

Communication No. 2323

SINGLE & PAIR SKATING

(revised May 13, 2020)

**Scale of Values
season 2020/21**

The following Communication replaces Communication No. 2253

Tubbergen,
May 11, 2020
Lausanne,

Jan Dijkema, President

Fredi Schmid, Director General

Updated Scale of Value (SOV) for Single and Pair Skating

	-5	-4	-3	-2	-1	BASE	1	2	3	4	5
	50%	40%	30%	20%	10%		10%	20%	30%	40%	50%

Single & Pair Skating

Jumps

1T	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
1S	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
1Lo	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
1Eu	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
1F	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
1Lz	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	0.06	0.12	0.18	0.24	0.30
<u>1Tg</u>	<u>-0.20</u>	<u>-0.16</u>	<u>-0.12</u>	<u>-0.08</u>	<u>-0.04</u>	<u>0.40</u>	<u>0.04</u>	<u>0.08</u>	<u>0.12</u>	<u>0.16</u>	<u>0.20</u>
<u>1Sq</u>	<u>-0.20</u>	<u>-0.16</u>	<u>-0.12</u>	<u>-0.08</u>	<u>-0.04</u>	<u>0.40</u>	<u>0.04</u>	<u>0.08</u>	<u>0.12</u>	<u>0.16</u>	<u>0.20</u>
<u>1Loq</u>	<u>-0.25</u>	<u>-0.20</u>	<u>-0.15</u>	<u>-0.10</u>	<u>-0.05</u>	<u>0.50</u>	<u>0.05</u>	<u>0.10</u>	<u>0.15</u>	<u>0.20</u>	<u>0.25</u>
<u>1Fg</u>	<u>-0.25</u>	<u>-0.20</u>	<u>-0.15</u>	<u>-0.10</u>	<u>-0.05</u>	<u>0.50</u>	<u>0.05</u>	<u>0.10</u>	<u>0.15</u>	<u>0.20</u>	<u>0.25</u>
<u>1Lzq</u>	<u>-0.30</u>	<u>-0.24</u>	<u>-0.18</u>	<u>-0.12</u>	<u>-0.06</u>	<u>0.60</u>	<u>0.06</u>	<u>0.12</u>	<u>0.18</u>	<u>0.24</u>	<u>0.30</u>
1T<	-0.16	-0.13	-0.10	-0.06	-0.03	0.32	0.03	0.06	0.10	0.13	0.16
1S<	-0.16	-0.13	-0.10	-0.06	-0.03	0.32	0.03	0.06	0.10	0.13	0.16
1Lo<	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
1F<	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
1Lz<	-0.24	-0.19	-0.14	-0.10	-0.05	0.48	0.05	0.10	0.14	0.19	0.24
1T<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1S<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1Lo<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1Eu<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1F<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1Lz<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1Fe	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
<u>1Feq</u>	<u>-0.20</u>	<u>-0.16</u>	<u>-0.12</u>	<u>-0.08</u>	<u>-0.04</u>	<u>0.40</u>	<u>0.04</u>	<u>0.08</u>	<u>0.12</u>	<u>0.16</u>	<u>0.20</u>
1Fe<	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
1Fe<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1Lze	-0.24	-0.19	-0.14	-0.10	-0.05	0.48	0.05	0.10	0.14	0.19	0.24
<u>1Lzeq</u>	<u>-0.24</u>	<u>-0.19</u>	<u>-0.14</u>	<u>-0.10</u>	<u>-0.05</u>	<u>0.48</u>	<u>0.05</u>	<u>0.10</u>	<u>0.14</u>	<u>0.19</u>	<u>0.24</u>
1Lze<	-0.18	-0.14	-0.11	-0.07	-0.04	0.36	0.04	0.07	0.11	0.14	0.18
1Lze<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1F!	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
<u>1Flg</u>	<u>-0.25</u>	<u>-0.20</u>	<u>-0.15</u>	<u>-0.10</u>	<u>-0.05</u>	<u>0.50</u>	<u>0.05</u>	<u>0.10</u>	<u>0.15</u>	<u>0.20</u>	<u>0.25</u>
1F!<	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
1F!<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1Lz!	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	0.06	0.12	0.18	0.24	0.30
<u>1Lzlq</u>	<u>-0.30</u>	<u>-0.24</u>	<u>-0.18</u>	<u>-0.12</u>	<u>-0.06</u>	<u>0.60</u>	<u>0.06</u>	<u>0.12</u>	<u>0.18</u>	<u>0.24</u>	<u>0.30</u>
1Lz!<	-0.24	-0.19	-0.14	-0.10	-0.05	0.48	0.05	0.10	0.14	0.19	0.24
1Lz!<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

1A	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	0.11	0.22	0.33	0.44	0.55
2T	-0.65	-0.52	-0.39	-0.26	-0.13	1.30	0.13	0.26	0.39	0.52	0.65
2S	-0.65	-0.52	-0.39	-0.26	-0.13	1.30	0.13	0.26	0.39	0.52	0.65
2Lo	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
2F	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	0.18	0.36	0.54	0.72	0.90
2Lz	-1.05	-0.84	-0.63	-0.42	-0.21	2.10	0.21	0.42	0.63	0.84	1.05
<u>1Ag</u>	<u>-0.55</u>	<u>-0.44</u>	<u>-0.33</u>	<u>-0.22</u>	<u>-0.11</u>	<u>1.10</u>	<u>0.11</u>	<u>0.22</u>	<u>0.33</u>	<u>0.44</u>	<u>0.55</u>
<u>2Tg</u>	<u>-0.65</u>	<u>-0.52</u>	<u>-0.39</u>	<u>-0.26</u>	<u>-0.13</u>	<u>1.30</u>	<u>0.13</u>	<u>0.26</u>	<u>0.39</u>	<u>0.52</u>	<u>0.65</u>
<u>2Sq</u>	<u>-0.65</u>	<u>-0.52</u>	<u>-0.39</u>	<u>-0.26</u>	<u>-0.13</u>	<u>1.30</u>	<u>0.13</u>	<u>0.26</u>	<u>0.39</u>	<u>0.52</u>	<u>0.65</u>
<u>2Loq</u>	<u>-0.85</u>	<u>-0.68</u>	<u>-0.51</u>	<u>-0.34</u>	<u>-0.17</u>	<u>1.70</u>	<u>0.17</u>	<u>0.34</u>	<u>0.51</u>	<u>0.68</u>	<u>0.85</u>
<u>2Fg</u>	<u>-0.90</u>	<u>-0.72</u>	<u>-0.54</u>	<u>-0.36</u>	<u>-0.18</u>	<u>1.80</u>	<u>0.18</u>	<u>0.36</u>	<u>0.54</u>	<u>0.72</u>	<u>0.90</u>
<u>2Lzq</u>	<u>-1.05</u>	<u>-0.84</u>	<u>-0.63</u>	<u>-0.42</u>	<u>-0.21</u>	<u>2.10</u>	<u>0.21</u>	<u>0.42</u>	<u>0.63</u>	<u>0.84</u>	<u>1.05</u>
1A<	-0.44	-0.35	-0.26	-0.18	-0.09	0.88	0.09	0.18	0.26	0.35	0.44
2T<	-0.52	-0.42	-0.31	-0.21	-0.10	1.04	0.10	0.21	0.31	0.42	0.52
2S<	-0.52	-0.42	-0.31	-0.21	-0.10	1.04	0.10	0.21	0.31	0.42	0.52
2Lo<	-0.68	-0.54	-0.41	-0.27	-0.14	1.36	0.14	0.27	0.41	0.54	0.68
2F<	-0.72	-0.58	-0.43	-0.29	-0.14	1.44	0.14	0.29	0.43	0.58	0.72
2Lz<	-0.84	-0.67	-0.50	-0.34	-0.17	1.68	0.17	0.34	0.50	0.67	0.84
1A<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2T<<	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
2S<<	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
2Lo<<	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
2F<<	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
2Lz<<	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	0.06	0.12	0.18	0.24	0.30

