

GUIDELINES FOR INTERNATIONAL COMPETITIONS

WIFSA 2015-2016 Singles&Pairs

Catégories (birth dates)	Free Program
CHICKS (POUSSIN) <u>Has not reached the age of 9 at 01/ 08/ 2015</u>	Girls and Boys: 2'00'' (+/-10'')
CUBS (AVENIR) <u>Has reached the age of 9 , but not reached the age of 11 at 01/08/ 2015</u>	Girls and Boys: 2'30'' (+/-10'')
JUNIORS <u>Has reached the age of 13 , nut not reached the age of 19 at 01/08 /2015</u>	Ladies : 3'30'' (+/-10'') Men : 4'00 (+/-10'')
SENIORS <u>Has reached the age of 15 at 1/08/2015</u>	Ladies : 4'00 (+/- 10'') Men : 4'30'' (+/- 10'')

NOVICE COMPETITIONS

Two subgroups offering a different technical package are established:

- **Basic Novices (Basic Novice A and Basic Novice B)**
- **Advanced Novices**

NOVICES A / MINIMES <u>Has reached the age of 10, but not reached the age of 13 at 1/08/2015</u>	Girls and Boys : 2'30'' (+/-10'')
NOVICES B <u>Has reached the age of 13, but not reached the age of 15 at 1/08/2015</u>	Ladies and Men : 3'00 (+/-10'')
ADVANCE NOVICES <u>Has reached the age of 10, but not reached the age of 15 at 1/08/2015</u>	Ladies : 3'00'' (+/-10'') Men : 3'30'' (+/-10'')

ADULT COMPETITIONS

Two subgroups offering a different technical package are established

ADULTS MASTER (1, 2, 3...) (31 years and +, 41 years and +, 51 years and +...) at 01/08/2015	Ladies and Men: 3'00 (+/- 10'')
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The organizer decides on the disciplines and subgroups to be included in the event. The Member/Club entering skater(s)/team(s) will decide on the subgroup their athletes will participate.

A well balanced Skating program must contain:

Categories	Lengh	Contents
CHICKS	Girls Boys 2'00" (+/- 10")	<p>a) Maximum of 4 jump elements for Girls and Boys. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted. Only one (1) jump with one (1) or more revolutions can be repeated either in a jump combination / sequence.</p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), minimum of two (2) revolutions per spin, Change of foot allowed.</p> <p>c) There must be a maximum :</p> <ul style="list-style-type: none"> - One (1) step sequence, with a fixed Base value and evaluated in GOE only. No jumps/ spins allowed. - At least <u>one Gliding skating element</u> (spiral type or any attitude) of at least 3 seconds hold, called ChSq0 and marked in the components. <u>There will be a deduction from technical panel of 0,5 if missing.</u> <p>In all elements which are subject to Levels, only features up to Level 1 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance/Execution <p>The Factor of the Program Components is 2.5 Deduction : 0,5 by Fall</p>
CUBS	Girls Boys 2'30" (+/- 10")	<p>a) Maximum of 4 jump elements for Girls and Boys. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted. Only one (1) jump with one (1) or more revolutions can be repeated either in a jump combination or in a jump sequence.</p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), change of foot allowed, one of which must be a spin combination with all three (3) basic positions reached (minimum of five (5) revolutions in total), and one spin in one basic position (with no change of position, minimum of three (3) revolutions in total).</p> <p>c) There must be a maximum :</p> <ul style="list-style-type: none"> - One (1) step sequence, with a fixed Base value and evaluated in GOE only. No jumps/ spins allowed. - At least <u>one Gliding skating element</u> (spiral type or any attitude) of at least 3 seconds hold, called ChSq0 and marked in the components. <u>There will be a deduction from technical panel of 0,5 if missing.</u> <p>In all elements which are subject to Levels, only features up to Level 1 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance/Execution <p>The Factor of the Program Components is 2.5 Deduction : 0,5 by Fall</p>
BASIC NOVICE A	Girls Boys	<p>a) Maximum of 4 jump elements for Girls and Boys , one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. <u>Only one</u> jump combination can contain up to three (3) jumps the other one must contain only two (2) jumps.</p>

