



Judging System

Technical Panel

Handbook

Single Skating

23-09-2015

Calling procedure

In both Short Program and Free Skating whenever possible we should call the elements really performed and not the elements that are required.

Any wrong elements will receive an * that will result in no value.

Lexic :

GOE = Grade of execution (-3, -2,-1,0,+1, +2, +3)

The GOE is given by the Judges for each technical element

Technical Panel = TP

Technical Controller = TC, rule the panel

Technical Specialist = TS, is the caller

Assistant Technical Specialist = ATS, help the caller

The Technical Panel is composed by 5 persons (TC, TS, ATS, the Data (make the computer inputs) and the Video Cutter (cut the video elements)

TP is calling the technical elements and give the levels, recognize the falls, the forbidden elements, the downgraded or under-rotated jumps or edge take off mistakes for the deductions.

Component marks :

The 5 marks given by the Judges to evaluate the quality of skating and the artistic aspect.

Step Sequences

Rules

General	All step sequences should be executed according to the character of the music. Short stops in accordance with the music are permitted. Retrogressions are not prohibited. Turns and steps must be balanced in their distribution throughout the sequence.
Short Program	Short Program for Senior & Junior Men and for Senior & Junior Ladies must include one Step Sequence fully utilizing the rink surface. May include any unlisted jumps.
Free Skating	A well balanced Free Skating program must contain one Step Sequence fully utilizing the rink surface. The Competitors have complete freedom in selecting the kind of step sequence they intend to execute. Jumps can also be included in the step sequence. Step sequences too short and barely visible cannot be considered as meeting the requirements of a step sequence

Level features

- 1) Minimum variety (Level 1), simple variety (Level 2), variety (Level 3), complexity (Level 4) of difficult turns and steps throughout (**compulsory**)
- 2) Rotations in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction
- 3) Use of body movements for at least 1/3 of the pattern
- 4) Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) executed with a clear rhythm within the sequence (for Level 4 the two combinations must be on different feet)

Clarifications

<i>Pattern</i>	A step sequence must fully utilize the rink surface. It must be visible and identifiable and should be performed by using almost the full rink surface either in its length from short barrier to short barrier (e.g. straight line, serpentine or similar shape) or twice in its width from long barrier to long barrier (e.g. circle, oval or similar shape). Failure to achieve the above description will result in no value. In features 2 and 3 "pattern" means the pattern actually executed by the skater.
<i>Beginning and End of the pattern</i>	This is when a skater actually starts or concludes the sequence.
<i>Definition of Turns and Steps</i>	Turns: twizzles, brackets, loops, counters, rockers, three turns. Steps: toe steps, chasses, mohawks, choctaws. change of edge, cross rolls.
<i>Definition of choctaw</i>	Choctaw is a step from one foot to the other in which the curve of the exit edge is opposite to that of the entry edge. The change of foot is directly from outside edge to inside edge or vice versa and from forward to backward or vice versa.
<i>Definition of Difficult Turns and Steps</i>	Difficult Turns and Steps: twizzles, brackets, loops, counters, rockers, choctaws. Turns and Steps must be executed on one foot. If a turn is "jumped ", it is not counted as performed.
<i>Minimum Variety</i>	Must include at least 5 difficult turns and steps, none of the types can be counted more than twice.
<i>Simple Variety</i>	Must include at least 7 difficult turns and steps, none of the types can be counted more than twice.
<i>Variety</i>	Must include at least 9 difficult turns and steps, none of the types can be counted more than twice.
<i>Complexity</i>	Must include at least 11 difficult turns and steps. None of the types of turns and steps can be counted more than twice. 5 types of turns and steps must be executed in both directions.

No minimum variety, only minimum variety, only simple variety, only variety	If a skater does not perform a minimum variety of steps and turns, the Level cannot be higher than Basic. If a skater performs only minimum variety of steps and turns, the Level cannot be higher than 1. If a skater performs only simple variety of steps and turns, the Level cannot be higher than 2. If a skater performs only variety (but not complexity) of steps and turns, the Level cannot be higher than 3.
Distribution	Turns and Steps must be distributed throughout the sequence. There should be no long sections without Turns or Steps. If this requirement is not fulfilled, the Level cannot be higher than Basic.
Rotations in either direction	This feature means that a skater rotates with any listed and unlisted turns and steps continuously in one direction for at least 1/3 of the sequence and then continuously for at least 1/3 of the sequence in the opposite direction (clockwise and anti-clockwise) or over the length of the step sequence the skater is rotating with any listed and unlisted steps and turns for at least 1/3 of the sequence in total (not continuous) in one rotational direction and at least 1/3 of the sequence in total (not continuous) in the opposite direction (clockwise and anti-clockwise). "Full body rotation" means one complete rotation. The skater should not just turn half a revolution back and forth.
Use of body movements	Use of body movements means the visible use for a combined total of at least 1/3 of the pattern of the step sequence any movements of the arms, and/or head and/or torso and/or hips and/or legs that have an effect on the balance of the main body core. Having an effect on the balance of main body core can also be understood as having an effect on the balance of the body as a whole and influencing the balance on the frame.
Two combinations of difficult turns	Difficult turns are rockers, counters, brackets, twizzles, loops. In the combinations: - three turns are not allowed; - changes of edges are not allowed; - a jump/hop is not allowed; - changes of feet are not allowed; - at least one turn in the combination must be of a different type than the others. The exit edge of a turn is the entry edge of the next turn. The combination must be executed with a clear rhythm within the sequence. For Level 4 the 2 combinations must be on different feet.