	-5	-4	-3	-2	-1	BASE	1	2	3	4	5
	50%	40%	30%	20%	10%		10%	20%	30%	40%	50%

2Fe	-0.72	-0.58	-0.43	-0.29	-0.14	1.44	0.14	0.29	0.43	0.58	0.72
<u>2Feq</u>	<u>-0.72</u>	<u>-0.58</u>	<u>-0.43</u>	<u>-0.29</u>	<u>-0.14</u>	<u>1.44</u>	<u>0.14</u>	<u>0.29</u>	<u>0.43</u>	<u>0.58</u>	<u>0.72</u>
2Fe<	-0.54	-0.43	-0.32	-0.22	-0.11	1.08	0.11	0.22	0.32	0.43	0.54
2Fe<<	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
2Lze	-0.84	-0.67	-0.50	-0.34	-0.17	1.68	0.17	0.34	0.50	0.67	0.84
<u>2Lzeq</u>	<u>-0.84</u>	<u>-0.67</u>	<u>-0.50</u>	<u>-0.34</u>	<u>-0.17</u>	<u>1.68</u>	<u>0.17</u>	<u>0.34</u>	<u>0.50</u>	<u>0.67</u>	<u>0.84</u>
2Lze<	-0.63	-0.50	-0.38	-0.25	-0.13	1.26	0.13	0.25	0.38	0.50	0.63
2Lze<<	-0.24	-0.19	-0.14	-0.10	-0.05	0.48	0.05	0.10	0.14	0.19	0.24
2F!	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	0.18	0.36	0.54	0.72	0.90
<u>2F!q</u>	<u>-0.90</u>	<u>-0.72</u>	<u>-0.54</u>	<u>-0.36</u>	<u>-0.18</u>	<u>1.80</u>	<u>0.18</u>	<u>0.36</u>	<u>0.54</u>	<u>0.72</u>	<u>0.90</u>
2F!<	-0.72	-0.58	-0.43	-0.29	-0.14	1.44	0.14	0.29	0.43	0.58	0.72
2F!<<	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
2Lz!	-1.05	-0.84	-0.63	-0.42	-0.21	2.10	0.21	0.42	0.63	0.84	1.05
<u>2Lz!q</u>	<u>-1.05</u>	<u>-0.84</u>	<u>-0.63</u>	<u>-0.42</u>	<u>-0.21</u>	<u>2.10</u>	<u>0.21</u>	<u>0.42</u>	<u>0.63</u>	<u>0.84</u>	<u>1.05</u>
2Lz!<	-0.84	-0.67	-0.50	-0.34	-0.17	1.68	0.17	0.34	0.50	0.67	0.84
2Lz!<<	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	0.06	0.12	0.18	0.24	0.30