	<p>2'30" (+/- 10")</p>	<p>A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted. Any single and double jump (including 2A) cannot be executed more than twice in total .</p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of five (5) revolutions in total), and one spin with no change of position and with or without change of foot (minimum of four (4) revolutions in total). Flying entrance is allowed.</p> <p>c) There must be a maximum :</p> <ul style="list-style-type: none"> - One (1) step sequence with fully utilizing the surface. No jumps/ spins allowed. - At least <u>one Gliding skating element</u> (spiral type or any attitude) of at least 3 seconds hold, called ChSq0 and marked in the components. <u>There will be a deduction from technical panel of 0,5 if missing.</u> <p>In all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance/Execution <p>The Factor of the Program Components is 2,5 Deduction : 0,5 by Fall</p>
<p>BASIC NOVICES B</p>	<p>Ladies Men 3'00" (+/- 10")</p>	<p>a) Maximum of 4 jump elements for Girls and 5 jump elements for Boys, one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. <u>Only one</u> jump combination can contain up to three (3) jumps the other one must contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Only two (2) jumps with one (1) or more revolutions can be repeated either in a jump combination or in a jump sequence . Any single and double jump (including 2A) cannot be executed more than twice in total .</p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of six (6) revolutions in total), <u>and one spin with no change of position and with or without change of foot (minimum of four (4) revolutions in total).</u> Flying entrance is allowed.</p> <p>c) There must be a maximum :</p> <ul style="list-style-type: none"> - One (1) step sequence with fully utilizing the surface. No jumps/ spins allowed. - At least <u>one Gliding skating element</u> (spiral type or any attitude) of at least 3 seconds hold, called ChSq0 and marked in the components. <u>There will be a deduction from technical panel of 0,5 if missing.</u> <p>In all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance/Execution • Interpretation <p>The Factor of the Program Components is</p> <ul style="list-style-type: none"> - for men 1.6 - for ladies 1.4 <p>Deduction : 0,5 by Fall</p>
<p>ADVANCE NOVICES</p>	<p>Ladies 3'00" Men</p>	<p>a) Maximum of 5 jump elements for Girls and 6 jump elements for Boys, one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Only one</p>

	<p>3'30'' (+/- 10'')</p>	<p>Jump combination can contain up to three (3) jumps the other one must contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Any single and double jump (including 2A) cannot be executed more than twice in total .</p> <p>b) There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of six (6) revolutions in total), and one a flying spin or a spin with a flying entrance (minimum of four (4) revolutions in total). <u>The spin combination must be executed with minimum of 6 revolutions. Flying entry not allowed.</u> <u>The flying spin must be executed in one position with or without change of foot.</u></p> <p>c) There must be a maximum : - One (1) step sequence with fully utilizing the surface. No jumps/ spins allowed. - At least <u>one Gliding skating element</u> (spiral type or any attitude) of at least 3 seconds hold, called ChSq0 and marked in the components. <u>There will be a deduction from technical panel of 0,5 if missing.</u></p> <p>Levels explanations: For Advanced Novices, in all elements which are subject to Levels, only features up to Level 3 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance/Execution • Interpretation <p>The factors for the Program Components is</p> <ul style="list-style-type: none"> - for men 1.6 - for ladies 1.4 <p><u>Deduction : 0,5 by Fall</u></p>
<p>JUNIORS</p>	<p>Ladies 3'30'' Men 4'00'' (+/- 10'')</p>	<p>a) Maximum of 6 jump elements for Girls and 7 jump elements for Boys, one of which must be an Axel type jump. There may be up to three (3) jump combinations or sequences. Only one (1) Jump combination can contain up to five (5) jumps and the others Jump combinations must contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Any single and double jump (including 2A) cannot be executed more than twice in total .</p> <p>b) There must be a maximum of three (3) spins of a different nature, one of which must be a spin combination (minimum of six (6) revolutions in total), one a flying spin or a spin with a flying entrance (minimum of four (4) revolutions in total) and one a spin with only one position (minimum of four (4) revolutions in total).</p> <p>c) There must be a maximum : - One (1) step sequence with fully utilizing the surface. No jumps/ spins allowed. - At least <u>one Gliding skating element</u> (spiral type or any attitude) of at least 3 seconds hold, called ChSq0 and marked in the components. <u>There will be a deduction from technical panel of 0,5 if missing.</u></p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance/Execution • Choreography/Composition • Interpretation <p>The factors for the Program Components is</p> <ul style="list-style-type: none"> - for men 1.6 - for ladies 1.4 <p><u>Deduction : 1.0 by Fall</u></p>