<i>What makes combination same or different</i>	Two combinations of difficult turns are considered to be the same if they consist of the same turns done in the same order, on the same edges and the same foot.
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<i>Jumps with more than half a revolution executed in the step sequence</i>	<p>Unlisted jumps, independent of their number of revolutions can be included in the step sequence without a deduction or any other consequence.</p> <p>Listed jumps with more than half revolution will be ignored in SP as an element, but will force the Judges to reduce GOE by 1 grade for "Listed jumps with more than ½ rev. included". Listed jumps can be included in the step sequence of the FS, will be identified and will occupy jumping boxes.</p> <p>In any case these jumps do not influence the determination of Level of difficulty of the Step sequence.</p>
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Choreographic Sequences

Rules

Free Skating	<p>A Choreographic Sequence must include :</p> <ol style="list-style-type: none"> 1) at least one gliding element like, (but not limited to), spirals, arabesques, spread eagles, Ina Bauers ... of a <u>minimum 10 meter length</u> ; 2) at least one spot creative skating element : any kind of <u>creative jump and/or creative spin</u> ; 3) Those elements 1) and 2) must be <u>connected by a strong choreography</u>. Listed elements (jumps of 2 revolutions maximum and spins) included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible with a beginning and an end. <p>. This sequence will have a fixed Base value and evaluated in GOE only.</p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>The Choreographic Sequence is included in Senior Free Skating. This element has a fixed base value and will be evaluated by the judges in GOE only.</p>
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Choreographic Sequence	The call should be "Choreo Sequence confirmed" (if the Sequence will be counted) or "Choreo Sequence no value" in the opposite case.
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Listed jumps with maximum of 2 revs	Listed jumps with maximum of 2 revolutions included in the Choreographic Sequence will not be called and will not occupy an element's box.
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Compulsory element missing	If the Gliding Element and/or the One Spot Element are missing, the Choreo Sequence will be not according to requirement and therefore the call will be "Choreo Sequence Not confirmed" and will have No Value.
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Clarifications

Spins	Any spin included in the Choreographic Sequence will not be called and will not occupy an element's box.
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<i>Pattern</i>	Any pattern is allowed, however the Sequence must be clearly visible.
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<i>Order of Step and Choreographic Sequences</i>	In Senior Single Free Skating the order of the Step Sequence and the Choreographic Sequence is optional.
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Spins

Rules

General	<p>A Spin that has no basic position with 1 revolutions will receive no Level and no value, however a spin with less than two(2) rotations is considered as a skating movement and not a spin.</p> <p>The minimum number of revolutions required in a position is One (1) without interruption. In case this requirement is not fulfilled, the position is not counted.</p> <p>Variations of positions of the head, arms or free leg, as well as fluctuations of speed are permitted.</p> <p><i>Positions:</i> There are 3 basic positions:</p> <ul style="list-style-type: none">- camel (free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright spins),- sit (the upper part of the skating leg at least parallel to the ice),- upright (any position with skating leg extended or slightly bent which is not a camel position). <p>Any position which is not basic is a non-basic position.</p> <p><i>Layback Spin</i> is an upright spin in which head and shoulders are leaning backwards with the back arched. The position of the free leg is optional.</p> <p><i>Sideways Leaning Spin</i> is an upright spin in which head and shoulders are leaning sideways and the upper body is arched. The position of the free leg is optional.</p> <p><i>In any spin</i> change of edge can be counted only if done in a basic position.</p> <p>The change of foot in any spin must be preceded and followed by a spin position with at least two (2) revolutions.</p> <p>If the skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.</p> <p>If the spinning centers (before and after the change of foot) are too far apart and the criteria of "two spins" is fulfilled (there is a curve of exit after the first part and the curve of entry into the second part), only the part before the change of foot will be called and considered for Levels features.</p> <p><i>Spin combinations:</i> Must include a minimum of two different basic positions with at least 1 revolution in each of these positions anywhere within the spin: the number of revolutions in positions that are non-basic is counted in the total number of revolutions. Changing to a non-basic position is not considered as a change of position. A change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately.</p> <p><i>Spin in one position and Flying spin (which means a spin with a flying entrance and no change of foot and position):</i> positions that are not basic are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.</p> <p>In spins in one position and flying spins the concluding upright position at the end of the spin is not considered to be another position independent of the number of revolutions, as long as the skater is executing only the final wind-up <u>without any</u></p>
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	<p><u>enhancements.</u></p> <p>When the spin is commenced with a jump, no previous rotation on the floor before the take-off is permitted and a step over must be considered by the Technical Panel in the Base Value and by the Judges in the Grade of execution.</p> <p>Spin requirements For flying spins (with no change of foot and only one position) and spins with flying entrance of both Short Program and Free Skating the following are required: a) a clear visible jump; b) basic landing position must be reached within the first 2 revs after the landing and from the moment this position is initially reached it must be held for 2 revs. The sign “V” indicates that one or both of these requirements are not fulfilled.</p>
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Short Program	<p>The Short Program of the season 2015 – 2016 includes the following 3 spins:</p> <p>1) Flying spin: Seniors & Juniors: Flying spin with landing position different than in the Spin in one Position;</p> <p>2) Spin in one position Senior /Junior Men: Camel/Sit spin (position different from the landing position of the Flying spin) with only one change of foot; Senior & Junior Ladies: Layback/sideways leaning spin;</p> <p>3) Spin combination with only one change of foot.</p> <p>The spins must have a required minimum number of revolutions: four (4) for the flying spin and the layback spin, four (4) revolutions on each foot in the spin with a change of foot and the spin combination with change of foot, the lack of which must be reflected by the Judges in their marking. In the spin combination the change of foot is required. Except flying spins, spins cannot be commenced with a jump.</p>
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Specific elements in Short Program:

Ladies: layback/sideways leaning spin	<p>Any position is permitted, as long as the basic layback or sideways leaning position is maintained for four (4) revolutions without rising to an upright position. The position of a “Biellmann Spin” can only be taken and considered as a feature to increase the Level after having successfully rotated these required 4 revolutions in the layback position (backwards and/or sideways).</p>
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Men: spin in one position with change of foot	<p>Senior & Junior: The spin must include only one change of foot, which may be executed by a step or a jump.</p> <p>Senior & Junior: The skater must choose the camel or the sit position, but this position must be different from the landing position of the Flying spin.</p> <p>Senior & Junior: The spin must have at least 2 revolutions before and after the change of foot.</p>
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Spin combination with change of foot	<p>The spin combination must include a minimum of two different basic positions with 1 revolutions in each of these positions (if there are less than</p>
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	<p>three basic positions with 1 revolutions in every position, this will be reflected in the Value of the spin) and only one change of foot with not less than four (4) revolutions on each foot. The change of foot may be executed in the form of a step or a jump. The change of foot and the change of position may be made either at the same time or separately.</p> <p>Different base values of spin combinations with change of foot with 2 or 3 basic positions (at least 2 revs in each position) are reflected in the SOV.</p>
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Flying spin	<p>Senior & Junior: Any type of flying spin is permitted with landing position different than in the Spin in one position. The landing position may be different from the flying position.</p> <p>Senior & Junior: No previous rotation on the ice before the take-off is permitted. The flying position must be attained in the air. The required revolutions can be executed in any variation of the landing position.</p>
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Flying spin and the spin in one position	<p>If the landing position of the Flying spin is the same that in the Spin in one position, the last performed of these two spins will not be counted, but will occupy a spin box.</p>
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Free Skating	<p>A well balanced Free Skating program for Men and Ladies (Senior and Junior) must contain maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with flying entrance and one a spin with only one position.</p> <p>All Spins must be of a different character. Any Spin with the same character (abbreviation) as the one executed before will not be counted (but will occupy a spinning box).</p> <p>If no performed spin has a flying entrance, or if there is no spin in one position, or no spin combination, the wrong executed spin will be automatically deleted by the computer.</p> <p>The spins must have a required minimum number of revolutions: four (4) for the flying spin and the spin with only one position and height (8) for the spin combination, the lack of which must be reflected by Judges in their marking. This minimum number of required revolutions must be counted from the entry of the spin until its exit (except final wind-up in Spins in one position and Flying spins). In the spin combination and spin in one position the change of foot is optional. The number of different positions in the spin combination is free.</p>
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Level features