2A	-1.65	-1.32	-0.99	-0.66	-0.33	3.30	0.33	0.66	0.99	1.32	1.65
3T	-2.10	-1.68	-1.26	-0.84	-0.42	4.20	0.42	0.84	1.26	1.68	2.10
3S	-2.15	-1.72	-1.29	-0.86	-0.43	4.30	0.43	0.86	1.29	1.72	2.15
3Lo	-2.45	-1.96	-1.47	-0.98	-0.49	4.90	0.49	0.98	1.47	1.96	2.45
3F	-2.65	-2.12	-1.59	-1.06	-0.53	5.30	0.53	1.06	1.59	2.12	2.65
<u>3Lz</u>	<u>-2.65</u>	<u>-2.12</u>	<u>-1.59</u>	<u>-1.06</u>	<u>-0.53</u>	<u>5.30</u>	<u>0.53</u>	<u>1.06</u>	<u>1.59</u>	<u>2.12</u>	<u>2.65</u>
<u>2Aq</u>	<u>-1.65</u>	<u>-1.32</u>	<u>-0.99</u>	<u>-0.66</u>	<u>-0.33</u>	<u>3.30</u>	<u>0.33</u>	<u>0.66</u>	<u>0.99</u>	<u>1.32</u>	<u>1.65</u>
<u>3Tq</u>	<u>-2.10</u>	<u>-1.68</u>	<u>-1.26</u>	<u>-0.84</u>	<u>-0.42</u>	<u>4.20</u>	<u>0.42</u>	<u>0.84</u>	<u>1.26</u>	<u>1.68</u>	<u>2.10</u>
<u>3Sq</u>	<u>-2.15</u>	<u>-1.72</u>	<u>-1.29</u>	<u>-0.86</u>	<u>-0.43</u>	<u>4.30</u>	<u>0.43</u>	<u>0.86</u>	<u>1.29</u>	<u>1.72</u>	<u>2.15</u>
<u>3Loq</u>	<u>-2.45</u>	<u>-1.96</u>	<u>-1.47</u>	<u>-0.98</u>	<u>-0.49</u>	<u>4.90</u>	<u>0.49</u>	<u>0.98</u>	<u>1.47</u>	<u>1.96</u>	<u>2.45</u>
<u>3Fq</u>	<u>-2.65</u>	<u>-2.12</u>	<u>-1.59</u>	<u>-1.06</u>	<u>-0.53</u>	<u>5.30</u>	<u>0.53</u>	<u>1.06</u>	<u>1.59</u>	<u>2.12</u>	<u>2.65</u>
<u>3Lzq</u>	<u>-2.65</u>	<u>-2.12</u>	<u>-1.59</u>	<u>-1.06</u>	<u>-0.53</u>	<u>5.30</u>	<u>0.53</u>	<u>1.06</u>	<u>1.59</u>	<u>2.12</u>	<u>2.65</u>
2A<	-1.32	-1.06	-0.79	-0.53	-0.26	2.64	0.26	0.53	0.79	1.06	1.32
3T<	-1.68	-1.34	-1.01	-0.67	-0.34	3.36	0.34	0.67	1.01	1.34	1.68
3S<	-1.72	-1.38	-1.03	-0.69	-0.34	3.44	0.34	0.69	1.03	1.38	1.72
3Lo<	-1.96	-1.57	-1.18	-0.78	-0.39	3.92	0.39	0.78	1.18	1.57	1.96
3F<	-2.12	-1.70	-1.27	-0.85	-0.42	4.24	0.42	0.85	1.27	1.70	2.12
<u>3Lz<</u>	<u>-2.12</u>	<u>-1.70</u>	<u>-1.27</u>	<u>-0.85</u>	<u>-0.42</u>	<u>4.24</u>	<u>0.42</u>	<u>0.85</u>	<u>1.27</u>	<u>1.70</u>	<u>2.12</u>
2A<<	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	0.11	0.22	0.33	0.44	0.55
3T<<	-0.65	-0.52	-0.39	-0.26	-0.13	1.30	0.13	0.26	0.39	0.52	0.65
3S<<	-0.65	-0.52	-0.39	-0.26	-0.13	1.30	0.13	0.26	0.39	0.52	0.65
3Lo<<	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
3F<<	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	0.18	0.36	0.54	0.72	0.90
<u>3Lz<<</u>	<u>-1.05</u>	<u>-0.84</u>	<u>-0.63</u>	<u>-0.42</u>	<u>-0.21</u>	<u>2.10</u>	<u>0.21</u>	<u>0.42</u>	<u>0.63</u>	<u>0.84</u>	<u>1.05</u>
3Fe	-2.12	-1.70	-1.27	-0.85	-0.42	4.24	0.42	0.85	1.27	1.70	2.12
<u>3Feq</u>	<u>-2.12</u>	<u>-1.70</u>	<u>-1.27</u>	<u>-0.85</u>	<u>-0.42</u>	<u>4.24</u>	<u>0.42</u>	<u>0.85</u>	<u>1.27</u>	<u>1.70</u>	<u>2.12</u>
3Fe<	-1.59	-1.27	-0.95	-0.64	-0.32	3.18	0.32	0.64	0.95	1.27	1.59
3Fe<<	-0.72	-0.58	-0.43	-0.29	-0.14	1.44	0.14	0.29	0.43	0.58	0.72
<u>3Lze</u>	<u>-2.12</u>	<u>-1.70</u>	<u>-1.27</u>	<u>-0.85</u>	<u>-0.42</u>	<u>4.24</u>	<u>0.42</u>	<u>0.85</u>	<u>1.27</u>	<u>1.70</u>	<u>2.12</u>
<u>3Lzeq</u>	<u>-2.12</u>	<u>-1.70</u>	<u>-1.27</u>	<u>-0.85</u>	<u>-0.42</u>	<u>4.24</u>	<u>0.42</u>	<u>0.85</u>	<u>1.27</u>	<u>1.70</u>	<u>2.12</u>
<u>3Lze<</u>	<u>-1.59</u>	<u>-1.27</u>	<u>-0.95</u>	<u>-0.64</u>	<u>-0.32</u>	<u>3.18</u>	<u>0.32</u>	<u>0.64</u>	<u>0.95</u>	<u>1.27</u>	<u>1.59</u>
<u>3Lze<<</u>	<u>-0.84</u>	<u>-0.67</u>	<u>-0.50</u>	<u>-0.34</u>	<u>-0.17</u>	<u>1.68</u>	<u>0.17</u>	<u>0.34</u>	<u>0.50</u>	<u>0.67</u>	<u>0.84</u>
3F!	-2.65	-2.12	-1.59	-1.06	-0.53	5.30	0.53	1.06	1.59	2.12	2.65
<u>3F!q</u>	<u>-2.65</u>	<u>-2.12</u>	<u>-1.59</u>	<u>-1.06</u>	<u>-0.53</u>	<u>5.30</u>	<u>0.53</u>	<u>1.06</u>	<u>1.59</u>	<u>2.12</u>	<u>2.65</u>
3F!<	-2.12	-1.70	-1.27	-0.85	-0.42	4.24	0.42	0.85	1.27	1.70	2.12
3F!<<	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	0.18	0.36	0.54	0.72	0.90
<u>3Lz!</u>	<u>-2.65</u>	<u>-2.12</u>	<u>-1.59</u>	<u>-1.06</u>	<u>-0.53</u>	<u>5.30</u>	<u>0.53</u>	<u>1.06</u>	<u>1.59</u>	<u>2.12</u>	<u>2.65</u>
<u>3Lz!q</u>	<u>-2.65</u>	<u>-2.12</u>	<u>-1.59</u>	<u>-1.06</u>	<u>-0.53</u>	<u>5.30</u>	<u>0.53</u>	<u>1.06</u>	<u>1.59</u>	<u>2.12</u>	<u>2.65</u>
<u>3Lz!<</u>	<u>-2.12</u>	<u>-1.70</u>	<u>-1.27</u>	<u>-0.85</u>	<u>-0.42</u>	<u>4.24</u>	<u>0.42</u>	<u>0.85</u>	<u>1.27</u>	<u>1.70</u>	<u>2.12</u>
<u>3Lz!<<</u>	<u>-1.05</u>	<u>-0.84</u>	<u>-0.63</u>	<u>-0.42</u>	<u>-0.21</u>	<u>2.10</u>	<u>0.21</u>	<u>0.42</u>	<u>0.63</u>	<u>0.84</u>	<u>1.05</u>

3A	-4.00	-3.20	-2.40	-1.60	-0.80	8.00	0.80	1.60	2.40	3.20	4.00
4T	-4.75	-3.80	-2.85	-1.90	-0.95	9.50	0.95	1.90	2.85	3.80	4.75
4S	-4.85	-3.88	-2.91	-1.94	-0.97	9.70	0.97	1.94	2.91	3.88	4.85
4Lo	<u>-5.50</u>	<u>-4.40</u>	<u>-3.30</u>	<u>-2.20</u>	<u>-1.10</u>	<u>11.00</u>	<u>1.10</u>	<u>2.20</u>	<u>3.30</u>	<u>4.40</u>	<u>5.50</u>
4F	-5.50	-4.40	-3.30	-2.20	-1.10	11.00	1.10	2.20	3.30	4.40	5.50
<u>4Lz</u>	<u>-5.50</u>	<u>-4.40</u>	<u>-3.30</u>	<u>-2.20</u>	<u>-1.10</u>	<u>11.00</u>	<u>1.10</u>	<u>2.20</u>	<u>3.30</u>	<u>4.40</u>	<u>5.50</u>
4A	-6.25	-5.00	-3.75	-2.50	-1.25	12.50	1.25	2.50	3.75	5.00	6.25