<p style="text-align: center;">SENIORS</p>	<p>Ladies 4'00 Men 4'30'' (+/- 10'')</p>	<p>a) Maximum of 6 jump elements for Girls and 7 jump elements for Boys, one of which must be an Axel type jump. There may be up to three (3) jump combinations or sequences. Only one (1) Jump combination can contain up to five (5) jumps and the others Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Any single and double jump (including 2A) cannot be executed more than twice in total .</p> <p>b) There must be a maximum of three (3) spins of a different nature, one of which must be a spin combination (minimum of six (6) revolutions in total), one a flying spin or a spin with a flying entrance (minimum of four (4) revolutions in total) and one spin with only one position (minimum of four (4) revolutions in total).</p> <p>c) There must be a maximum of one (1) step sequence <u>fully utilizing the surface</u>.</p> <p>d) A Choreographic Sequence must include :</p> <ol style="list-style-type: none"> 1) at least one gliding element like, <u>but not limited to</u>, spirals, arabesques, spread eagles, Ina Bauers ... of a <u>minimum 10 meter length</u> or 3 seconds; 2) at least a 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 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 Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance/Execution • Choreography/Composition • Interpretation <p>The factors for the Program Components is</p> <ul style="list-style-type: none"> - for men 1.6 - for ladies 1.4 <p>Deduction : 1.0 by Fall</p>
<p style="text-align: center;">ADULTS MASTER</p>	<p>Ladies Men 3'00 (+/- 10'')</p>	<p>a) There must be a maximum of 5 jump elements, one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Only one (1) Jump combination can contain three (3) jumps and the other Jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.</p> <p>b) Maximum of 2 spins of different nature, one of which must be a spin combination (minimum of six (6) revolutions in total)</p> <p>c) Maximum of 1 step sequence <u>fully utilizing the surface</u> ;</p> <p>d) A Choreographic Sequence must include :</p> <ol style="list-style-type: none"> 1) at least one gliding element like, <u>but not limited to</u>, spirals, arabesques, spread eagles, Ina Bauers ... of a <u>minimum 10 meter length</u> or 3 seconds; 2) at least a 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 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 Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance/Execution • Choreography/Composition • Interpretation <p>The factors for the Program Components is 1.4</p> <p>Deduction : 1.0 by Fall</p>

Prohibited elements:

- Any kind of Somersault – deduction (1.0)

SHORT PROGRAM FOR CHAMPIONSHIPS,

Juniors and Seniors

JUNIORS & SENIORS	Ladies & men Maximum 2'50	a) One Axel Paulsen type jump (single/double/triple); b) One double/triple jump immediately preceded by connecting steps and/or other comparable Free Skating movements; c) One Jump combination consisting of a double jump, triple jump or quadruple jump and a double jump or a triple jump; d) One Flying spin (one position only without change of foot); e) <ul style="list-style-type: none"> • Men : Camel spin or sit spin with only one change of foot, (the position must be different than the flying spin); • Ladies : Lay back spin f) Spin combination with only one change of foot; g) Step sequence fully utilizing the floor surface. The Program Components are only judged in <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance/Execution • Choreography/Composition • Interpretation The factors for the Program Components is <ul style="list-style-type: none"> - for men 0.7 - for Ladies 0.7 <u>Deduction : 1.0 by Fall</u>
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Prohibited elements:

- Any kind of Somersault – deduction (1.0)
- Split on the floor is treated as a fall - deduction (1 mark/point)

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

Men	Short Program	0.7	Free Skating	1.6
Ladies	Short Program	0.7	Free Skating	1.4
Pairs	Short Program	0.7	Free Skating	1.4

GENERAL TECHNICAL RULES EXTRACT

(MAIN POINTS FOR MEMORY)

Single Inline Figure Skating

A competitor can compete in only one single figure skating category per event.

CHANGES for Inline Figure Skating , which differs from Ice Skating :

CHOREOGRAPHIC SEQUENCE

Gliding position

- Any position is permitted like spirals, spread eagles, Ina Bauer ... and must last at least 10 seconds or 10 meters length, Variations of position are permitted as long as the gliding is maintained.