- 1) Difficult variations (count as many times as performed with limitations specified below)
- 2) Change of foot executed by jump

- 3) Jump within a spin without changing feet
- 4) Difficult change of position on the same foot
- 5) Difficult entrance into a spin
- 6) Clear change of edge in sit, camel, Layback and Biellmann position
- 7) All 3 basic positions on the second foot
- 8) Both directions immediately following each other in sit or camel spin
- 9) Clear increase of speed in camel, sit, layback or Biellmann position
- 10) At least **5** rev. without changes in position/variation, foot or edge (camel, layback, difficult variation of any basic position or for combinations only non-basic position)
- 11) Difficult variation of flying entry in flying spins/spins with a flying entrance (see Clarifications)

Additional features for the Layback spin:

- 12) One clear change of position backwards-sideways or reverse, at least **1 rev.** in each position (counts also if the Layback spin is a part of any other spin)
- 13) Biellmann position after Layback spin (SP – after **4** revolutions in layback spin)

Features 2 – 9, 11 – 13 count only once per program (first time they are attempted).
 Feature 10 counts only once per program (in the first spin it is successfully performed; if in this spin 5 revs are executed on both feet, any one of these executions can be taken in favor of the skater).
 Any category of difficult spin variation in a basic position counts only once per program (first time it is attempted). A difficult variation in a non-basic position counts once per program in spin combination only (first time it is attempted).
 In any spin with change of foot the maximum number of features attained on one foot is two (2).

Clarifications

Positions

<i>Spin with no change of position</i>	A “spin with no change of position”, in which another basic position is executed with more than one (1) revolution, does not fulfil the requirements of a spin with “no change of position” and will be identified as a “spin combination”. However, the concluding upright position at the end of the spin is not considered to be another position independent of the number of revolutions, as long as the skater is executing only the final wind-up without any enhancements.
<i>Spin combination with less than 2 revolutions in basic positions</i>	In Short Program a spin combination executed with only 1 basic position with not less than 1 revolution and in all other positions less than 1 revolution will receive no Level. In Free Skating a clear visible attempt of a spin combination which results in a spin with only 1 basic position with not less than 1 revolution will be called by the Technical Panel as a spin combination no value.
<i>Spin combination with all 3 basic positions executed on the second foot</i>	In the spin combination, in order to be counted as a Level feature, all three basic positions must be executed on the second foot. This feature can be awarded only if its execution is not interrupted by a change of foot and cannot be awarded after a second change of foot.
<i>Spin combination with only two basic positions</i>	A spin combination with and without change of foot which includes only 2 basic positions with not less than 1 revolution will have a lower base value in comparison with a spin combination with all 3 basic positions with not less than 1 revolution. The corresponding base values are listed in the SOV.
<i>Abbreviation and Calling procedure</i>	For a spin combination with and without change of foot with 2 or 3 basic positions (e.g. Level 4) the abbreviation will be CCoSp2p4 and CoSp2p4 or CCoSp3p4 and CoSp3p4 in case of 2 or 3 basic positions and the call will be “Spin combination with/without change of foot, 2(3) positions, Level 4”.

Well balanced free skating program	For the purpose of a well balanced program, spin combination of 2 and 3 positions are considered as the same spin.
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Difficult change of position on the same foot	Change from a basic position to a different basic position without establishing a non-basic position, requiring significant strength, skill and control and having an impact on the ability to execute the position change. Continuous movement must be performed throughout the change. May not include a jump to execute the change. The basic positions before and after the change must be held for 1 revolution.
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Change not considered as difficult	If a change of position is not considered as "difficult" by the Technical Panel, it may be awarded in a later spin.
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Clear change of position backwards-sideways or visa-versa (layback spin)	The feature will be awarded only if this change is done while maintaining the layback or sideways leaning position. One (1) revolutions in each of these positions are required.
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Entrance of the spin

Difficult entrance	<p>"Entrance into a spin" is defined as the preparation immediately preceding a spin and may include the beginning phase of a spin. The entrance must have a significant impact on the balance, control and execution of the spin. The intended spin position must be reached without hesitation or delay and must be held for 1 revolution. This position can be basic or (for spin combinations only) non-basic.</p> <p>A regular backward entry is not considered as a difficult entry.</p> <p>If the entrance of a spin is not considered by the Technical Panel as "difficult", it is considered as a transition and the "difficult entrance" feature can still be awarded in a later spin.</p> <p>A windmill entrance can not be used as a difficult entrance.</p>
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Difficult and flying entrance	If the entrance is "difficult" and "flying" at the same time, only the "flying" feature can be awarded.
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Difficult variation of flying position in flying spins/spins with a flying entry	The feature for the flying entry can be granted only if there is a clear visible jump, a basic position is reached within the first two (2) revolutions after the landing and this basic position is held for at least 1 revolution. If these requirements are fulfilled, the feature will be granted if the flying position is really difficult which may include, but is not limited to: in a flying sit spin/entry: total sit position in the air (with height and total movement control) or open butterfly position in the air taking sit position immediately after landing; in a flying camel spin/entry: clear butterfly entrance or almost split position in the air.
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Flying Spin and any spin with flying entry: position not attained in the air	If either in Short Program or in Free Skating there is no clear visible jump or an obvious "step over" (instead of a jump) is performed or in Short Program a Junior skater attempts, but does not attain the position in the air, the entrance cannot be considered as a feature and the spin will be marked with the sign "V". If in Short Program a Junior skater does not even attempt to reach the prescribed air position, the Flying Spin will have no Level.
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<i>Flying Spin and any spin with flying entry: landing position</i>	Basic landing position must be reached within the first 2 revs after the landing and from the moment this position is initially reached it must be held for 1 rev after the landing. The sign "V" indicates that one or both of these requirements are not fulfilled.
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<i>Flying Sit Spin: landing on the same foot or changing foot on landing</i>	In a flying sit spin landing on the same foot as take-off or changing foot on landing is counted as a feature only when the sit position is fully attained in the air.
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Variations