	-5	-4	-3	-2	-1	BASE	1	2	3	4	5
	50%	40%	30%	20%	10%		10%	20%	30%	40%	50%
3Ag	-4.00	-3.20	-2.40	-1.60	-0.80	8.00	0.80	1.60	2.40	3.20	4.00
4Tg	-4.75	-3.80	-2.85	-1.90	-0.95	9.50	0.95	1.90	2.85	3.80	4.75
4Sg	-4.85	-3.88	-2.91	-1.94	-0.97	9.70	0.97	1.94	2.91	3.88	4.85
4Loq	-5.50	-4.40	-3.30	-2.20	-1.10	11.00	1.10	2.20	3.30	4.40	5.50
4Fg	-5.50	-4.40	-3.30	-2.20	-1.10	11.00	1.10	2.20	3.30	4.40	5.50
4Lzq	-5.50	-4.40	-3.30	-2.20	-1.10	11.00	1.10	2.20	3.30	4.40	5.50
4Aq	-6.25	-5.00	-3.75	-2.50	-1.25	12.50	1.25	2.50	3.75	5.00	6.25
3A<	-3.20	-2.56	-1.92	-1.28	-0.64	6.40	0.64	1.28	1.92	2.56	3.20
4T<	-3.80	-3.04	-2.28	-1.52	-0.76	7.60	0.76	1.52	2.28	3.04	3.80
4S<	-3.88	-3.10	-2.33	-1.55	-0.78	7.76	0.78	1.55	2.33	3.10	3.88
4Lo<	-4.40	-3.52	-2.64	-1.76	-0.88	8.80	0.88	1.76	2.64	3.52	4.40
4F<	-4.40	-3.52	-2.64	-1.76	-0.88	8.80	0.88	1.76	2.64	3.52	4.40
4Lz<	-4.40	-3.52	-2.64	-1.76	-0.88	8.80	0.88	1.76	2.64	3.52	4.40
3A<<	-1.65	-1.32	-0.99	-0.66	-0.33	3.30	0.33	0.66	0.99	1.32	1.65
4T<<	-2.10	-1.68	-1.26	-0.84	-0.42	4.20	0.42	0.84	1.26	1.68	2.10
4S<<	-2.15	-1.72	-1.29	-0.86	-0.43	4.30	0.43	0.86	1.29	1.72	2.15
4Lo<<	-2.45	-1.96	-1.47	-0.98	-0.49	4.90	0.49	0.98	1.47	1.96	2.45
4F<<	-2.65	-2.12	-1.59	-1.06	-0.53	5.30	0.53	1.06	1.59	2.12	2.65
4Lz<<	-2.65	-2.12	-1.59	-1.06	-0.53	5.30	0.53	1.06	1.59	2.12	2.65
4Fe	-4.40	-3.52	-2.64	-1.76	-0.88	8.80	0.88	1.76	2.64	3.52	4.40
4Feq	-4.40	-3.52	-2.64	-1.76	-0.88	8.80	0.88	1.76	2.64	3.52	4.40
4Fe<	-3.30	-2.64	-1.98	-1.32	-0.66	6.60	0.66	1.32	1.98	2.64	3.30
4Fe<<	-2.12	-1.70	-1.27	-0.85	-0.42	4.24	0.42	0.85	1.27	1.70	2.12
4Lze	-4.40	-3.52	-2.64	-1.76	-0.88	8.80	0.88	1.76	2.64	3.52	4.40
4Lzeq	-4.40	-3.52	-2.64	-1.76	-0.88	8.80	0.88	1.76	2.64	3.52	4.40
4Lze<	-3.30	-2.64	-1.98	-1.32	-0.66	6.60	0.66	1.32	1.98	2.64	3.30
4Lze<<	-2.12	-1.70	-1.27	-0.85	-0.42	4.24	0.42	0.85	1.27	1.70	2.12
4F!	-5.50	-4.40	-3.30	-2.20	-1.10	11.00	1.10	2.20	3.30	4.40	5.50
4Flq	-5.50	-4.40	-3.30	-2.20	-1.10	11.00	1.10	2.20	3.30	4.40	5.50
4F!<	-4.40	-3.52	-2.64	-1.76	-0.88	8.80	0.88	1.76	2.64	3.52	4.40
4F!<<	-2.65	-2.12	-1.59	-1.06	-0.53	5.30	0.53	1.06	1.59	2.12	2.65
4Lz!	-5.50	-4.40	-3.30	-2.20	-1.10	11.00	1.10	2.20	3.30	4.40	5.50
4Lz!q	-5.50	-4.40	-3.30	-2.20	-1.10	11.00	1.10	2.20	3.30	4.40	5.50
4Lz!<	-4.40	-3.52	-2.64	-1.76	-0.88	8.80	0.88	1.76	2.64	3.52	4.40
4Lz!<<	-2.65	-2.12	-1.59	-1.06	-0.53	5.30	0.53	1.06	1.59	2.12	2.65
4A<	-5.00	-4.00	-3.00	-2.00	-1.00	10.00	1.00	2.00	3.00	4.00	5.00
4A<<	-4.00	-3.20	-2.40	-1.60	-0.80	8.00	0.80	1.60	2.40	3.20	4.00

Spins

Spin in one position and no change of foot (upright, layback, camel or sit)

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

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

FUSpB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
FUSp1	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
FUSp2	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	0.20	0.40	0.60	0.80	1.00
FUSp3	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	0.24	0.48	0.72	0.96	1.20
FUSp4	-1.45	-1.16	-0.87	-0.58	-0.29	2.90	0.29	0.58	0.87	1.16	1.45

	-5	-4	-3	-2	-1	BASE	1	2	3	4	5
	50%	40%	30%	20%	10%		10%	20%	30%	40%	50%
FUSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	1.13	0.11	0.23	0.34	0.45	0.57
FUSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	0.13	0.26	0.38	0.51	0.64
FUSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
FUSp3V	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	0.18	0.36	0.54	0.72	0.90
FUSp4V	-1.09	-0.87	-0.65	-0.44	-0.22	2.18	0.22	0.44	0.65	0.87	1.09
FLSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
FLSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	0.20	0.40	0.60	0.80	1.00
FLSp2	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	0.24	0.48	0.72	0.96	1.20
FLSp3	-1.45	-1.16	-0.87	-0.58	-0.29	2.90	0.29	0.58	0.87	1.16	1.45
FLSp4	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	0.32	0.64	0.96	1.28	1.60
FLSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	0.13	0.26	0.38	0.51	0.64
FLSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
FLSp2V	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	0.18	0.36	0.54	0.72	0.90
FLSp3V	-1.09	-0.87	-0.65	-0.44	-0.22	2.18	0.22	0.44	0.65	0.87	1.09
FLSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	0.24	0.48	0.72	0.96	1.20
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

