

# 國際滑冰聯盟 2253 號公告

## 單人滑和雙人滑

### 2019/20 賽季動作分值表

以下通告替代國際滑聯 2186 號公告

# 一、動作分值(SOV)更新版

|                | -5    | -4    | -3    | -2    | -1    | 基礎分          | +1    | +2    | +3    | +4    | +5    |
|----------------|-------|-------|-------|-------|-------|--------------|-------|-------|-------|-------|-------|
|                | -50%  | -40%  | -30%  | -20%  | -10%  |              | +10%  | +20%  | +30%  | +40%  | +50%  |
| <b>單人滑和雙人滑</b> |       |       |       |       |       |              |       |       |       |       |       |
| <b>跳躍</b>      |       |       |       |       |       |              |       |       |       |       |       |
| 1T             | -0.20 | -0.16 | -0.12 | -0.08 | -0.04 | <b>0.40</b>  | +0.04 | +0.08 | +0.12 | +0.16 | +0.20 |
| 1S             | -0.20 | -0.16 | -0.12 | -0.08 | -0.04 | <b>0.40</b>  | +0.04 | +0.08 | +0.12 | +0.16 | +0.20 |
| 1Lo            | -0.25 | -0.20 | -0.15 | -0.10 | -0.05 | <b>0.50</b>  | +0.05 | +0.10 | +0.15 | +0.20 | +0.25 |
| 1Eu (Euler)    | -0.25 | -0.20 | -0.15 | -0.10 | -0.05 | <b>0.50</b>  | +0.05 | +0.10 | +0.15 | +0.20 | +0.25 |
| 1F             | -0.25 | -0.20 | -0.15 | -0.10 | -0.05 | <b>0.50</b>  | +0.05 | +0.10 | +0.15 | +0.20 | +0.25 |
| 1Lz            | -0.30 | -0.24 | -0.18 | -0.12 | -0.06 | <b>0.60</b>  | +0.06 | +0.12 | +0.18 | +0.24 | +0.30 |
|                |       |       |       |       |       |              |       |       |       |       |       |
| 1T<            | -0.16 | -0.13 | -0.10 | -0.06 | -0.03 | <b>0.32</b>  | +0.03 | +0.06 | +0.10 | +0.13 | +0.16 |
| 1S<            | -0.16 | -0.13 | -0.10 | -0.06 | -0.03 | <b>0.32</b>  | +0.03 | +0.06 | +0.10 | +0.13 | +0.16 |
| 1Lo<           | -0.20 | -0.16 | -0.12 | -0.08 | -0.04 | <b>0.40</b>  | +0.04 | +0.08 | +0.12 | +0.16 | +0.20 |
| 1F < or e      | -0.20 | -0.16 | -0.12 | -0.08 | -0.04 | <b>0.40</b>  | +0.04 | +0.08 | +0.12 | +0.16 | +0.20 |
| 1Lz < or e     | -0.24 | -0.19 | -0.14 | -0.10 | -0.05 | <b>0.48</b>  | +0.05 | +0.10 | +0.14 | +0.19 | +0.24 |
| 1F < and e     | -0.15 | -0.12 | -0.09 | -0.06 | -0.03 | <b>0.30</b>  | +0.03 | +0.06 | +0.09 | +0.12 | +0.15 |
| 1Lz < and e    | -0.18 | -0.14 | -0.11 | -0.07 | -0.04 | <b>0.36</b>  | +0.04 | +0.07 | +0.11 | +0.14 | +0.18 |
|                |       |       |       |       |       |              |       |       |       |       |       |
| 1A             | -0.55 | -0.44 | -0.33 | -0.22 | -0.11 | <b>1.10</b>  | +0.11 | +0.22 | +0.33 | +0.44 | +0.55 |
| 2T             | -0.65 | -0.52 | -0.39 | -0.26 | -0.13 | <b>1.30</b>  | +0.13 | +0.26 | +0.39 | +0.52 | +0.65 |
| 2S             | -0.65 | -0.52 | -0.39 | -0.26 | -0.13 | <b>1.30</b>  | +0.13 | +0.26 | +0.39 | +0.52 | +0.65 |
| 2Lo            | -0.85 | -0.68 | -0.51 | -0.34 | -0.17 | <b>1.70</b>  | +0.17 | +0.34 | +0.51 | +0.68 | +0.85 |
| 2F             | -0.90 | -0.72 | -0.54 | -0.36 | -0.18 | <b>1.80</b>  | +0.18 | +0.36 | +0.54 | +0.72 | +0.90 |
| 2Lz            | -1.05 | -0.84 | -0.63 | -0.42 | -0.21 | <b>2.10</b>  | +0.21 | +0.42 | +0.63 | +0.84 | +1.05 |
|                |       |       |       |       |       |              |       |       |       |       |       |
| 1A<            | -0.44 | -0.35 | -0.26 | -0.18 | -0.09 | <b>0.88</b>  | +0.09 | +0.18 | +0.26 | +0.35 | +0.44 |
| 2T<            | -0.52 | -0.42 | -0.31 | -0.21 | -0.10 | <b>1.04</b>  | +0.10 | +0.21 | +0.31 | +0.42 | +0.52 |
| 2S<            | -0.52 | -0.42 | -0.31 | -0.21 | -0.10 | <b>1.04</b>  | +0.10 | +0.21 | +0.31 | +0.42 | +0.52 |
| 2Lo<           | -0.68 | -0.54 | -0.41 | -0.27 | -0.14 | <b>1.36</b>  | +0.14 | +0.27 | +0.41 | +0.54 | +0.68 |
| 2F < or e      | -0.72 | -0.58 | -0.43 | -0.29 | -0.14 | <b>1.44</b>  | +0.14 | +0.29 | +0.43 | +0.58 | +0.72 |
| 2Lz < or e     | -0.84 | -0.67 | -0.50 | -0.34 | -0.17 | <b>1.68</b>  | +0.17 | +0.34 | +0.50 | +0.67 | +0.84 |
| 2F < and e     | -0.54 | -0.43 | -0.32 | -0.22 | -0.11 | <b>1.08</b>  | +0.11 | +0.22 | +0.32 | +0.43 | +0.54 |
| 2Lz < and e    | -0.63 | -0.50 | -0.38 | -0.25 | -0.13 | <b>1.26</b>  | +0.13 | +0.25 | +0.38 | +0.50 | +0.63 |
|                |       |       |       |       |       |              |       |       |       |       |       |
| 2A             | -1.65 | -1.32 | -0.99 | -0.66 | -0.33 | <b>3.30</b>  | +0.33 | +0.66 | +0.99 | +1.32 | +1.65 |
| 3T             | -2.10 | -1.68 | -1.26 | -0.84 | -0.42 | <b>4.20</b>  | +0.42 | +0.84 | +1.26 | +1.68 | +2.10 |
| 3S             | -2.15 | -1.72 | -1.29 | -0.86 | -0.43 | <b>4.30</b>  | +0.43 | +0.86 | +1.29 | +1.72 | +2.15 |
| 3Lo            | -2.45 | -1.96 | -1.47 | -0.98 | -0.49 | <b>4.90</b>  | +0.49 | +0.98 | +1.47 | +1.96 | +2.45 |
| 3F             | -2.65 | -2.12 | -1.59 | -1.06 | -0.53 | <b>5.30</b>  | +0.53 | +1.06 | +1.59 | +2.12 | +2.65 |
| 3Lz            | -2.95 | -2.36 | -1.77 | -1.18 | -0.59 | <b>5.90</b>  | +0.59 | +1.18 | +1.77 | +2.36 | +2.95 |
|                |       |       |       |       |       |              |       |       |       |       |       |
| 2A<            | -1.32 | -1.06 | -0.79 | -0.53 | -0.26 | <b>2.64</b>  | +0.26 | +0.53 | +0.79 | +1.06 | +1.32 |
| 3T<            | -1.68 | -1.34 | -1.01 | -0.67 | -0.34 | <b>3.36</b>  | +0.34 | +0.67 | +1.01 | +1.34 | +1.68 |
| 3S<            | -1.72 | -1.38 | -1.03 | -0.67 | -0.34 | <b>3.44</b>  | +0.34 | +0.67 | +1.03 | +1.38 | +1.72 |
| 3Lo<           | -1.96 | -1.57 | -1.18 | -0.78 | -0.39 | <b>3.92</b>  | +0.39 | +0.78 | +1.18 | +1.57 | +1.96 |
| 3F < or e      | -2.12 | -1.70 | -1.27 | -0.85 | -0.42 | <b>4.24</b>  | +0.42 | +0.85 | +1.27 | +1.70 | +2.12 |
| 3Lz < or e     | -2.36 | -1.89 | -1.42 | -0.94 | -0.47 | <b>4.72</b>  | +0.47 | +0.94 | +1.42 | +1.89 | +2.36 |
| 3F < and e     | -1.59 | -1.27 | -0.95 | -0.64 | -0.32 | <b>3.18</b>  | +0.32 | +0.64 | +0.95 | +1.27 | +1.59 |
| 3Lz < and e    | -1.77 | -1.42 | -1.06 | -0.71 | -0.35 | <b>3.54</b>  | +0.35 | +0.71 | +1.06 | +1.42 | +1.77 |
|                |       |       |       |       |       |              |       |       |       |       |       |
| 3A             | -4.00 | -3.20 | -2.40 | -1.60 | -0.80 | <b>8.00</b>  | +0.80 | +1.60 | +2.40 | +3.20 | +4.00 |
| 4T             | -4.75 | -3.80 | -2.85 | -1.90 | -0.95 | <b>9.50</b>  | +0.95 | +1.90 | +2.85 | +3.80 | +4.75 |
| 4S             | -4.85 | -3.88 | -2.91 | -1.94 | -0.97 | <b>9.70</b>  | +0.97 | +1.94 | +2.91 | +3.88 | +4.85 |
| 4Lo            | -5.25 | -4.20 | -3.15 | -2.10 | -1.05 | <b>10.50</b> | +1.05 | +2.10 | +3.15 | +4.20 | +5.25 |
| 4F             | -5.50 | -4.40 | -3.30 | -2.20 | -1.10 | <b>11.00</b> | +1.10 | +2.20 | +3.30 | +4.40 | +5.50 |
| 4Lz            | -5.75 | -4.60 | -3.45 | -2.30 | -1.15 | <b>11.50</b> | +1.15 | +2.30 | +3.45 | +4.60 | +5.75 |
| 4A             | -6.25 | -5.00 | -3.75 | -2.50 | -1.25 | <b>12.50</b> | +1.25 | +2.50 | +3.75 | +5.00 | +6.25 |