<i>Simple variation</i>	A simple variation of position is a movement of a body part, leg, arm, hand or head, which does not have an effect on the balance of the main body core. A simple variation does not increase the Level.
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<i>Difficult variation</i>	A difficult variation is a movement of a body part/leg/arm/hand/head, which requires more physical strength or flexibility and has an effect on the balance of the main body core. Only these variations can increase the Level.
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<i>Categories of difficult variations</i>	<p>There are 11 categories of difficult variations:</p> <p>For CAMEL POSITION there are 3 categories based on direction of the shoulder line:</p> <ul style="list-style-type: none"> - (CF) Camel Forward: shoulder line parallel to the ice - (CS) Camel Sideways: shoulder line twisted to a vertical position - (CU) Camel Upward: shoulder line twisted more than to a vertical position <p>For SIT POSITION there are 3 categories based on position of free leg:</p> <ul style="list-style-type: none"> - (SF) Sit Forward: free leg forward - (SS) Sit Sideways: free leg sideways - (SB) Sit Behind : free leg behind <p>For UPRIGHT POSITION there are 3 categories based on position of torso:</p> <ul style="list-style-type: none"> - (UF) Upright Forward: torso leaning forward - (US) Upright Straight or Sideways: torso straight up or sideways - (UB) Upright Biellmann: in Biellmann position <p>For LAYBACK POSITION there is 1 category</p> <ul style="list-style-type: none"> - (UL) Upright Layback <p>For NON-BASIC POSITIONS there is 1 category (NBP)</p>
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<i>Crossfoot spin</i>	A Crossfoot Spin must be executed on both feet with equal weight distribution. It is considered as a difficult variation of upright position (US) and will receive, if correctly executed, a feature. It is not required to stay on one foot for three revolutions before the cross.
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<i>Biellmann position</i>	Biellmann position is a difficult variation of an upright position (UB) when the skater's free leg is pulled from behind to a position higher than and towards the top of the head, close to the spinning axis of the skater. Like other categories of difficult spin variations, Biellmann position counts once per program (Short or Free) – first time it's attempted.
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<i>Windmill</i>	Windmill (Illusion) is considered as a difficult variation of non-basic position (NBP). This must be done at least 2 times in a row to be counted as a Level feature.
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<i>Repetitions</i>	Any category of difficult spin variation in a basic position counts only once per program (first time it is attempted). A difficult variation in a non-basic position counts once per program in spin combination only (first time it is attempted).
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<i>Features in repeated variations</i>	For Short Program and Free Skating once a difficult spin variation has been attempted and a difficult variation of the same category is executed, the variation cannot be counted, but any additional feature in this difficult variation can still be counted.
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<i>What is an attempt?</i>	A difficult variation is considered as attempted when this variation is clearly visible, independent of the fact this variation was counted or not.
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<i>Similar variations in basic and in non-basic positions</i>	If a difficult variation in a non-basic position of a spin combination is quite similar to one of the executed difficult variation in a basic position, the last performed of these two variations will not be counted as a Level feature.
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<i>Free leg drops</i>	If the free leg drops down for a long time while preparing for a difficult camel variation, the corresponding Level feature is still awarded, but the Judges will apply the GOE reduction.
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<i>Too long to reach basic position</i>	The reduction will also be applied if it takes a long time for the skater to reach the necessary basic position in spins in one position.
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Jump on the same foot and Increase of speed

<i>Jump on the same foot within a Spin</i>	<p>In any spin a clear jump started and landed on the same foot will be counted as a feature only if the skater has executed at least 2 revolutions in a basic or non- basic position before the jump. The skater must reach the basic position within the first 2 revolutions after the landing and keep this position for at least 2 revolutions.</p> <p>This jump has no requirements to the air position, but there must be a clear jump. The jump is considered as a Level feature only when it "requires significant strength".</p> <p>This jump can be performed even before the required minimum number of revolutions in a spin in order to be considered as a feature in both Short Program and Free Skating.</p>
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Increase of speed	For camel, sit, layback or Biellmann positions, once the position has been established (at least 1 rotation), a clear increase of speed will be considered as a Level feature. Increase of speed counts only in a basic position or while going within a basic position into its variation. It is not valid as a feature if the increase of speed happens while going from one basic position to another basic position.
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Edges and directions

Clear change of edge	A clear change of edge can only be counted as a feature in Sit, Camel, Layback and Biellmann position. Any other attempt of a change of edge will be ignored, not blocking the possibility to credit it elsewhere. Not considered as an attempt of a change of edge is the short phase following a landing of a fly or a step-in (mostly from flat to edge, or executing a three turn, etc.). A clear change of edge can only be counted as a feature, if there are at least 2 continuous revolutions on one edge followed by at least 2 continuous revolutions on the other edge in the same position (sit, camel, Layback or Biellmann). A change of edge within an upright or non-basic position does not count as a feature. The change of edge counts as a feature that can increase the Level only once in a spin of the Short Program and once in a spin of Free Skating Program.
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Spinning in both directions	Spinning in both directions (clockwise & counter clockwise or visa-versa) in sit or camel position or in a combination of the two immediately following each other can be counted as a feature. A minimum of 3 revolutions in each direction is required. A spin executed in both directions (clockwise & counter clockwise) is considered as one spin.
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Number of Revolutions

5 revolutions	At least 5 revolutions without changes in position/variation, foot or edge count as a feature only once per program, in the first spin it is successfully performed; if in this spin 5 revs are executed on both feet, any one of these executions can be taken by the Technical Panel in favor of the skater. The 5 revolutions to be counted as feature must be performed in: 1) sit, camel, layback, difficult variation of any basic position – for all spins; 2) difficult variation of non-basic position – for combinations only.
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Change of foot

