	-1,0
	Group5, <u>Reverse Lasso</u> Level 1	<u>5RLi1</u>	2,0	1,4	0,7	5,0	-0,3	-0,6	-1,0
	Group5, <u>Reverse Lasso</u> Level 2	<u>5RLi2</u>	2,0	1,4	0,7	5,5	-0,3	-0,6	-1,0
	Group5, <u>Reverse Lasso</u> Level 3	<u>5RLi3</u>	3,0	2,0	1,0	6,0	-0,3	-0,6	-1,0
	Group5, <u>Reverse Lasso</u> Level 4	<u>5RLi4</u>	3,0	2,0	1,0	6,5	-0,3	-0,6	-1,0
	Group5, <u>Axel Lasso</u> Level 1	<u>5ALi1</u>	2,0	1,4	0,7	5,0	-0,3	-0,6	-1,0
	Group5, <u>Axel Lasso</u> Level 2	<u>5ALi2</u>	2,0	1,4	0,7	5,5	-0,3	-0,6	-1,0
	Group5, <u>Axel Lasso</u> Level 3	<u>5ALi3</u>	3,0	2,0	1,0	6,0	-0,3	-0,6	-1,0
	Group5, <u>Axel Lasso</u> Level 4	<u>5ALi4</u>	3,0	2,0	1,0	6,5	-0,3	-0,6	-1,0

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	-0,7	-1,4	-2,0
	Quad Toeloop	4TTh	3,0	2,0	1,0	8,0	-0,7	-1,4	-2,0
	Quad Salchow	4STh	3,0	2,0	1,0	8,0	-0,7	-1,4	-2,0
	Quad Loop	4LoTh	3,0	2,0	1,0	8,5	-0,7	-1,4	-2,0
	Quad Flip/Lutz	4FTh	3,0	2,0	1,0	9,0	-0,7	-1,4	-2,0
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

Milan

May 7, 2007

Lausanne

Ottavio Cinquanta, President

Fredi Schmid, Director General