|             | -5    | -4    | -3    | -2    | -1    | 基礎分          | +1    | +2    | +3    | +4    | +5    |
|-------------|-------|-------|-------|-------|-------|--------------|-------|-------|-------|-------|-------|
|             | -50%  | -40%  | -30%  | -20%  | -10%  |              | +10%  | +20%  | +30%  | +40%  | +50%  |
| 3A<         | -3.20 | -2.56 | -1.92 | -1.28 | -0.64 | <b>6.40</b>  | +0.64 | +1.28 | +1.92 | +2.56 | +3.20 |
| 4T<         | -3.80 | -3.04 | -2.28 | -1.52 | -0.76 | <b>7.60</b>  | +0.76 | +1.52 | +2.28 | +3.04 | +3.80 |
| 4S<         | -3.88 | -3.10 | -2.33 | -1.55 | -0.78 | <b>7.76</b>  | +0.78 | +1.55 | +2.33 | +3.10 | +3.88 |
| 4Lo<        | -4.20 | -3.36 | -2.52 | -1.68 | -0.84 | <b>8.40</b>  | +0.84 | +1.68 | +2.52 | +3.36 | +4.20 |
| 4F < or e   | -4.40 | -3.52 | -2.64 | -1.76 | -0.88 | <b>8.80</b>  | +0.88 | +1.76 | +2.64 | +3.52 | +4.40 |
| 4Lz < or e  | -4.60 | -3.68 | -2.76 | -1.84 | -0.92 | <b>9.20</b>  | +0.92 | +1.84 | +2.76 | +3.68 | +4.60 |
| 4F < and e  | -3.30 | -2.64 | -1.98 | -1.32 | -0.66 | <b>6.60</b>  | +0.66 | +1.32 | +1.98 | +2.64 | +3.30 |
| 4Lz < and e | -3.45 | -2.76 | -2.07 | -1.38 | -0.69 | <b>6.90</b>  | +0.69 | +1.38 | +2.07 | +2.76 | +3.45 |
| 4A<         | -5.00 | -4.00 | -3.00 | -2.00 | -1.00 | <b>10.00</b> | +1.00 | +2.00 | +3.00 | +4.00 | +5.00 |