Staying on the same foot	A change of foot in a spin means spinning on each foot. Any spin in which the skater remains spinning on the same foot is not considered as a change of foot spin.
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Simple change of foot	A simple change of foot, e.g. a step or a small hop does not require significant strength and skill and does not increase the Level.
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Change of foot executed by jump	Such change of foot can be counted as a feature only if the skater has executed at least 1 revolutions in a basic or non-basic position before the jump. The skater must reach the basic position within the first 2 revolutions
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	<p>after the landing and keep this position for at least 1 revolutions. This jump has no requirements to the air position, but there must be a clear jump. The jump is considered as a Level feature only when it “requires significant strength”.</p>
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<p><i>Toe Arabian as change of foot</i></p>	<p>This change of foot is allowed, will be considered as a change of foot executed by jump and will count as a feature only in Free Skating. If performed in Short Program, such change of foot will be considered as an error, will not count as a feature and the GOE will be reduced according to the ISU guidelines for touching the ice with the free foot.</p>
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<p><i>Spin with a second change of foot</i></p>	<p>The second change of foot (if attempted) in a spin with change of foot is not allowed in Short Program (wrong element) and does not count as a feature for a higher Level in Free Skating.</p>
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<p><i>Spinning centers too far apart (spin in one position and spin combination)</i></p>	<p>If in a spin with change of foot there is a curve of exit after the first part and a curve of entry into the second part, the consequences are as follows:</p> <p>in Short Program - the spin is not fulfilling the requirements and no value will be given;</p> <p>in Free Skating - the second part of the spin will be ignored and the element becomes a spin in one position with no change of foot or a spin combination with no change of foot.</p> <p>If there is only a curve of exit after the first part or the curve of entry into the second part, this will result in GOE reduction for “Change of foot poorly done” (this reduction does not relate to change of foot together with change of direction).</p>
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<p><i>Number of features on one foot for spins with a change of foot</i></p>	<p>The maximum number of features that a skater can get on one foot is 2.</p> <p>The features for difficult entry will be counted in the quota of the foot before the change. The features “Change of foot executed by jump,” “Spinning in both directions” and “All 3 basic positions on the second foot” will be counted in the quota of the foot after the change. The feature for a crossfoot spin will be counted in the quota of the foot on which the cross position was started.</p>
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<p><i>Spin in one position with change of foot: less than 2 revolutions in a basic position on one foot</i></p>	<p>If a spin in one position with change of foot is executed in Short Program or Free Skating with a basic position with not less than 2 continuous revolutions on one foot only and no basic position with not less than 2 continuous revolutions on the other foot, it will receive no Level.</p>
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CAMEL POSITIONS

CF

CAMEL FORWARD



CS

CAMEL SIDWAYS



CU

CAMEL UPWARD



SIT POSITIONS

SF

SIT FORWARD



SS

SIT SIDWAYS



SB

SIT BEHIND



UPRIGHT POSITIONS

UF

UPRIGHT
FORWARD



US

UPRIGHT STRAIGHT
AND SIDEWAYS



UB

UPRIGHT
BIELLMANN



UL

UPRIGHT LAYBACK



NBP

NON-BASIC
POSITIONS



Jump Elements

Rules

Solo jump

Short Program	<p>Short Program must include 2 solo jumps:</p> <ul style="list-style-type: none"> - single/double or triple Axel - a double/triple/quadruple jump immediately preceded by connecting steps and/or other comparable Free Skating movements: <p>An Axel type jump cannot be repeated as a solo jump with connecting steps or in the jump combination. Solo jumps must be different from the jumps included in the combination. Only a single spread eagle, spiral/Free Skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable Free Skating movements the lack of which must be considered by the Judges in the GOE.</p>
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Free Skating	<p>Jumping elements are individual jumps, jump combinations and jump sequences. A well balanced Free Skating program must contain 7 jumping elements for Senior & Junior Men and 6 jumping elements for Senior & Junior Ladies one of which must be (or must include) an Axel type jump. Individual jumps can contain any number of revolutions.</p> <p>Any double jump (including double Axel) cannot be included more than twice in total in a Single's Free Program (as a Solo Jump or a part of Combination / Sequence).</p> <p>All the double, triple and quadruple jumps can be executed twice. If at least one of these executions is in a jump combination or a jump sequence, all executions are evaluated in a regular way. If all executions are as solo jumps, the second of these solo jumps will be marked with the sign "+REP" and will receive 70% of its original Base Value. Double, Triple and quadruple jumps with the same name will be considered as two different jumps. No double, triple or quadruple jump can be attempted more than twice. If a third repeated jump is executed in a combination or sequence, the entire combination or sequence will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if one is empty).</p>
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Jump combination

General	<p>In a jump combination the landing foot of a jump is the take off foot of the next jump. One full revolution on the ice between the jumps (free foot can touch the ice, but no weight transfer) keeps the element in the frame of the definition of a jump combination.</p> <p>If the jumps are connected with a non-listed jump, the element is called as a jump sequence. However single loop landing backwards inside (Euler/half loop) when used in combinations/sequences is considered as a listed jump with the Value of a single Loop. When executed separately, "half-loop" stays as unlisted jump.</p> <p>If in the opinion of the TP the intended Waltz jump (Axel) is used only as the preparation to the next jump, this Waltz jump will not be called.</p> <p>The TP has the authority not to call a single jump which is more similar to a hop than a jump that is a result of a bad landing of the previous jump. The Judges will reflect the mistake in the GOE.</p>
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Short Program	<p>Short Program must include a Jump Combination consisting of only two jumps: double/triple/quadruple and a double or triple; The jump combination may consist of the same jump or another double, triple or quadruple jump. However, for all categories the jumps included must be different than the solo jump. If the same jump is executed as a solo jump and as a part of the jump combination, the last performed of these jump elements will be not counted, but will occupy a jumping box (if this element is a jump combination, the whole jump combination will not be counted).</p>
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Free Skating	<p>A jump combination may consist of the same or another single, double, triple or quadruple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to five (5) jumps, the other two combination up to two (2) jumps only.</p>
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Jump sequence

Free Skating	<p>A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps (not even as an entry into a jump), crossovers or stroking during the sequence (Turns are three turns, twizzles, brackets, loops, counters, rockers. Steps are toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls). Any hop inside the sequence requires that the skater visibly leaves the ice. In a jump sequence an axel type jump can follow another jump providing the requirements above are present. The movement to the take-off edge is not considered to be a step. In addition if an Axel type jump immediately follows any other jump without any hops, mazurkas, and/or unlisted jumps, this will also be considered as a jump sequence."</p>
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General