Spins with change of foot

CUSpB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
CUSp1	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
CUSp2	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	0.20	0.40	0.60	0.80	1.00
CUSp3	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	0.24	0.48	0.72	0.96	1.20
CUSp4	-1.45	-1.16	-0.87	-0.58	-0.29	2.90	0.29	0.58	0.87	1.16	1.45
CUSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	1.13	0.11	0.23	0.34	0.45	0.57
CUSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	0.13	0.26	0.38	0.51	0.64
CUSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
CUSp3V	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	0.18	0.36	0.54	0.72	0.90
CUSp4V	-1.09	-0.87	-0.65	-0.44	-0.22	2.18	0.22	0.44	0.65	0.87	1.09
FCUSpB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
FCUSp1	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
FCUSp2	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	0.20	0.40	0.60	0.80	1.00
FCUSp3	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	0.24	0.48	0.72	0.96	1.20
FCUSp4	-1.45	-1.16	-0.87	-0.58	-0.29	2.90	0.29	0.58	0.87	1.16	1.45
FCUSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	1.13	0.11	0.23	0.34	0.45	0.57
FCUSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	0.13	0.26	0.38	0.51	0.64
FCUSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
FCUSp3V	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	0.18	0.36	0.54	0.72	0.90
FCUSp4V	-1.09	-0.87	-0.65	-0.44	-0.22	2.18	0.22	0.44	0.65	0.87	1.09
CLSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
CLSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	0.20	0.40	0.60	0.80	1.00
CLSp2	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	0.24	0.48	0.72	0.96	1.20
CLSp3	-1.45	-1.16	-0.87	-0.58	-0.29	2.90	0.29	0.58	0.87	1.16	1.45
CLSp4	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	0.32	0.64	0.96	1.28	1.60
CLSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	0.13	0.26	0.38	0.51	0.64
CLSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
CLSp2V	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	0.18	0.36	0.54	0.72	0.90
CLSp3V	-1.09	-0.87	-0.65	-0.44	-0.22	2.18	0.22	0.44	0.65	0.87	1.09
CLSp4V	-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	BASE	1	2	3	4	5
	50%	40%	30%	20%	10%		10%	20%	30%	40%	50%
FCLSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
FCLSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	0.20	0.40	0.60	0.80	1.00
FCLSp2	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	0.24	0.48	0.72	0.96	1.20
FCLSp3	-1.45	-1.16	-0.87	-0.58	-0.29	2.90	0.29	0.58	0.87	1.16	1.45
FCLSp4	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	0.32	0.64	0.96	1.28	1.60
FCLSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	0.13	0.26	0.38	0.51	0.64
FCLSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
FCLSp2V	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	0.18	0.36	0.54	0.72	0.90
FCLSp3V	-1.09	-0.87	-0.65	-0.44	-0.22	2.18	0.22	0.44	0.65	0.87	1.09
FCLSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	0.24	0.48	0.72	0.96	1.20
CCSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
CCSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	0.20	0.40	0.60	0.80	1.00
CCSp2	-1.15	-0.92	-0.69	-0.46	-0.23	2.30	0.23	0.46	0.69	0.92	1.15
CCSp3	-1.40	-1.12	-0.84	-0.56	-0.28	2.80	0.28	0.56	0.84	1.12	1.40
CCSp4	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	0.32	0.64	0.96	1.28	1.60
CCSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	0.13	0.26	0.38	0.51	0.64
CCSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
CCSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	1.73	0.17	0.35	0.52	0.69	0.87
CCSp3V	-1.05	-0.84	-0.63	-0.42	-0.21	2.10	0.21	0.42	0.63	0.84	1.05
CCSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	0.24	0.48	0.72	0.96	1.20
FCCSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
FCCSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	0.20	0.40	0.60	0.80	1.00
FCCSp2	-1.15	-0.92	-0.69	-0.46	-0.23	2.30	0.23	0.46	0.69	0.92	1.15
FCCSp3	-1.40	-1.12	-0.84	-0.56	-0.28	2.80	0.28	0.56	0.84	1.12	1.40
FCCSp4	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	0.32	0.64	0.96	1.28	1.60
FCCSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	0.13	0.26	0.38	0.51	0.64
FCCSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
FCCSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	1.73	0.17	0.35	0.52	0.69	0.87
FCCSp3V	-1.05	-0.84	-0.63	-0.42	-0.21	2.10	0.21	0.42	0.63	0.84	1.05
FCCSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	0.24	0.48	0.72	0.96	1.20
CSSpB	-0.80	-0.64	-0.48	-0.32	-0.16	1.60	0.16	0.32	0.48	0.64	0.80
CSSp1	-0.95	-0.76	-0.57	-0.38	-0.19	1.90	0.19	0.38	0.57	0.76	0.95
CSSp2	-1.15	-0.92	-0.69	-0.46	-0.23	2.30	0.23	0.46	0.69	0.92	1.15
CSSp3	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	0.26	0.52	0.78	1.04	1.30
CSSp4	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	0.30	0.60	0.90	1.20	1.50
CSSpBV	-0.60	-0.48	-0.36	-0.24	-0.12	1.20	0.12	0.24	0.36	0.48	0.60
CSSp1V	-0.72	-0.57	-0.43	-0.29	-0.14	1.43	0.14	0.29	0.43	0.57	0.72
CSSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	1.73	0.17	0.35	0.52	0.69	0.87
CSSp3V	-0.98	-0.78	-0.59	-0.39	-0.20	1.95	0.20	0.39	0.59	0.78	0.98
CSSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	0.23	0.45	0.68	0.90	1.13
FCSSpB	-0.80	-0.64	-0.48	-0.32	-0.16	1.60	0.16	0.32	0.48	0.64	0.80
FCSSp1	-0.95	-0.76	-0.57	-0.38	-0.19	1.90	0.19	0.38	0.57	0.76	0.95
FCSSp2	-1.15	-0.92	-0.69	-0.46	-0.23	2.30	0.23	0.46	0.69	0.92	1.15
FCSSp3	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	0.26	0.52	0.78	1.04	1.30
FCSSp4	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	0.30	0.60	0.90	1.20	1.50
FCSSpBV	-0.60	-0.48	-0.36	-0.24	-0.12	1.20	0.12	0.24	0.36	0.48	0.60
FCSSp1V	-0.72	-0.57	-0.43	-0.29	-0.14	1.43	0.14	0.29	0.43	0.57	0.72
FCSSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	1.73	0.17	0.35	0.52	0.69	0.87
FCSSp3V	-0.98	-0.78	-0.59	-0.39	-0.20	1.95	0.20	0.39	0.59	0.78	0.98
FCSSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	0.23	0.45	0.68	0.90	1.13

Spin Combination with change of position and no change of foot

CoSpB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
CoSp1	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
CoSp2	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	0.20	0.40	0.60	0.80	1.00
CoSp3	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	0.25	0.50	0.75	1.00	1.25
CoSp4	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	0.30	0.60	0.90	1.20	1.50
CoSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	1.13	0.11	0.23	0.34	0.45	0.57
CoSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	0.13	0.26	0.38	0.51	0.64
CoSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
CoSp3V	-0.94	-0.75	-0.56	-0.38	-0.19	1.88	0.19	0.38	0.56	0.75	0.94
CoSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	0.23	0.45	0.68	0.90	1.13
FCoSpB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
FCoSp1	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
FCoSp2	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	0.20	0.40	0.60	0.80	1.00
FCoSp3	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	0.25	0.50	0.75	1.00	1.25
FCoSp4	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	0.30	0.60	0.90	1.20	1.50