### 旋轉（雙人滑單人轉）

#### 一個姿勢旋轉、不換足（直立、躬身、燕式或蹲轉）

|      |       |       |       |       |       |             |       |       |       |       |       |
|------|-------|-------|-------|-------|-------|-------------|-------|-------|-------|-------|-------|
| USpB | -0.50 | -0.40 | -0.30 | -0.20 | -0.10 | <b>1.00</b> | +0.10 | +0.20 | +0.30 | +0.40 | +0.50 |
| USp1 | -0.60 | -0.48 | -0.36 | -0.24 | -0.12 | <b>1.20</b> | +0.12 | +0.24 | +0.36 | +0.48 | +0.60 |
| USp2 | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | <b>1.50</b> | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| USp3 | -0.95 | -0.76 | -0.57 | -0.38 | -0.19 | <b>1.90</b> | +0.19 | +0.38 | +0.57 | +0.76 | +0.95 |
| USp4 | -1.20 | -0.96 | -0.72 | -0.48 | -0.24 | <b>2.40</b> | +0.24 | +0.48 | +0.72 | +0.96 | +1.20 |
|      |       |       |       |       |       |             |       |       |       |       |       |
| LSpB | -0.60 | -0.48 | -0.36 | -0.24 | -0.12 | <b>1.20</b> | +0.12 | +0.24 | +0.36 | +0.48 | +0.60 |
| LSp1 | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | <b>1.50</b> | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| LSp2 | -0.95 | -0.76 | -0.57 | -0.38 | -0.19 | <b>1.90</b> | +0.19 | +0.38 | +0.57 | +0.76 | +0.95 |
| LSp3 | -1.20 | -0.96 | -0.72 | -0.48 | -0.24 | <b>2.40</b> | +0.24 | +0.48 | +0.72 | +0.96 | +1.20 |
| LSp4 | -1.35 | -1.08 | -0.81 | -0.54 | -0.27 | <b>2.70</b> | +0.27 | +0.54 | +0.81 | +1.08 | +1.35 |
|      |       |       |       |       |       |             |       |       |       |       |       |
| CSpB | -0.55 | -0.44 | -0.33 | -0.22 | -0.11 | <b>1.10</b> | +0.11 | +0.22 | +0.33 | +0.44 | +0.55 |
| CSp1 | -0.70 | -0.56 | -0.42 | -0.28 | -0.14 | <b>1.40</b> | +0.14 | +0.28 | +0.42 | +0.56 | +0.70 |
| CSp2 | -0.90 | -0.72 | -0.54 | -0.36 | -0.18 | <b>1.80</b> | +0.18 | +0.36 | +0.54 | +0.72 | +0.90 |
| CSp3 | -1.15 | -0.92 | -0.69 | -0.46 | -0.23 | <b>2.30</b> | +0.23 | +0.46 | +0.69 | +0.92 | +1.15 |
| CSp4 | -1.30 | -1.04 | -0.78 | -0.52 | -0.26 | <b>2.60</b> | +0.26 | +0.52 | +0.78 | +1.04 | +1.30 |
|      |       |       |       |       |       |             |       |       |       |       |       |
| SSpB | -0.55 | -0.44 | -0.33 | -0.22 | -0.11 | <b>1.10</b> | +0.11 | +0.22 | +0.33 | +0.44 | +0.55 |
| SSp1 | -0.65 | -0.52 | -0.39 | -0.26 | -0.13 | <b>1.30</b> | +0.13 | +0.26 | +0.39 | +0.52 | +0.65 |
| SSp2 | -0.80 | -0.64 | -0.48 | -0.32 | -0.16 | <b>1.60</b> | +0.16 | +0.32 | +0.48 | +0.64 | +0.80 |
| SSp3 | -1.05 | -0.84 | -0.63 | -0.42 | -0.21 | <b>2.10</b> | +0.21 | +0.42 | +0.63 | +0.84 | +1.05 |
| SSp4 | -1.25 | -1.00 | -0.75 | -0.50 | -0.25 | <b>2.50</b> | +0.25 | +0.50 | +0.75 | +1.00 | +1.25 |

#### 跳接轉（任何姿勢-直立、躬身、燕式或蹲踞）

|        |       |       |       |       |       |             |       |       |       |       |       |
|--------|-------|-------|-------|-------|-------|-------------|-------|-------|-------|-------|-------|
| FUSpB  | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | <b>1.50</b> | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| FUSp1  | -0.85 | -0.68 | -0.51 | -0.34 | -0.17 | <b>1.70</b> | +0.17 | +0.34 | +0.51 | +0.68 | +0.85 |
| FUSp2  | -1.00 | -0.80 | -0.60 | -0.40 | -0.20 | <b>2.00</b> | +0.20 | +0.40 | +0.60 | +0.80 | +1.00 |
| FUSp3  | -1.20 | -0.96 | -0.72 | -0.48 | -0.24 | <b>2.40</b> | +0.24 | +0.48 | +0.72 | +0.96 | +1.20 |
| FUSp4  | -1.45 | -1.16 | -0.87 | -0.58 | -0.29 | <b>2.90</b> | +0.29 | +0.58 | +0.87 | +1.16 | +1.45 |
|        |       |       |       |       |       |             |       |       |       |       |       |
| FUSpBV | -0.57 | -0.45 | -0.34 | -0.23 | -0.11 | <b>1.13</b> | +0.11 | +0.23 | +0.34 | +0.45 | +0.57 |
| FUSp1V | -0.64 | -0.51 | -0.38 | -0.26 | -0.13 | <b>1.28</b> | +0.13 | +0.26 | +0.38 | +0.51 | +0.64 |
| FUSp2V | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | <b>1.50</b> | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| FUSp3V | -0.90 | -0.72 | -0.54 | -0.36 | -0.18 | <b>1.80</b> | +0.18 | +0.36 | +0.54 | +0.72 | +0.90 |
| FUSp4V | -1.09 | -0.87 | -0.65 | -0.44 | -0.22 | <b>2.18</b> | +0.22 | +0.44 | +0.65 | +0.87 | +1.09 |
|        |       |       |       |       |       |             |       |       |       |       |       |
| FLSpB  | -0.85 | -0.68 | -0.51 | -0.34 | -0.17 | <b>1.70</b> | +0.17 | +0.34 | +0.51 | +0.68 | +0.85 |
| FLSp1  | -1.00 | -0.80 | -0.60 | -0.40 | -0.20 | <b>2.00</b> | +0.20 | +0.40 | +0.60 | +0.80 | +1.00 |
| FLSp2  | -1.20 | -0.96 | -0.72 | -0.48 | -0.24 | <b>2.40</b> | +0.24 | +0.48 | +0.72 | +0.96 | +1.20 |
| FLSp3  | -1.45 | -1.16 | -0.87 | -0.58 | -0.29 | <b>2.90</b> | +0.29 | +0.58 | +0.87 | +1.16 | +1.45 |
| FLSp4  | -1.60 | -1.28 | -0.96 | -0.64 | -0.32 | <b>3.20</b> | +0.32 | +0.64 | +0.96 | +1.28 | +1.60 |
|        |       |       |       |       |       |             |       |       |       |       |       |
| FLSpBV | -0.64 | -0.51 | -0.38 | -0.26 | -0.13 | <b>1.28</b> | +0.13 | +0.26 | +0.38 | +0.51 | +0.64 |
| FLSp1V | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | <b>1.50</b> | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| FLSp2V | -0.90 | -0.72 | -0.54 | -0.36 | -0.18 | <b>1.80</b> | +0.18 | +0.36 | +0.54 | +0.72 | +0.90 |
| FLSp3V | -1.09 | -0.87 | -0.65 | -0.44 | -0.22 | <b>2.18</b> | +0.22 | +0.44 | +0.65 | +0.87 | +1.09 |
| FLSp4V | -1.20 | -0.96 | -0.72 | -0.48 | -0.24 | <b>2.40</b> | +0.24 | +0.48 | +0.72 | +0.96 | +1.20 |