Short Program	<p>Jumps which do not satisfy the requirements (including wrong number of revolutions) will have no value, but will block a jumping box, if one is empty</p>
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Free Skating	<p>If any part of the combination is not according to the requirements, the whole combination will be deleted: 2Lz*+2T*, 2T*+2Lo*.</p>
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Clarifications

<i>Calling under-rotated or downgraded jumps</i>	<p>The TP must call the attempted jump even if it is clear that it is under-rotated or will be downgraded. Both under-rotated and downgraded jumps will count as the intended jump in the application of Well Balanced Program regulations. The quarter/half mark of landing are the border lines to identify cheated jumps. The camera angle is important to consider when deciding upon a cheated jump particularly when the jump is at the opposite end of the rink than the camera. In all doubtful cases the Technical Panel should act to the benefit of the skater.</p>
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Under-rotated jumps	<p>A jump will be considered as "Under-rotated" if it has missing rotation of more than $\frac{1}{4}$ revolution, but less than $\frac{1}{2}$ revolution.</p> <p>An under-rotated jump will be indicated by the Technical Panel to the Judges and in the protocols with a "<" symbol after the element code.</p> <p>Jumps identified as under-rotated will receive reduced base values which are listed in the column V of the SOV.</p>
Downgraded jumps	<p>A jump will be considered as "Downgraded" if it has "missing rotation of $\frac{1}{2}$ revolutions or more".</p> <p>A downgraded jump will be indicated by the Technical Panel to the Judges and in the protocols with a "<<" symbol after the element code.</p> <p>A jump identified as downgraded will be evaluated using the scale of values (SOV chart) for the element of one rotation less (i.e. a downgraded triple will be evaluated with the scale of values for the corresponding double).</p>
Cheated take-off	<p>A clear forward (backward for Axel type jump) take-off will be considered as a downgraded jump. The toe loop is the most commonly cheated on take-off jump.</p> <p>The TP may only watch the replay in regular speed to determine the cheat and downgrade on the take off (more often in combinations or sequences).</p>
Taking off from wrong edge (Flip/Lutz)	<p>Flip take-off is from a backward inside edge, Lutz take-off is from a backward outside edge. If the take-off edge is not clean correct, the TP indicates the error to the Judges using the signs "e" (edge) and "!" (attention). The TP may watch the replay in slow motion. The TP uses the sign "e" if the take-off edge is definitely wrong. The Base values of the jumps with the sign "e" are listed in the column V of the SOV. The TP uses the sign "!" if the take-off edge is not clear. In this case the Base value is not reduced. Both mistakes are reflected in the GOE of the Judges.</p>
Under-rotated jumps taken off from wrong edge (Flip/Lutz)	<p>If both signs "e" and "<" are applied for the same jump, the Base value is indicated in the column V1 of the SOV.</p>
Popped listed jumps	<p>The attempt will count as one jump element. However, a small hop or jump with up to one-half revolution performed as a kind of "decoration" is not to be considered as a jump and will be marked within the component "Transitions".</p>
Non-listed jumps	<p>Jumps that are not listed in the SOV (e.g. Walley, split jump, Inside Axel with any number of revolutions taking off from the forward inside edge etc.) will not count as a jump element, but might be used as a special entrance to the jump to be considered in the mark for Transitions.</p> <p>A Toe Walley, however, will be called and counted as a Toe loop.</p>
Landing on another foot	<p>In combinations/sequences all jumps except the last one may be landed on either foot. The last jump of a combination/sequence as well as any solo jump must be landed on backward outside edge. The call of the jump does</p>

	not depend on the landing foot and the Judges will evaluate the quality in their GOE.
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<i>Landing on the other edge</i>	The call will not change if a jump is landed on the other edge. However Judges will reflect this in their GOE.
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<i>Spin and jump back to back</i>	If a skater performs a spin, immediately followed by a jump or vice versa, the two elements are called separately with credit given to difficult take off/entry (GOE).
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<i>Attempted Jump</i>	<p>What is an attempt? In principle, a clear preparation for a take off for a jump, stepping to the entry edge or placing the toe pick into the ice and leaving the ice with or without a turn is considered an attempt of a jump, receives no value and blocks a box.</p> <p>In some cases, which need to be decided by the TP, the preparation for the take off without leaving the floor might be also called an attempt, e.g. a loop jump take off when the skater falls before leaving the floor, or a skater steps onto the forward take off edge of an Axel and pulls back the free leg and arms, starts the forward movement to jump into the air with the free leg and arms passing through forward but at the last moment does not leave the floor, etc.</p>
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<i>Fall/step out or touch down with free foot with weight transfer after a jump plus another jump</i>	<p>If a skater falls or steps out on a jump and immediately after that executes another jump, the element does not remain a jump combination and will be called as follows: Short Program: "First Jump + Combo"; the continuation will be ignored by the Technical Panel. Free Skating: "First Jump + Sequence" (or "First Jump + Second Jump + Sequence" if the definition of a sequence is still fulfilled).</p> <p>The same applies to a jump combination of 3/4/5 jumps.</p>
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<i>Touch down with the free foot without weight transfer</i>	<p>In case of a touch down with the free foot without weight transfer and up to 2 three turns or no turns between the jumps in a combination, the element remains a jump combination (however Judges will reduce the GOE because of error). In case of more than 1 full revolution on the floor the call will be the jumps performed prior to this revolution + combo in Short Program and sequence in Free Skating.</p>
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<i>Jump Combination: first/second jump is a "non-listed" jump</i>	<p>If the first/second jump of a two-jump combination fails and turns into a "non-listed jump", but the other jump is a listed jump, the unit will be considered as a jump combo with only the listed jump receiving value.</p>
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<i>Jump sequence: only one listed jump included</i>	<p>A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered as a jump-sequence, but will count as a solo jump.</p>
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Short Program