	-5	-4	-3	-2	-1	BASE	1	2	3	4	5
	50%	40%	30%	20%	10%		10%	20%	30%	40%	50%

FCoSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	1.13	0.11	0.23	0.34	0.45	0.57
FCoSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	0.13	0.26	0.38	0.51	0.64
FCoSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
FCoSp3V	-0.94	-0.75	-0.56	-0.38	-0.19	1.88	0.19	0.38	0.56	0.75	0.94
FCoSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	0.23	0.45	0.68	0.90	1.13

Spin Combination with change of position and change of foot

CCoSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
CCoSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	0.20	0.40	0.60	0.80	1.00
CCoSp2	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	0.25	0.50	0.75	1.00	1.25
CCoSp3	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	0.30	0.60	0.90	1.20	1.50
CCoSp4	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	0.35	0.70	1.05	1.40	1.75
CCoSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	0.13	0.26	0.38	0.51	0.64
CCoSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
CCoSp2V	-0.94	-0.75	-0.56	-0.38	-0.19	1.88	0.19	0.38	0.56	0.75	0.94
CCoSp3V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	0.23	0.45	0.68	0.90	1.13
CCoSp4V	-1.32	-1.05	-0.79	-0.53	-0.26	2.63	0.26	0.53	0.79	1.05	1.32
FCCoSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
FCCoSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	0.20	0.40	0.60	0.80	1.00
FCCoSp2	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	0.25	0.50	0.75	1.00	1.25
FCCoSp3	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	0.30	0.60	0.90	1.20	1.50
FCCoSp4	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	0.35	0.70	1.05	1.40	1.75
FCCoSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	0.13	0.26	0.38	0.51	0.64
FCCoSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
FCCoSp2V	-0.94	-0.75	-0.56	-0.38	-0.19	1.88	0.19	0.38	0.56	0.75	0.94
FCCoSp3V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	0.23	0.45	0.68	0.90	1.13
FCCoSp4V	-1.32	-1.05	-0.79	-0.53	-0.26	2.63	0.26	0.53	0.79	1.05	1.32

Step Sequence

StSqB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
StSq1	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	0.18	0.36	0.54	0.72	0.90
StSq2	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	0.26	0.52	0.78	1.04	1.30
StSq3	-1.65	-1.32	-0.99	-0.66	-0.33	3.30	0.33	0.66	0.99	1.32	1.65
StSq4	-1.95	-1.56	-1.17	-0.78	-0.39	3.90	0.39	0.78	1.17	1.56	1.95

Choreographic Step Sequence (GOE increments are not based on percentages of the Base Value)

ChSq1	-2.50	-2.00	-1.50	-1.00	-0.50	3.00	0.50	1.00	1.50	2.00	2.50
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Pair Skating

Lifts

Group 1

<u>1LiB</u>	<u>-0.55</u>	<u>-0.44</u>	<u>-0.33</u>	<u>-0.22</u>	<u>-0.11</u>	<u>1.10</u>	<u>0.11</u>	<u>0.22</u>	<u>0.33</u>	<u>0.44</u>	<u>0.55</u>
1Li1	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
<u>1Li2</u>	<u>-0.95</u>	<u>-0.76</u>	<u>-0.57</u>	<u>-0.38</u>	<u>-0.19</u>	<u>1.90</u>	<u>0.19</u>	<u>0.38</u>	<u>0.57</u>	<u>0.76</u>	<u>0.95</u>
<u>1Li3</u>	<u>-1.15</u>	<u>-0.92</u>	<u>-0.69</u>	<u>-0.46</u>	<u>-0.23</u>	<u>2.30</u>	<u>0.23</u>	<u>0.46</u>	<u>0.69</u>	<u>0.92</u>	<u>1.15</u>
<u>1Li4</u>	<u>-1.35</u>	<u>-1.08</u>	<u>-0.81</u>	<u>-0.54</u>	<u>-0.27</u>	<u>2.70</u>	<u>0.27</u>	<u>0.54</u>	<u>0.81</u>	<u>1.08</u>	<u>1.35</u>

Group 2

2LiB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
2Li1	-0.95	-0.76	-0.57	-0.38	-0.19	1.90	0.19	0.38	0.57	0.76	0.95
2Li2	-1.15	-0.92	-0.69	-0.46	-0.23	2.30	0.23	0.46	0.69	0.92	1.15
2Li3	-1.35	-1.08	-0.81	-0.54	-0.27	2.70	0.27	0.54	0.81	1.08	1.35
2Li4	-1.55	-1.24	-0.93	-0.62	-0.31	3.10	0.31	0.62	0.93	1.24	1.55

Group 3

3LiB	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	0.35	0.70	1.05	1.40	1.75
3Li1	-1.95	-1.56	-1.17	-0.78	-0.39	3.90	0.39	0.78	1.17	1.56	1.95
3Li2	-2.15	-1.72	-1.29	-0.86	-0.43	4.30	0.43	0.86	1.29	1.72	2.15
3Li3	-2.35	-1.88	-1.41	-0.94	-0.47	4.70	0.47	0.94	1.41	1.88	2.35
3Li4	-2.55	-2.04	-1.53	-1.02	-0.51	5.10	0.51	1.02	1.53	2.04	2.55

Group 4

4LiB	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	0.35	0.70	1.05	1.40	1.75
4Li1	-1.95	-1.56	-1.17	-0.78	-0.39	3.90	0.39	0.78	1.17	1.56	1.95
4Li2	-2.15	-1.72	-1.29	-0.86	-0.43	4.30	0.43	0.86	1.29	1.72	2.15
4Li3	-2.35	-1.88	-1.41	-0.94	-0.47	4.70	0.47	0.94	1.41	1.88	2.35
4Li4	-2.55	-2.04	-1.53	-1.02	-0.51	5.10	0.51	1.02	1.53	2.04	2.55

	-5	-4	-3	-2	-1	BASE	1	2	3	4	5
	50%	40%	30%	20%	10%		10%	20%	30%	40%	50%

Group 5S

5SLiB	-2.30	-1.84	-1.38	-0.92	-0.46	4.60	0.46	0.92	1.38	1.84	2.30
5SLi1	-2.50	-2.00	-1.50	-1.00	-0.50	5.00	0.50	1.00	1.50	2.00	2.50
5SLi2	-2.70	-2.16	-1.62	-1.08	-0.54	5.40	0.54	1.08	1.62	2.16	2.70
5SLi3	-2.90	-2.32	-1.74	-1.16	-0.58	5.80	0.58	1.16	1.74	2.32	2.90
5SLi4	-3.10	-2.48	-1.86	-1.24	-0.62	6.20	0.62	1.24	1.86	2.48	3.10