|             | -5    | -4    | -3    | -2    | -1    | 基礎分  | +1    | +2    | +3    | +4    | +5    |
|-------------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
|             | -50%  | -40%  | -30%  | -20%  | -10%  |      | +10%  | +20%  | +30%  | +40%  | +50%  |
| FCSpB       | -0.80 | -0.64 | -0.48 | -0.32 | -0.16 | 1.60 | +0.16 | +0.32 | +0.48 | +0.64 | +0.80 |
| FCSp1       | -0.95 | -0.76 | -0.57 | -0.38 | -0.19 | 1.90 | +0.19 | +0.38 | +0.57 | +0.76 | +0.95 |
| FCSp2       | -1.15 | -0.92 | -0.69 | -0.46 | -0.23 | 2.30 | +0.23 | +0.46 | +0.69 | +0.92 | +1.15 |
| FCSp3       | -1.40 | -1.12 | -0.84 | -0.56 | -0.28 | 2.80 | +0.28 | +0.56 | +0.84 | +1.12 | +1.40 |
| FCSp4       | -1.60 | -1.28 | -0.96 | -0.64 | -0.32 | 3.20 | +0.32 | +0.64 | +0.96 | +1.28 | +1.60 |
| FCSpBV      | -0.60 | -0.48 | -0.36 | -0.24 | -0.12 | 1.20 | +0.12 | +0.24 | +0.36 | +0.48 | +0.60 |
| FCSp1V      | -0.72 | -0.57 | -0.43 | -0.29 | -0.14 | 1.43 | +0.14 | +0.29 | +0.43 | +0.57 | +0.72 |
| FCSp2V      | -0.87 | -0.69 | -0.52 | -0.35 | -0.17 | 1.73 | +0.17 | +0.35 | +0.52 | +0.69 | +0.87 |
| FCSp3V      | -1.05 | -0.84 | -0.63 | -0.42 | -0.21 | 2.10 | +0.21 | +0.42 | +0.63 | +0.84 | +1.05 |
| FCSp4V      | -1.20 | -0.96 | -0.72 | -0.48 | -0.24 | 2.40 | +0.24 | +0.48 | +0.72 | +0.96 | +1.20 |
| FSSpB       | -0.85 | -0.68 | -0.51 | -0.34 | -0.17 | 1.70 | +0.17 | +0.34 | +0.51 | +0.68 | +0.85 |
| FSSp1       | -1.00 | -0.80 | -0.60 | -0.40 | -0.20 | 2.00 | +0.20 | +0.40 | +0.60 | +0.80 | +1.00 |
| FSSp2       | -1.15 | -0.92 | -0.69 | -0.46 | -0.23 | 2.30 | +0.23 | +0.46 | +0.69 | +0.92 | +1.15 |
| FSSp3       | -1.30 | -1.04 | -0.78 | -0.52 | -0.26 | 2.60 | +0.26 | +0.52 | +0.78 | +1.04 | +1.30 |
| FSSp4       | -1.50 | -1.20 | -0.90 | -0.60 | -0.30 | 3.00 | +0.30 | +0.60 | +0.90 | +1.20 | +1.50 |
| FSSpBV      | -0.64 | -0.51 | -0.38 | -0.26 | -0.13 | 1.28 | +0.13 | +0.26 | +0.38 | +0.51 | +0.64 |
| FSSp1V      | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | 1.50 | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| FSSp2V      | -0.87 | -0.69 | -0.52 | -0.35 | -0.17 | 1.73 | +0.17 | +0.35 | +0.52 | +0.69 | +0.87 |
| FSSp3V      | -0.98 | -0.78 | -0.59 | -0.39 | -0.20 | 1.95 | +0.20 | +0.39 | +0.59 | +0.78 | +0.98 |
| FSSp4V      | -1.13 | -0.90 | -0.68 | -0.45 | -0.23 | 2.25 | +0.23 | +0.45 | +0.68 | +0.90 | +1.13 |
| <b>換足旋轉</b> |       |       |       |       |       |      |       |       |       |       |       |
| (F)CUSpB    | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | 1.50 | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| (F)CUSp1    | -0.85 | -0.68 | -0.51 | -0.34 | -0.17 | 1.70 | +0.17 | +0.34 | +0.51 | +0.68 | +0.85 |
| (F)CUSp2    | -1.00 | -0.80 | -0.60 | -0.40 | -0.20 | 2.00 | +0.20 | +0.40 | +0.60 | +0.80 | +1.00 |
| (F)CUSp3    | -1.20 | -0.96 | -0.72 | -0.48 | -0.24 | 2.40 | +0.24 | +0.48 | +0.72 | +0.96 | +1.20 |
| (F)CUSp4    | -1.45 | -1.16 | -0.87 | -0.58 | -0.29 | 2.90 | +0.29 | +0.58 | +0.87 | +1.16 | +1.45 |
| (F)CUSpBV   | -0.57 | -0.45 | -0.34 | -0.23 | -0.11 | 1.13 | +0.11 | +0.23 | +0.34 | +0.45 | +0.57 |
| (F)CUSp1V   | -0.64 | -0.51 | -0.38 | -0.26 | -0.13 | 1.28 | +0.13 | +0.26 | +0.38 | +0.51 | +0.64 |
| (F)CUSp2V   | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | 1.50 | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| (F)CUSp3V   | -0.90 | -0.72 | -0.54 | -0.36 | -0.18 | 1.80 | +0.18 | +0.36 | +0.54 | +0.72 | +0.90 |
| (F)CUSp4V   | -1.09 | -0.87 | -0.65 | -0.44 | -0.22 | 2.18 | +0.22 | +0.44 | +0.65 | +0.87 | +1.09 |
| (F)CLSpB    | -0.85 | -0.68 | -0.51 | -0.34 | -0.17 | 1.70 | +0.17 | +0.34 | +0.51 | +0.68 | +0.85 |
| (F)CLSp1    | -1.00 | -0.80 | -0.60 | -0.40 | -0.20 | 2.00 | +0.20 | +0.40 | +0.60 | +0.80 | +1.00 |
| (F)CLSp2    | -1.20 | -0.96 | -0.72 | -0.48 | -0.24 | 2.40 | +0.24 | +0.48 | +0.72 | +0.96 | +1.20 |
| (F)CLSp3    | -1.45 | -1.16 | -0.87 | -0.58 | -0.29 | 2.90 | +0.29 | +0.58 | +0.87 | +1.16 | +1.45 |
| (F)CLSp4    | -1.60 | -1.28 | -0.96 | -0.64 | -0.32 | 3.20 | +0.32 | +0.64 | +0.96 | +1.28 | +1.60 |
| (F)CLSpBV   | -0.64 | -0.51 | -0.38 | -0.26 | -0.13 | 1.28 | +0.13 | +0.26 | +0.38 | +0.51 | +0.64 |
| (F)CLSp1V   | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | 1.50 | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| (F)CLSp2V   | -0.90 | -0.72 | -0.54 | -0.36 | -0.18 | 1.80 | +0.18 | +0.36 | +0.54 | +0.72 | +0.90 |
| (F)CLSp3V   | -1.09 | -0.87 | -0.65 | -0.44 | -0.22 | 2.18 | +0.22 | +0.44 | +0.65 | +0.87 | +1.09 |
| (F)CLSp4V   | -1.20 | -0.96 | -0.72 | -0.48 | -0.24 | 2.40 | +0.24 | +0.48 | +0.72 | +0.96 | +1.20 |
| (F)CCSpB    | -0.85 | -0.68 | -0.51 | -0.34 | -0.17 | 1.70 | +0.17 | +0.34 | +0.51 | +0.68 | +0.85 |
| (F)CCSp1    | -1.00 | -0.80 | -0.60 | -0.40 | -0.20 | 2.00 | +0.20 | +0.40 | +0.60 | +0.80 | +1.00 |
| (F)CCSp2    | -1.15 | -0.92 | -0.69 | -0.46 | -0.23 | 2.30 | +0.23 | +0.46 | +0.69 | +0.92 | +1.15 |
| (F)CCSp3    | -1.40 | -1.12 | -0.84 | -0.56 | -0.28 | 2.80 | +0.28 | +0.56 | +0.84 | +1.12 | +1.40 |
| (F)CCSp4    | -1.60 | -1.28 | -0.96 | -0.64 | -0.32 | 3.20 | +0.32 | +0.64 | +0.96 | +1.28 | +1.60 |
| (F)CCSpBV   | -0.64 | -0.51 | -0.38 | -0.26 | -0.13 | 1.28 | +0.13 | +0.26 | +0.38 | +0.51 | +0.64 |
| (F)CCSp1V   | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | 1.50 | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| (F)CCSp2V   | -0.87 | -0.69 | -0.52 | -0.35 | -0.17 | 1.73 | +0.17 | +0.35 | +0.52 | +0.69 | +0.87 |
| (F)CCSp3V   | -1.05 | -0.84 | -0.63 | -0.42 | -0.21 | 2.10 | +0.21 | +0.42 | +0.63 | +0.84 | +1.05 |
| (F)CCSp4V   | -1.20 | -0.96 | -0.72 | -0.48 | -0.24 | 2.40 | +0.24 | +0.48 | +0.72 | +0.96 | +1.20 |