<i>Element other than required</i>	<p>If a Junior skater performs a different jump than required, the element will receive no value, but will block the "jumping box".</p>
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Jump combo of 3 jumps	The entire combination will be deleted, but will block the “combination box”.
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Repetition of a jump	A repeated jump of the same name with the same number of revolutions will be deleted, no value given, no GOE, but will occupy a jumping box; if executed in a jump combination, the jump combination in total will be deleted and no value given (but the corresponding box will be occupied). Only the jump combination can contain two same jumps. A repeated jump of the same name, but with different number of revolutions will receive credit.
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No second jump in a jump combination	If there is no second jump in a jump combination, the Technical Panel identifies the intended combination during or after the program. If there is no clear way to identify the combination or the solo jump preceded by steps (steps or no steps in both cases), the Technical Panel will decide which one is the solo jump and which one is the combination in favour of the skater.
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Free Skating

First repetition of a double/triple/quad jump	First repetition of a triple or quad jump of the same name and the same number of revolutions without one of them being in a jump combination/sequence: both jumps will be counted as solo jumps, but the second of these jumps will be marked with the sign “+REP” and will receive 70% of the base value with result rounded to two decimal places.
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Third repetition of a double/triple/quad jump	Third repetition of a double or triple or quad jump of the same name and the same number of revolutions as a solo jump or in a jump combination/sequence will be treated as an additional element and therefore not be counted (but will block the corresponding box).
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Second jump of 3 to 5 jumps	The entire combination will not be counted, but will block a box of the jump combination.
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Jump sequence: reference to Rule	From the moment the definition of a jump sequence is not fulfilled, the remainder of the jump sequence will be ignored and the element will be called the name of the first jump(s) plus the word “sequence”. The Judges’ GOE however will refer to the whole element performed.
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Rhythm in the Jump sequence	Jump sequence without a clear rhythm is not counted as a sequence; only the part prior to the loss of the rhythm will be called.
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Axel type jump in a sequence	If in a jump sequence an Axel type jump is the last performed jump, but the sequence has a mistake with the consequence that last performed jump will be ignored, the call will be “(first jump) + Axel no value + sequence”. With this call the Axel would count as a required element, but no points would be given.
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<i>Three executions of the same jump not visible for the computer</i>	If three or more executions of the same jump are not visible for the computer, e.g. a jump sequence including two triple toe loops and because of a mistake (stepping out, loss of flow/rhythm etc.) the second triple toe loop is not called, the screen will show 3T+SEQ. If then another (actually third) 3T is executed (which for the computer will be the second one), the third execution must be manually deleted by the Technical Controller and the final content of the program will be 3T+SEQ; 3T*.
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Elements with no value or maximum Level B/1/2/3 in SINGLES SP & FS 2015-2016

Max. Level SP	Problem	Max. Level FS
All elements with Levels		
No Value	Wrong element	N/A
Basic+ded.	Illegal elements/movements (if Basic Level requirements are fulfilled); TP is responsible for illegal elements deduction	Basic+ded.
Step Sequences		
No Value	Does not fully utilize the ice surface	No Value
Basic	No minimum variety in steps & turns throughout the sequence	Basic
1	Only minimum variety in steps & turns throughout the sequence	1
2	Only simple variety in steps & turns throughout the sequence	2
3	Only variety (no complexity) in steps & turns throughout the sequence	3
Basic	No balance of steps and turns in their distribution through the sequence	Basic
Choreo Sequences		
N/A	One Gliding Element and/or One Spot Element missing,	No Value
All Spins		
No Value	Does not have at least 2 continuous revolutions in a basic position	No Value
Spins with change of foot		
No Value	Less than 3 revolutions before/after the change	No change of foot
No Value	Spinning centers too far apart	2nd part ignored
No Value	Second change of foot	Any
2	All features executed on one foot	2
3	Only one feature executed on one of the feet	3
Spin in one position with change of foot		
No Value	No basic pos. on one foot for at least 2 revolutions	No Value
Spin combination without change of foot		
N/A	Only one position with 2 revolutions	No Value
N/A	2 basic positions with 2 revolutions	Any, lower BV
Spin combination with change of foot		
No Value	Only one position with 2 revolutions	No Value
Any	No basic pos. on one foot for at least 2 revolutions	Any
Any, lower BV	2 basic positions with 2 revolutions	Any, lower BV
Layback		
No Value	Less than 2 rev. + Biellmann	Upright any Level
No Biellmann feature	2 or more, but less than 8 rev. + Biellmann	Layback any Level
Flying Spin/Flying Entrance		
Any, V, no flying feature	Step over/no clear visible jump	Any, V, no flying feature
Any, V, no flying feature	Position not reached in the air (Junior)	Any, no flying feature
Any, V, no flying feature	Basic landing position not reached within the first 2 revs after landing	Any, V, no flying feature
Any, V, no flying feature	Basic landing position not held for 2 revs after it is reached	Any, V, no flying feat
No Value	Wrong air position in the Flying Sit Spin (Juniors)	N/A

I. Updated Scale of Values

		+3	+2	+1	BASE	V	V1	-1	-2	-3
Choreographic Sequences										
Choreo Sequence	ChSq1	3,0	2,0	1,0	3,0			-0,7	-1,4	-2,1

		+3	+2	+1	BASE	V	V1	-1	-2	-3
SINGLE AND PAIR SKATING										
Jumps										
Single Toeloop	1T	0,6	0,4	0,2	0,4	0,3		-0,1	-0,2	-0,3
Single Salshow	1S				0,4	0,3				
Single Loop	1Lo				0,5	0,4				
Single Flip	1F				0,5	0,4	0,3			
Single Lutz	1Lz				0,6	0,5	0,4			

Single Axel	1A	0,6	0,4	0,2	1,1	0,8		-0,2	-0,4	-0,6
Double Toeloop	2T				1,3	0,9				
Double Salshow	2S					0,9				
Double Loop	2Lo	0,6	0,6	0,3	1,8	1,3		-0,3	-0,6	-0,9
Double Flip	2F				1,9	1,4	1,3			
Double Lutz	2Lz				2,1	1,5	1,4			

Double Axel	2A	1,5	1,0	0,5	3,3	2,3		-0,5	-1,0	-1,5
Triple Toeloop	3T	2,1	1,4	0,7	4,3	3,0		-0,7	-1,4	-2,1
Triple Salshow	3S				4,4	3,1				
Triple Loop	3Lo				5,1	3,6				
Triple Flip	3F				5,3	3,7	3,2			
Triple Lutz	3Lz				6,0	4,2	3,6			