Group 5T

5TLiB	-2.30	-1.84	-1.38	-0.92	-0.46	4.60	0.46	0.92	1.38	1.84	2.30
5TLi1	-2.50	-2.00	-1.50	-1.00	-0.50	5.00	0.50	1.00	1.50	2.00	2.50
5TLi2	-2.70	-2.16	-1.62	-1.08	-0.54	5.40	0.54	1.08	1.62	2.16	2.70
5TLi3	-2.90	-2.32	-1.74	-1.16	-0.58	5.80	0.58	1.16	1.74	2.32	2.90
5TLi4	-3.10	-2.48	-1.86	-1.24	-0.62	6.20	0.62	1.24	1.86	2.48	3.10

Group 5B

5BLiB	-2.50	-2.00	-1.50	-1.00	-0.50	5.00	0.50	1.00	1.50	2.00	2.50
5BLi1	-2.70	-2.16	-1.62	-1.08	-0.54	5.40	0.54	1.08	1.62	2.16	2.70
5BLi2	-2.90	-2.32	-1.74	-1.16	-0.58	5.80	0.58	1.16	1.74	2.32	2.90
5BLi3	-3.10	-2.48	-1.86	-1.24	-0.62	6.20	0.62	1.24	1.86	2.48	3.10
5BLi4	-3.25	-2.60	-1.95	-1.30	-0.65	6.50	0.65	1.30	1.95	2.60	3.25

Group 5A

5ALiB	-2.70	-2.16	-1.62	-1.08	-0.54	5.40	0.54	1.08	1.62	2.16	2.70
5ALi1	-2.90	-2.32	-1.74	-1.16	-0.58	5.80	0.58	1.16	1.74	2.32	2.90
5ALi2	-3.10	-2.48	-1.86	-1.24	-0.62	6.20	0.62	1.24	1.86	2.48	3.10
5ALi3	-3.30	-2.64	-1.98	-1.32	-0.66	6.60	0.66	1.32	1.98	2.64	3.30
5ALi4	-3.50	-2.80	-2.10	-1.40	-0.70	7.00	0.70	1.40	2.10	2.80	3.50

Group 5R

5RLiB	-2.70	-2.16	-1.62	-1.08	-0.54	5.40	0.54	1.08	1.62	2.16	2.70
5RLi1	-2.90	-2.32	-1.74	-1.16	-0.58	5.80	0.58	1.16	1.74	2.32	2.90
5RLi2	-3.10	-2.48	-1.86	-1.24	-0.62	6.20	0.62	1.24	1.86	2.48	3.10
5RLi3	-3.30	-2.64	-1.98	-1.32	-0.66	6.60	0.66	1.32	1.98	2.64	3.30
5RLi4	-3.50	-2.80	-2.10	-1.40	-0.70	7.00	0.70	1.40	2.10	2.80	3.50

Twist Lifts

1TwB	-0.45	-0.36	-0.27	-0.18	-0.09	0.90	0.09	0.18	0.27	0.36	0.45
1Tw1	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	0.11	0.22	0.33	0.44	0.55
1Tw2	-0.65	-0.52	-0.39	-0.26	-0.13	1.30	0.13	0.26	0.39	0.52	0.65
1Tw3	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
1Tw4	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85
1TwB<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1Tw1<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1Tw2<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1Tw3<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1Tw4<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

2TwB	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	0.26	0.52	0.78	1.04	1.30
2Tw1	-1.40	-1.12	-0.84	-0.56	-0.28	2.80	0.28	0.56	0.84	1.12	1.40
2Tw2	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	0.30	0.60	0.90	1.20	1.50
2Tw3	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	0.32	0.64	0.96	1.28	1.60
2Tw4	-1.70	-1.36	-1.02	-0.68	-0.34	3.40	0.34	0.68	1.02	1.36	1.70
2TwB<<	-0.45	-0.36	-0.27	-0.18	-0.09	0.90	0.09	0.18	0.27	0.36	0.45
2Tw1<<	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	0.11	0.22	0.33	0.44	0.55
2Tw2<<	-0.65	-0.52	-0.39	-0.26	-0.13	1.30	0.13	0.26	0.39	0.52	0.65
2Tw3<<	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	0.15	0.30	0.45	0.60	0.75
2Tw4<<	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	0.17	0.34	0.51	0.68	0.85

3TwB	-2.40	-1.92	-1.44	-0.96	-0.48	4.80	0.48	0.96	1.44	1.92	2.40
3Tw1	-2.55	-2.04	-1.53	-1.02	-0.51	5.10	0.51	1.02	1.53	2.04	2.55
3Tw2	-2.70	-2.16	-1.62	-1.08	-0.54	5.40	0.54	1.08	1.62	2.16	2.70
3Tw3	-2.85	-2.28	-1.71	-1.14	-0.57	5.70	0.57	1.14	1.71	2.28	2.85
3Tw4	-3.00	-2.40	-1.80	-1.20	-0.60	6.00	0.60	1.20	1.80	2.40	3.00
3TwB<<	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	0.26	0.52	0.78	1.04	1.30
3Tw1<<	-1.40	-1.12	-0.84	-0.56	-0.28	2.80	0.28	0.56	0.84	1.12	1.40
3Tw2<<	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	0.30	0.60	0.90	1.20	1.50
3Tw3<<	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	0.32	0.64	0.96	1.28	1.60
3Tw4<<	-1.70	-1.36	-1.02	-0.68	-0.34	3.40	0.34	0.68	1.02	1.36	1.70

	-5	-4	-3	-2	-1	BASE	1	2	3	4	5
	50%	40%	30%	20%	10%		10%	20%	30%	40%	50%
4TwB	-3.20	-2.56	-1.92	-1.28	-0.64	6.40	0.64	1.28	1.92	2.56	3.20
4Tw1	-3.40	-2.72	-2.04	-1.36	-0.68	6.80	0.68	1.36	2.04	2.72	3.40
4Tw2	-3.60	-2.88	-2.16	-1.44	-0.72	7.20	0.72	1.44	2.16	2.88	3.60
4Tw3	-3.80	-3.04	-2.28	-1.52	-0.76	7.60	0.76	1.52	2.28	3.04	3.80
4Tw4	-4.00	-3.20	-2.40	-1.60	-0.80	8.00	0.80	1.60	2.40	3.20	4.00
4TwB<<	-2.40	-1.92	-1.44	-0.96	-0.48	4.80	0.48	0.96	1.44	1.92	2.40
4Tw1<<	-2.55	-2.04	-1.53	-1.02	-0.51	5.10	0.51	1.02	1.53	2.04	2.55
4Tw2<<	-2.70	-2.16	-1.62	-1.08	-0.54	5.40	0.54	1.08	1.62	2.16	2.70
4Tw3<<	-2.85	-2.28	-1.71	-1.14	-0.57	5.70	0.57	1.14	1.71	2.28	2.85
4Tw4<<	-3.00	-2.40	-1.80	-1.20	-0.60	6.00	0.60	1.20	1.80	2.40	3.00