|                    | -5    | -4    | -3    | -2    | -1    | 基礎分         | +1    | +2    | +3    | +4    | +5    |
|--------------------|-------|-------|-------|-------|-------|-------------|-------|-------|-------|-------|-------|
|                    | -50%  | -40%  | -30%  | -20%  | -10%  |             | +10%  | +20%  | +30%  | +40%  | +50%  |
| (F) CSSpB          | -0.80 | -0.64 | -0.48 | -0.32 | -0.16 | <b>1.60</b> | +0.16 | +0.32 | +0.48 | +0.64 | +0.80 |
| (F) CSSp1          | -0.95 | -0.76 | -0.57 | -0.38 | -0.19 | <b>1.90</b> | +0.19 | +0.38 | +0.57 | +0.76 | +0.95 |
| (F) CSSp2          | -1.15 | -0.92 | -0.69 | -0.46 | -0.23 | <b>2.30</b> | +0.23 | +0.46 | +0.69 | +0.92 | +1.15 |
| (F) CSSp3          | -1.30 | -1.04 | -0.78 | -0.52 | -0.26 | <b>2.60</b> | +0.26 | +0.52 | +0.78 | +1.04 | +1.30 |
| (F) CSSp4          | -1.50 | -1.20 | -0.90 | -0.60 | -0.30 | <b>3.00</b> | +0.30 | +0.60 | +0.90 | +1.20 | +1.50 |
| <b>換姿勢不換足的聯合旋轉</b> |       |       |       |       |       |             |       |       |       |       |       |
| (F) CoSpB          | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | <b>1.50</b> | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| (F) CoSp1          | -0.85 | -0.68 | -0.51 | -0.34 | -0.17 | <b>1.70</b> | +0.17 | +0.34 | +0.51 | +0.68 | +0.85 |
| (F) CoSp2          | -1.00 | -0.80 | -0.60 | -0.40 | -0.20 | <b>2.00</b> | +0.20 | +0.40 | +0.60 | +0.80 | +1.00 |
| (F) CoSp3          | -1.25 | -1.00 | -0.75 | -0.50 | -0.25 | <b>2.50</b> | +0.25 | +0.50 | +0.75 | +1.00 | +1.25 |
| (F) CoSp4          | -1.50 | -1.20 | -0.90 | -0.60 | -0.30 | <b>3.00</b> | +0.30 | +0.60 | +0.90 | +1.20 | +1.50 |
| <b>換姿勢換足的聯合旋轉</b>  |       |       |       |       |       |             |       |       |       |       |       |
| (F) CoSpBV         | -0.57 | -0.45 | -0.34 | -0.23 | -0.11 | <b>1.13</b> | +0.11 | +0.23 | +0.34 | +0.45 | +0.57 |
| (F) CoSp1V         | -0.64 | -0.51 | -0.38 | -0.26 | -0.13 | <b>1.28</b> | +0.13 | +0.26 | +0.38 | +0.51 | +0.64 |
| (F) CoSp2V         | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | <b>1.50</b> | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| (F) CoSp3V         | -0.94 | -0.75 | -0.56 | -0.38 | -0.19 | <b>1.88</b> | +0.19 | +0.38 | +0.56 | +0.75 | +0.94 |
| (F) CoSp4V         | -1.13 | -0.90 | -0.68 | -0.45 | -0.23 | <b>2.25</b> | +0.23 | +0.45 | +0.68 | +0.90 | +1.13 |
| <b>接續步</b>         |       |       |       |       |       |             |       |       |       |       |       |
| StSqB              | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | <b>1.50</b> | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| StSq1              | -0.90 | -0.72 | -0.54 | -0.36 | -0.18 | <b>1.80</b> | +0.18 | +0.36 | +0.54 | +0.72 | +0.90 |
| StSq2              | -1.30 | -1.04 | -0.78 | -0.52 | -0.26 | <b>2.60</b> | +0.26 | +0.52 | +0.78 | +1.04 | +1.30 |
| StSq3              | -1.65 | -1.32 | -0.99 | -0.66 | -0.33 | <b>3.30</b> | +0.33 | +0.66 | +0.99 | +1.32 | +1.65 |
| StSq4              | -1.95 | -1.56 | -1.17 | -0.78 | -0.39 | <b>3.90</b> | +0.39 | +0.78 | +1.17 | +1.56 | +1.95 |
| <b>托舉</b>          |       |       |       |       |       |             |       |       |       |       |       |
| 1LiB               | -0.70 | -0.56 | -0.42 | -0.28 | -0.14 | <b>1.40</b> | +0.14 | +0.28 | +0.42 | +0.56 | +0.70 |
| 1Li1               | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | <b>1.50</b> | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| 1Li2               | -0.85 | -0.68 | -0.51 | -0.34 | -0.17 | <b>1.70</b> | +0.17 | +0.34 | +0.51 | +0.68 | +0.85 |
| 1Li3               | -0.95 | -0.76 | -0.57 | -0.38 | -0.19 | <b>1.90</b> | +0.19 | +0.38 | +0.57 | +0.76 | +0.95 |
| 1Li4               | -1.05 | -0.84 | -0.63 | -0.42 | -0.21 | <b>2.10</b> | +0.21 | +0.42 | +0.63 | +0.84 | +1.05 |
| <b>2Li</b>         |       |       |       |       |       |             |       |       |       |       |       |
| 2LiB               | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | <b>1.50</b> | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| 2Li1               | -0.95 | -0.76 | -0.57 | -0.38 | -0.19 | <b>1.90</b> | +0.19 | +0.38 | +0.57 | +0.76 | +0.95 |
| 2Li2               | -1.15 | -0.92 | -0.69 | -0.46 | -0.23 | <b>2.30</b> | +0.23 | +0.46 | +0.69 | +0.92 | +1.15 |
| 2Li3               | -1.35 | -1.08 | -0.81 | -0.54 | -0.27 | <b>2.70</b> | +0.27 | +0.54 | +0.81 | +1.08 | +1.35 |
| 2Li4               | -1.55 | -1.24 | -0.93 | -0.62 | -0.31 | <b>3.10</b> | +0.31 | +0.62 | +0.93 | +1.24 | +1.55 |
| <b>3Li/4Li</b>     |       |       |       |       |       |             |       |       |       |       |       |
| 3LiB/4LiB          | -1.75 | -1.40 | -1.05 | -0.70 | -0.35 | <b>3.50</b> | +0.35 | +0.70 | +1.05 | +1.40 | +1.75 |
| 3Li1/4Li1          | -1.95 | -1.56 | -1.17 | -0.78 | -0.39 | <b>3.90</b> | +0.39 | +0.78 | +1.17 | +1.56 | +1.95 |
| 3Li2/4Li2          | -2.15 | -1.72 | -1.29 | -0.86 | -0.43 | <b>4.30</b> | +0.43 | +0.86 | +1.29 | +1.72 | +2.15 |
| 3Li3/4Li3          | -2.35 | -1.88 | -1.41 | -0.94 | -0.47 | <b>4.70</b> | +0.47 | +0.94 | +1.41 | +1.88 | +2.35 |
| 3Li4/4Li4          | -2.55 | -2.04 | -1.53 | -1.02 | -0.51 | <b>5.10</b> | +0.51 | +1.02 | +1.53 | +2.04 | +2.55 |