Triple Axel	3A	3,0	2,0	1,0	8,5	5,9		-1,0	-2,0	-3,0
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		+3	+2	+1	BASE	V	V1	-1	-2	-3
Spins (solo spins for pairs)										
Spin in one position and no change of foot (upright, layback, camel or sit)										
Upright level B	USpB	1,5	1,0	0,5	1,0			-0,3	-0,6	-0,9
Upright level 1	USp1				1,2					
Upright level 2	USp2				1,5					
Upright level 3	USp3				1,9					
Upright level 4	USp4				2,4					

Layback level B	LSpB	1,5	1,0	0,5	1,2			-0,3	-0,6	-0,9
Layback level 1	LSp1				1,5					
Layback level 2	LSp2				1,9					
Layback level 3	LSp3				2,4					
Layback level 4	LSp4				2,7					

Camel level B	CSpB	1,5	1,0	0,5	1,1			-0,3	-0,6	-0,9
Camel level 1	CSp1				1,4					
Camel level 2	CSp2				1,8					
Camel level 3	CSp3				2,3					

Camel level 4	CSp4				2,6					
		+3	+2	+1	BASE	V	V1	-1	-2	-3

Sit level B	SSpB	1,5	1,0	0,5	1,1			-0,3	-0,6	-0,9
Sit level 1	SSp1				1,4					
Sit level 2	SSp2				1,6					
Sit level 3	SSp3				2,1					
Sit level 4	SSp4				2,5					

Spin with a change of foot and no change of position (upright, layback, camel or sit)

Upright level B	CUSpB	1,5	1,0	0,5	1,5	1,1		-0,3	-0,6	-0,9
Upright level 1	CUSp1				1,7	1,2				
Upright level 2	CUSp2				2,0	1,4				
Upright level 3	CUSp3				2,4	1,7				
Upright level 4	CUSp4				2,9	2,0				

Layback level B	CLSpB	1,5	1,0	0,5	1,7	1,2		-0,3	-0,6	-0,9
Layback level 1	CLSp1				2,0	1,4				
Layback level 2	CLSp2				2,4	1,7				
Layback level 3	CLSp3				2,9	2,0				
Layback level 4	CLSp4				3,2	2,2				

Camel level B	CCSpB	1,5	1,0	0,5	1,7	1,2		-0,3	-0,6	-0,9
Camel level 1	CCSp1				2,0	1,4				
Camel level 2	CCSp2				2,3	1,6				
Camel level 3	CCSp3				2,8	2,0				
Camel level 4	CCSp4				3,2	2,2				

Sit level B	CSSpB	1,5	1,0	0,5	1,6	1,1		-0,3	-0,6	-0,9
Sit level 1	CSSp1				1,9	1,3				
Sit level 2	CSSp2				2,3	1,6				
Sit level 3	CSSp3				2,6	1,8				
Sit level 4	CSSp4				3,0	2,1				
		+3	+2	+1	BASE	V	V1	-1	-2	-3

Flying Spin (any position upright, layback, camel or sit)

Upright level B	FUSpB	1,5	1,0	0,5	1,5	1,1		-0,3	-0,6	-0,9
Upright level 1	FUSp1				1,7	1,2				
Upright level 2	FUSp2				2,0	1,4				
Upright level 3	FUSp3				2,4	1,7				
Upright level 4	FUSp4				2,9	2,0				

Layback level B	FLSpB	1,5	1,0	0,5	1,7	1,2		-0,3	-0,6	-0,9
Layback level 1	FLSp1				2,0	1,4				
Layback level 2	FLSp2				2,4	1,7				
Layback level 3	FLSp3				2,9	2,0				
Layback level 4	FLSp4				3,2	2,2				

Camel level B	FCSpB	1,5	1,0	0,5	1,6	1,1		-0,3	-0,6	-0,9
Camel level 1	FCSp1				1,9	1,3				
Camel level 2	FCSp2				2,3	1,6				
Camel level 3	FCSp3				2,8	2,0				
Camel level 4	FCSp4				3,2	2,2				

Sit level B	FSSpB	1,5	1,0	0,5	1,7	1,2		-0,3	-0,6	-0,9
Sit level 1	FSSp1				2,0	1,4				
Sit level 2	FSSp2				2,3	1,6				
Sit level 3	FSSp3				2,6	1,8				
Sit level 4	FSSp4				3,0	2,1				
		+3	+2	+1	BASE	V	V1	-1	-2	-3

Spin Combination with change of position and no change of foot (two positions)

level B	(F)CoSp2pB	1,5	1,0	0,5	1,1	1,0		-0,3	-0,6	-0,9
level 1	(F)CoSp2p1				1,3	1,1				
level 2	(F)CoSp2p2				1,5	1,3				
level 3	(F)CoSp2p3				1,8	1,5				
level 4	(F)CoSp2p4				2,1	1,7				

Spin Combination with change of position and no change of foot (three positions)

level B	(F)CoSp3pB	1,5	1,0	0,5	1,5	1,1		-0,3	-0,6	-0,9
level 1	(F)CoSp3p1				1,7	1,2				
level 2	(F)CoSp3p2				2,0	1,4				
level 3	(F)CoSp3p3				2,5	1,8				
level 4	(F)CoSp3p4				3,0	2,1				

Spin Combination with change of position and change of foot (two positions)

level B	(F)CCoSp2pB	1,5	1,0	0,5	1,5	1,1		-0,3	-0,6	-0,9
level 1	(F)CCoSp2p1				1,7	1,2				
level 2	(F)CCoSp2p2				2,0	1,4				
level 3	(F)CCoSp2p3				2,5	1,8				
level 4	(F)CCoSp2p4				3,0	2,1				

Spin Combination with change of position and change of foot (three positions)

level B	(F)CCoSp3pB	1,5	1,0	0,5	1,7	1,2		-0,3	-0,6	-0,9
level 1	(F)CCoSp3p1				2,0	1,4				
level 2	(F)CCoSp3p2				2,5	1,8				
level 3	(F)CCoSp3p3				3,0	2,1				
level 4	(F)CCoSp3p4				3,5	2,5				
		+3	+2	+1	BASE	V	V1	-1	-2	-3

Step Sequences

level B	StSqB	1,5	1,0	0,5	1,7			-0,3	-0,6	-0,9
level 1	StSq1				2,0					
level 2	StSq2				2,5			-0,5	-1,0	-1,5
level 3	StSq3				3,0			-0,7	-1,4	-2,1
level 4	StSq4				3,5			-0,7	-1,4	-2,1

Le gymnaste
Fédération Française


Paris, September 29, 2015