One spot creative skating element

- Any kind of creative jumps or spins.
- Listed Spins and Jumps will not be called during the Choreo Sequence.

A strong choreography, matches with the music and theme, must link all those elements.

The base score of the Choreo Sequence and the GOE are rised up between 0,9 and 6,0 points !

SPINS

- Minimum rotation to validate a spin **is two (2) rotations** per foot.
- Feature of "eight (8) rotations in the same position without interruption" is replaced by "**five (5) rotations** in the same position without interruption". Regular upright position is considered **final wind-up** ..
- "Changes of edge in the same basic position" counts once per program as a feature in **any basic position** .
- **Minimum rotation to validate a position is one (1) full rotation.**
- Any flying entrance count as a feature (regular flying camel included), is a feature if there is a clear jump and if the basic landing position is reached within the first 2 rotations after the landing and is held for at least one (1) full rotation.
- Jump on same foot or changing foot through a jump is a feature if there is (1) full rotation before the jump in a basic position (Non Basic Position included for combination spin) and if the basic landing position is reached within the first 2 rotations after the landing and is held for at least one (1) full rotation.
- Combination spin requires a minimum of 2 different basic positions

Sign V is applied for :

Flying spins and spins with a flying entrance of both Short Program and Free Skating, all categories, if at least one of the following requirements is not fulfilled :

- a) a clear visible jump;
- b) basic landing position reached within the first 2 revs;
- c) basic landing position held for at least **one (1)** revs when riched.

Sign 2P, 3P : Any combination spin will have this sign at the end of the spin abreviation according to the number of basic positions achieved. Exemple : Camel + upright =2P (if the upright is in final there must be a variation of upright to count the position for a combination spin) , Camel+Sit+ Upright =3P.

Abreviation examples : CoSp2P2 (combo spin 2 positions level 2) , CCoSp3PBV1 (change combo spin 3 positions base level V1).

JUMP COMBINATION IN FREE PROGRAM

1 combination can contain up to 5 jumps (depend on the categories)

FALL

A fall is defined as loss of control by a skater with the result that the majority of the skater's own body weight is on the **floor** supported by any other part of the body other than the blades (e.g. hand(s), knee(s), back, buttock(s) or any part of the arm).

MUSIC

Music with voice and lyrics is allowed. The lyrics must not contain swearing or sexy connotations.

LEVELS OF DIFFICULTY, SINGLE SKATING

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

Step Sequences

- 1) Minimum variety (Level 1), simple variety (Level 2), variety (Level 3), complexity (Level 4) of difficult turns and steps throughout (**compulsory**)
- 2) Rotations in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction
- 3) Use of body movements for at least 1/3 of the pattern
- 4) 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).

7 Difficult Turns and step : twizzle, brackets, loops, counters, rockers, three turns and choctaws.

5 Easy Steps : toe steps, chasses, Mohawks, change of edge, cross rolls.

- Minimum variety : must include 5 Difficult turns and steps, none of the types can be counted more than twice.
- Simple variety : must include 7 Difficult turns and steps, none of the types can be counted more than twice.
- Variety : must include 9 difficult turns and steps, none of the types can be counted more than twice.
- Complexity : must include 11 difficult turns and steps, none of the types can be counted more than twice. 5 types of turns and steps must be executed in both directions.

All Spins

- 1) Difficult variations (count as many times as performed with limitations specified below)
- 2) Change of foot executed by jump
- 3) Jump within a spin without changing feet
- 4) Difficult change of position on the same foot
- 5) Difficult entrance into a spin
- 6) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position
- 7) All 3 basic positions on 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) *Flying entry in flying spins/spins with a flying entrance*

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, after 5 revolutions in layback spin in short program and 1 rev. in free program.

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).

I. Updated Scale of Values

		+3	+2	+1	BASE	V	V1	-1	-2	-3
Choreographique 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	1,1				

Upright level 1	CUSp1	1,5	1,0	0,5	1,7	1,2		-0,3	-0,6	-0,9
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	BAS	V	V1	-1	-2	-3
					E					

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					
level 3	StSq3				3,0					
level 4	StSq4				3,5					