|             | -5    | -4    | -3    | -2    | -1    | 基礎分         | +1    | +2    | +3    | +4    | +5    |
|-------------|-------|-------|-------|-------|-------|-------------|-------|-------|-------|-------|-------|
|             | -50%  | -40%  | -30%  | -20%  | -10%  |             | +10%  | +20%  | +30%  | +40%  | +50%  |
| 5T/5SLiB    | -2.30 | -1.84 | -1.38 | -0.92 | -0.46 | <b>4.60</b> | +0.46 | +0.92 | +1.38 | +1.84 | +2.30 |
| 5T/5SLi1    | -2.50 | -2.00 | -1.50 | -1.00 | -0.50 | <b>5.00</b> | +0.50 | +1.00 | +1.50 | +2.00 | +2.50 |
| 5T/5SLi2    | -2.70 | -2.16 | -1.62 | -1.08 | -0.54 | <b>5.40</b> | +0.54 | +1.08 | +1.62 | +2.16 | +2.70 |
| 5T/5SLi3    | -2.90 | -2.32 | -1.74 | -1.16 | -0.58 | <b>5.80</b> | +0.58 | +1.16 | +1.74 | +2.32 | +2.90 |
| 5T/5SLi4    | -3.10 | -2.48 | -1.86 | -1.24 | -0.62 | <b>6.20</b> | +0.62 | +1.24 | +1.86 | +2.48 | +3.10 |
| 5BLiB       | -2.50 | -2.00 | -1.50 | -1.00 | -0.50 | <b>5.00</b> | +0.50 | +1.00 | +1.50 | +2.00 | +2.50 |
| 5BLi1       | -2.70 | -2.16 | -1.62 | -1.08 | -0.54 | <b>5.40</b> | +0.54 | +1.08 | +1.62 | +2.16 | +2.70 |
| 5BLi2       | -2.90 | -2.32 | -1.74 | -1.16 | -0.58 | <b>5.80</b> | +0.58 | +1.16 | +1.74 | +2.32 | +2.90 |
| 5BLi3       | -3.10 | -2.48 | -1.86 | -1.24 | -0.62 | <b>6.20</b> | +0.62 | +1.24 | +1.86 | +2.48 | +3.10 |
| 5BLi4       | -3.25 | -2.60 | -1.95 | -1.30 | -0.65 | <b>6.50</b> | +0.65 | +1.30 | +1.95 | +2.60 | +3.25 |
| 5A/5RLiB    | -2.70 | -2.16 | -1.62 | -1.08 | -0.54 | <b>5.40</b> | +0.54 | +1.08 | +1.62 | +2.16 | +2.70 |
| 5A/5RLi1    | -2.90 | -2.32 | -1.74 | -1.16 | -0.58 | <b>5.80</b> | +0.58 | +1.16 | +1.74 | +2.32 | +2.90 |
| 5A/5RLi2    | -3.10 | -2.48 | -1.86 | -1.24 | -0.62 | <b>6.20</b> | +0.62 | +1.24 | +1.86 | +2.48 | +3.10 |
| 5A/5RLi3    | -3.30 | -2.64 | -1.98 | -1.32 | -0.66 | <b>6.60</b> | +0.66 | +1.32 | +1.98 | +2.64 | +3.30 |
| 5A/5RLi4    | -3.50 | -2.80 | -2.10 | -1.40 | -0.70 | <b>7.00</b> | +0.70 | +1.40 | +2.10 | +2.80 | +3.50 |
| <b>撚轉托舉</b> |       |       |       |       |       |             |       |       |       |       |       |
| 1TwB        | -0.45 | -0.36 | -0.27 | -0.18 | -0.09 | <b>0.90</b> | +0.09 | +0.18 | +0.27 | +0.36 | +0.45 |
| 1Tw1        | -0.55 | -0.44 | -0.33 | -0.22 | -0.11 | <b>1.10</b> | +0.11 | +0.22 | +0.33 | +0.44 | +0.55 |
| 1Tw2        | -0.65 | -0.52 | -0.39 | -0.26 | -0.13 | <b>1.30</b> | +0.13 | +0.26 | +0.39 | +0.52 | +0.65 |
| 1Tw3        | -0.75 | -0.60 | -0.45 | -0.30 | -0.15 | <b>1.50</b> | +0.15 | +0.30 | +0.45 | +0.60 | +0.75 |
| 1Tw4        | -0.85 | -0.68 | -0.51 | -0.34 | -0.17 | <b>1.70</b> | +0.17 | +0.34 | +0.51 | +0.68 | +0.85 |
| 2TwB        | -1.30 | -1.04 | -0.78 | -0.52 | -0.26 | <b>2.60</b> | +0.26 | +0.52 | +0.78 | +1.04 | +1.30 |
| 2Tw1        | -1.40 | -1.12 | -0.84 | -0.56 | -0.28 | <b>2.80</b> | +0.28 | +0.56 | +0.84 | +1.12 | +1.40 |
| 2Tw2        | -1.50 | -1.20 | -0.90 | -0.60 | -0.30 | <b>3.00</b> | +0.30 | +0.60 | +0.90 | +1.20 | +1.50 |
| 2Tw3        | -1.60 | -1.28 | -0.96 | -0.64 | -0.32 | <b>3.20</b> | +0.32 | +0.64 | +0.96 | +1.28 | +1.60 |
| 2Tw4        | -1.70 | -1.36 | -1.02 | -0.68 | -0.34 | <b>3.40</b> | +0.34 | +0.68 | +1.02 | +1.36 | +1.70 |
| 3TwB        | -2.40 | -1.92 | -1.44 | -0.96 | -0.48 | <b>4.80</b> | +0.48 | +0.96 | +1.44 | +1.92 | +2.40 |
| 3Tw1        | -2.55 | -2.04 | -1.53 | -1.02 | -0.51 | <b>5.10</b> | +0.51 | +1.02 | +1.53 | +2.04 | +2.55 |
| 3Tw2        | -2.70 | -2.16 | -1.62 | -1.08 | -0.54 | <b>5.40</b> | +0.54 | +1.08 | +1.62 | +2.16 | +2.70 |
| 3Tw3        | -2.85 | -2.28 | -1.71 | -1.14 | -0.57 | <b>5.70</b> | +0.57 | +1.14 | +1.71 | +2.28 | +2.85 |
| 3Tw4        | -3.00 | -2.40 | -1.80 | -1.20 | -0.60 | <b>6.00</b> | +0.60 | +1.20 | +1.80 | +2.40 | +3.00 |
| 4TwB        | -3.20 | -2.56 | -1.92 | -1.28 | -0.64 | <b>6.40</b> | +0.64 | +1.28 | +1.92 | +2.56 | +3.20 |
| 4Tw1        | -3.40 | -2.72 | -2.04 | -1.36 | -0.68 | <b>6.80</b> | +0.68 | +1.36 | +2.04 | +2.72 | +3.40 |
| 4Tw2        | -3.60 | -2.88 | -2.16 | -1.44 | -0.72 | <b>7.20</b> | +0.72 | +1.44 | +2.16 | +2.88 | +3.60 |
| 4Tw3        | -3.80 | -3.04 | -2.28 | -1.52 | -0.76 | <b>7.60</b> | +0.76 | +1.52 | +2.28 | +3.04 | +3.80 |
| 4Tw4        | -4.00 | -3.20 | -2.40 | -1.60 | -0.80 | <b>8.00</b> | +0.80 | +1.60 | +2.40 | +3.20 | +4.00 |
| <b>拋跳</b>   |       |       |       |       |       |             |       |       |       |       |       |
| 1TTh        | -0.55 | -0.44 | -0.33 | -0.22 | -0.11 | <b>1.10</b> | +0.11 | +0.22 | +0.33 | +0.44 | +0.55 |
| 1STh        | -0.55 | -0.44 | -0.33 | -0.22 | -0.11 | <b>1.10</b> | +0.11 | +0.22 | +0.33 | +0.44 | +0.55 |
| 1LoTh       | -0.70 | -0.56 | -0.42 | -0.28 | -0.14 | <b>1.40</b> | +0.14 | +0.28 | +0.42 | +0.56 | +0.70 |
| 1F/1LzTh    | -0.70 | -0.56 | -0.42 | -0.28 | -0.14 | <b>1.40</b> | +0.14 | +0.28 | +0.42 | +0.56 | +0.70 |
| 1TTh<       | -0.42 | -0.33 | -0.25 | -0.17 | -0.08 | <b>0.83</b> | +0.08 | +0.17 | +0.25 | +0.33 | +0.42 |
| 1STh<       | -0.42 | -0.33 | -0.25 | -0.17 | -0.08 | <b>0.83</b> | +0.08 | +0.17 | +0.25 | +0.33 | +0.42 |
| 1LoTh<      | -0.53 | -0.42 | -0.32 | -0.21 | -0.11 | <b>1.05</b> | +0.11 | +0.21 | +0.32 | +0.42 | +0.53 |
| 1F</1LzTh<  | -0.53 | -0.42 | -0.32 | -0.21 | -0.11 | <b>1.05</b> | +0.11 | +0.21 | +0.32 | +0.42 | +0.53 |
| 1ATh        | -1.10 | -0.88 | -0.66 | -0.44 | -0.22 | <b>2.20</b> | +0.22 | +0.44 | +0.66 | +0.88 | +1.10 |
| 2TTh        | -1.25 | -1.00 | -0.75 | -0.50 | -0.25 | <b>2.50</b> | +0.25 | +0.50 | +0.75 | +1.00 | +1.25 |
| 2STh        | -1.25 | -1.00 | -0.75 | -0.50 | -0.25 | <b>2.50</b> | +0.25 | +0.50 | +0.75 | +1.00 | +1.25 |
| 2LoTh       | -1.40 | -1.12 | -0.84 | -0.56 | -0.28 | <b>2.80</b> | +0.28 | +0.56 | +0.84 | +1.12 | +1.40 |
| 2F/2LzTh    | -1.50 | -1.20 | -0.90 | -0.60 | -0.30 | <b>3.00</b> | +0.30 | +0.60 | +0.90 | +1.20 | +1.50 |

|           | -5    | -4    | -3    | -2    | -1    | 基礎分  | +1    | +2    | +3    | +4    | +5    |
|-----------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
|           | -50%  | -40%  | -30%  | -20%  | -10%  |      | +10%  | +20%  | +30%  | +40%  | +50%  |
| 1ATh<     | -0.83 | -0.66 | -0.50 | -0.33 | -0.17 | 1.65 | +0.17 | +0.33 | +0.50 | +0.66 | +0.83 |
| 2TTh<     | -0.94 | -0.75 | -0.56 | -0.38 | -0.19 | 1.88 | +0.19 | +0.38 | +0.56 | +0.75 | +0.94 |
| 2STh<     | -0.94 | -0.75 | -0.56 | -0.38 | -0.19 | 1.88 | +0.19 | +0.38 | +0.56 | +0.75 | +0.94 |
| 2LoTh<    | -1.05 | -0.84 | -0.63 | -0.42 | -0.21 | 2.10 | +0.21 | +0.42 | +0.63 | +0.84 | +1.05 |
| 2F/2LzTh< | -1.13 | -0.90 | -0.68 | -0.45 | -0.23 | 2.25 | +0.23 | +0.45 | +0.68 | +0.90 | +1.13 |
|           |       |       |       |       |       |      |       |       |       |       |       |
| 2ATh      | -2.00 | -1.60 | -1.20 | -0.80 | -0.40 | 4.00 | +0.40 | +0.80 | +1.20 | +1.60 | +2.00 |
| 3TTh      | -2.20 | -1.76 | -1.32 | -0.88 | -0.44 | 4.40 | +0.44 | +0.88 | +1.32 | +1.76 | +2.20 |
| 3STh      | -2.20 | -1.76 | -1.32 | -0.88 | -0.44 | 4.40 | +0.44 | +0.88 | +1.32 | +1.76 | +2.20 |
| 3LoTh     | -2.50 | -2.00 | -1.50 | -1.00 | -0.50 | 5.00 | +0.50 | +1.00 | +1.50 | +2.00 | +2.50 |
| 3F/3LzTh  | -2.65 | -2.12 | -1.59 | -1.06 | -0.53 | 5.30 | +0.53 | +1.06 | +1.59 | +2.12 | +2.65 |
|           |       |       |       |       |       |      |       |       |       |       |       |
| 2ATh<     | -1.50 | -1.20 | -0.90 | -0.60 | -0.30 | 3.00 | +0.30 | +0.60 | +0.90 | +1.20 | +1.50 |
| 3TTh<     | -1.65 | -1.32 | -0.99 | -0.66 | -0.33 | 3.30 | +0.33 | +0.66 | +0.99 | +1.32 | +1.65 |
| 3STh<     | -1.65 | -1.32 | -0.99 | -0.66 | -0.33 | 3.30 | +0.33 | +0.66 | +0.99 | +1.32 | +1.65 |
| 3LoTh<    | -1.88 | -1.50 | -1.13 | -0.75 | -0.38 | 3.75 | +0.38 | +0.75 | +1.13 | +1.50 | +1.88 |
| 3F/3LzTh< | -1.99 | -1.59 | -1.19 | -0.80 | -0.40 | 3.98 | +0.40 | +0.80 | +1.19 | +1.59 | +1.99 |
|           |       |       |       |       |       |      |       |       |       |       |       |
| 3ATh      | -3.00 | -2.40 | -1.80 | -1.20 | -0.60 | 6.00 | +0.60 | +1.20 | +1.80 | +2.40 | +3.00 |
| 4TTh      | -3.25 | -2.60 | -1.95 | -1.30 | -0.65 | 6.50 | +0.65 | +1.30 | +1.95 | +2.60 | +3.25 |
| 4STh      | -3.25 | -2.60 | -1.95 | -1.30 | -0.65 | 6.50 | +0.65 | +1.30 | +1.95 | +2.60 | +3.25 |
| 4LoTh     | -3.50 | -2.80 | -2.10 | -1.40 | -0.70 | 7.00 | +0.70 | +1.40 | +2.10 | +2.80 | +3.50 |
| 4F/4LzTh  | -3.75 | -3.00 | -2.25 | -1.50 | -0.75 | 7.50 | +0.75 | +1.50 | +2.25 | +3.00 | +3.75 |
|           |       |       |       |       |       |      |       |       |       |       |       |
| 3ATh<     | -2.25 | -1.80 | -1.35 | -0.90 | -0.45 | 4.50 | +0.45 | +0.90 | +1.35 | +1.80 | +2.25 |
| 4TTh<     | -2.44 | -1.95 | -1.46 | -0.98 | -0.49 | 4.88 | +0.49 | +0.98 | +1.46 | +1.95 | +2.44 |
| 4STh<     | -2.44 | -1.95 | -1.46 | -0.98 | -0.49 | 4.88 | +0.49 | +0.98 | +1.46 | +1.95 | +2.44 |
| 4LoTh<    | -2.63 | -2.10 | -1.58 | -1.05 | -0.53 | 5.25 | +0.53 | +1.05 | +1.58 | +2.10 | +2.63 |
| 4F/4LzTh< | -2.82 | -2.25 | -1.69 | -1.13 | -0.56 | 5.63 | +0.56 | +1.13 | +1.69 | +2.25 | +2.82 |
| 螺旋線       |       |       |       |       |       |      |       |       |       |       |       |
| Fi/BiDsB  | -1.30 | -1.04 | -0.78 | -0.52 | -0.26 | 2.60 | +0.26 | +0.52 | +0.78 | +1.04 | +1.30 |
| Fi/BiDs1  | -1.45 | -1.16 | -0.87 | -0.58 | -0.29 | 2.90 | +0.29 | +0.58 | +0.87 | +1.16 | +1.45 |
| Fi/BiDs2  | -1.60 | -1.28 | -0.96 | -0.64 | -0.32 | 3.20 | +0.32 | +0.64 | +0.96 | +1.28 | +1.60 |
| Fi/BiDs3  | -1.75 | -1.40 | -1.05 | -0.70 | -0.35 | 3.50 | +0.35 | +0.70 | +1.05 | +1.40 | +1.75 |
| Fi/BiDs4  | -1.90 | -1.52 | -1.14 | -0.76 | -0.38 | 3.80 | +0.38 | +0.76 | +1.14 | +1.52 | +1.90 |
|           |       |       |       |       |       |      |       |       |       |       |       |
| Fo/BoDsB  | -1.55 | -1.24 | -0.93 | -0.62 | -0.31 | 3.10 | +0.31 | +0.62 | +0.93 | +1.24 | +1.55 |
| Fo/BoDs1  | -1.75 | -1.40 | -1.05 | -0.70 | -0.35 | 3.50 | +0.35 | +0.70 | +1.05 | +1.40 | +1.75 |
| Fo/BoDs2  | -1.95 | -1.56 | -1.17 | -0.78 | -0.39 | 3.90 | +0.39 | +0.78 | +1.17 | +1.56 | +1.95 |
| Fo/BoDs3  | -2.15 | -1.72 | -1.29 | -0.86 | -0.43 | 4.30 | +0.43 | +0.86 | +1.29 | +1.72 | +2.15 |
| Fo/BoDs4  | -2.35 | -1.88 | -1.41 | -0.94 | -0.47 | 4.70 | +0.47 | +0.94 | +1.41 | +1.88 | +2.35 |
| PiF       | -1.10 | -0.88 | -0.66 | -0.44 | -0.22 | 2.20 | +0.22 | +0.44 | +0.66 | +0.88 | +1.10 |
| 雙人旋轉      |       |       |       |       |       |      |       |       |       |       |       |
| PSpB      | -0.85 | -0.68 | -0.51 | -0.34 | -0.17 | 1.70 | +0.17 | +0.34 | +0.51 | +0.68 | +0.85 |
| PSp1      | -1.00 | -0.80 | -0.60 | -0.40 | -0.20 | 2.00 | +0.20 | +0.40 | +0.60 | +0.80 | +1.00 |
| PSp2      | -1.25 | -1.00 | -0.75 | -0.50 | -0.25 | 2.50 | +0.25 | +0.50 | +0.75 | +1.00 | +1.25 |
| PSp3      | -1.50 | -1.20 | -0.90 | -0.60 | -0.30 | 3.00 | +0.30 | +0.60 | +0.90 | +1.20 | +1.50 |
| PSp4      | -1.75 | -1.40 | -1.05 | -0.70 | -0.35 | 3.50 | +0.35 | +0.70 | +1.05 | +1.40 | +1.75 |
| 雙人聯合旋轉    |       |       |       |       |       |      |       |       |       |       |       |
| PCoSpB    | -1.25 | -1.00 | -0.75 | -0.50 | -0.25 | 2.50 | +0.25 | +0.50 | +0.75 | +1.00 | +1.25 |
| PCoSp1    | -1.50 | -1.20 | -0.90 | -0.60 | -0.30 | 3.00 | +0.30 | +0.60 | +0.90 | +1.20 | +1.50 |
| PCoSp2    | -1.75 | -1.40 | -1.05 | -0.70 | -0.35 | 3.50 | +0.35 | +0.70 | +1.05 | +1.40 | +1.75 |
| PCoSp3    | -2.00 | -1.60 | -1.20 | -0.80 | -0.40 | 4.00 | +0.40 | +0.80 | +1.20 | +1.60 | +2.00 |
| PCoSp4    | -2.25 | -1.80 | -1.35 | -0.90 | -0.45 | 4.50 | +0.45 | +0.90 | +1.35 | +1.80 | +2.25 |
| PCoSpBV   | -0.94 | -0.75 | -0.56 | -0.38 | -0.19 | 1.88 | +0.19 | +0.38 | +0.56 | +0.75 | +0.94 |
| PCoSp1V   | -1.13 | -0.90 | -0.68 | -0.45 | -0.23 | 2.25 | +0.23 | +0.45 | +0.68 | +0.90 | +1.13 |
| PCoSp2V   | -1.32 | -1.05 | -0.79 | -0.53 | -0.26 | 2.63 | +0.26 | +0.53 | +0.79 | +1.05 | +1.32 |
| PCoSp3V   | -1.50 | -1.20 | -0.90 | -0.60 | -0.30 | 3.00 | +0.30 | +0.60 | +0.90 | +1.20 | +1.50 |
| PCoSp4V   | -1.69 | -1.35 | -1.01 | -0.68 | -0.34 | 3.38 | +0.34 | +0.68 | +1.01 | +1.35 | +1.69 |

| 單人滑 & 雙人滑編排接續步 |      |      |      |      |      |     |      |      |      |      |      |
|----------------|------|------|------|------|------|-----|------|------|------|------|------|
|                | -5   | -4   | -3   | -2   | -1   | 基礎分 | +1   | +2   | +3   | +4   | +5   |
| ChSq           | -2,5 | -2,0 | -1,5 | -1,0 | -0,5 | 3.0 | +0.5 | +1.0 | +1.5 | +2.0 | +2.5 |

備註：

1. 動作分值遵循百分比原則。GOE每提/降一級該動作分值就在基礎分值上浮/下調10%。
2. 編排接續步的評分同樣遵循上述百分比原則，上浮/下調百分比高於其它動作。
3. 標有“<”、“e”和“V”的動作，百分比不是按完整基礎分值計算，而是按扣分後的基礎分值計算。
4. 在聯跳/連續跳中，用分值上難度最大的跳躍動作計算GOE時，要考慮到“<”、“e”和“V”符號（例如：基礎分值为4.2的3T，被認為比基礎分值降為3.92的3Lo<難）。
5. 上述評分標準不適用於“+Rep”符號，這個符號會使跳躍基礎分值降為70%。在這種情況下，GOE評定按照原動作分值的百分比計算，因為“+Rep”符號與動作完成品質無關。

翻譯：黃峰、陶冶