Throw Jumps

1TTh	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	0.11	0.22	0.33	0.44	0.55
1STh	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	0.11	0.22	0.33	0.44	0.55
1LoTh	-0.70	-0.56	-0.42	-0.28	-0.14	1.40	0.14	0.28	0.42	0.56	0.70
1FTh	-0.70	-0.56	-0.42	-0.28	-0.14	1.40	0.14	0.28	0.42	0.56	0.70
1LzTh	-0.70	-0.56	-0.42	-0.28	-0.14	1.40	0.14	0.28	0.42	0.56	0.70
<u>1TThq</u>	<u>-0.55</u>	<u>-0.44</u>	<u>-0.33</u>	<u>-0.22</u>	<u>-0.11</u>	<u>1.10</u>	<u>0.11</u>	<u>0.22</u>	<u>0.33</u>	<u>0.44</u>	<u>0.55</u>
<u>1SThq</u>	<u>-0.55</u>	<u>-0.44</u>	<u>-0.33</u>	<u>-0.22</u>	<u>-0.11</u>	<u>1.10</u>	<u>0.11</u>	<u>0.22</u>	<u>0.33</u>	<u>0.44</u>	<u>0.55</u>
<u>1LoThq</u>	<u>-0.70</u>	<u>-0.56</u>	<u>-0.42</u>	<u>-0.28</u>	<u>-0.14</u>	<u>1.40</u>	<u>0.14</u>	<u>0.28</u>	<u>0.42</u>	<u>0.56</u>	<u>0.70</u>
<u>1FThq</u>	<u>-0.70</u>	<u>-0.56</u>	<u>-0.42</u>	<u>-0.28</u>	<u>-0.14</u>	<u>1.40</u>	<u>0.14</u>	<u>0.28</u>	<u>0.42</u>	<u>0.56</u>	<u>0.70</u>
<u>1LzThq</u>	<u>-0.70</u>	<u>-0.56</u>	<u>-0.42</u>	<u>-0.28</u>	<u>-0.14</u>	<u>1.40</u>	<u>0.14</u>	<u>0.28</u>	<u>0.42</u>	<u>0.56</u>	<u>0.70</u>
1TTh<	-0.42	-0.33	-0.25	-0.17	-0.08	0.83	0.08	0.17	0.25	0.33	0.42
1STh<	-0.42	-0.33	-0.25	-0.17	-0.08	0.83	0.08	0.17	0.25	0.33	0.42
1LoTh<	-0.53	-0.42	-0.32	-0.21	-0.11	1.05	0.11	0.21	0.32	0.42	0.53
1FTh<	-0.53	-0.42	-0.32	-0.21	-0.11	1.05	0.11	0.21	0.32	0.42	0.53
1LzTh<	-0.53	-0.42	-0.32	-0.21	-0.11	1.05	0.11	0.21	0.32	0.42	0.53
1TTh<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1STh<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1LoTh<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1FTh<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1LzTh<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

1ATh	-1.10	-0.88	-0.66	-0.44	-0.22	2.20	0.22	0.44	0.66	0.88	1.10
2TTh	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	0.25	0.50	0.75	1.00	1.25
2STh	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	0.25	0.50	0.75	1.00	1.25
2LoTh	-1.40	-1.12	-0.84	-0.56	-0.28	2.80	0.28	0.56	0.84	1.12	1.40
2FTh	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	0.30	0.60	0.90	1.20	1.50
2LzTh	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	0.30	0.60	0.90	1.20	1.50
<u>1AThq</u>	<u>-1.10</u>	<u>-0.88</u>	<u>-0.66</u>	<u>-0.44</u>	<u>-0.22</u>	<u>2.20</u>	<u>0.22</u>	<u>0.44</u>	<u>0.66</u>	<u>0.88</u>	<u>1.10</u>
<u>2TThq</u>	<u>-1.25</u>	<u>-1.00</u>	<u>-0.75</u>	<u>-0.50</u>	<u>-0.25</u>	<u>2.50</u>	<u>0.25</u>	<u>0.50</u>	<u>0.75</u>	<u>1.00</u>	<u>1.25</u>
<u>2SThq</u>	<u>-1.25</u>	<u>-1.00</u>	<u>-0.75</u>	<u>-0.50</u>	<u>-0.25</u>	<u>2.50</u>	<u>0.25</u>	<u>0.50</u>	<u>0.75</u>	<u>1.00</u>	<u>1.25</u>
<u>2LoThq</u>	<u>-1.40</u>	<u>-1.12</u>	<u>-0.84</u>	<u>-0.56</u>	<u>-0.28</u>	<u>2.80</u>	<u>0.28</u>	<u>0.56</u>	<u>0.84</u>	<u>1.12</u>	<u>1.40</u>
<u>2FThq</u>	<u>-1.50</u>	<u>-1.20</u>	<u>-0.90</u>	<u>-0.60</u>	<u>-0.30</u>	<u>3.00</u>	<u>0.30</u>	<u>0.60</u>	<u>0.90</u>	<u>1.20</u>	<u>1.50</u>
<u>2LzThq</u>	<u>-1.50</u>	<u>-1.20</u>	<u>-0.90</u>	<u>-0.60</u>	<u>-0.30</u>	<u>3.00</u>	<u>0.30</u>	<u>0.60</u>	<u>0.90</u>	<u>1.20</u>	<u>1.50</u>
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
2FTh<	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	0.23	0.45	0.68	0.90	1.13
2LzTh<	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	0.23	0.45	0.68	0.90	1.13
1ATh<<	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2TTh<<	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	0.11	0.22	0.33	0.44	0.55
2STh<<	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	0.11	0.22	0.33	0.44	0.55
2LoTh<<	-0.70	-0.56	-0.42	-0.28	-0.14	1.40	0.14	0.28	0.42	0.56	0.70
2FTh<<	-0.70	-0.56	-0.42	-0.28	-0.14	1.40	0.14	0.28	0.42	0.56	0.70
2LzTh<<	-0.70	-0.56	-0.42	-0.28	-0.14	1.40	0.14	0.28	0.42	0.56	0.70

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
3FTh	-2.65	-2.12	-1.59	-1.06	-0.53	5.30	0.53	1.06	1.59	2.12	2.65
3LzTh	-2.65	-2.12	-1.59	-1.06	-0.53	5.30	0.53	1.06	1.59	2.12	2.65

	-5	-4	-3	-2	-1	BASE	1	2	3	4	5
	50%	40%	30%	20%	10%		10%	20%	30%	40%	50%

2AThq	<u>-2.00</u>	<u>-1.60</u>	<u>-1.20</u>	<u>-0.80</u>	<u>-0.40</u>	4.00	<u>0.40</u>	<u>0.80</u>	<u>1.20</u>	<u>1.60</u>	<u>2.00</u>
3TThq	<u>-2.20</u>	<u>-1.76</u>	<u>-1.32</u>	<u>-0.88</u>	<u>-0.44</u>	4.40	<u>0.44</u>	<u>0.88</u>	<u>1.32</u>	<u>1.76</u>	<u>2.20</u>
3SThq	<u>-2.20</u>	<u>-1.76</u>	<u>-1.32</u>	<u>-0.88</u>	<u>-0.44</u>	4.40	<u>0.44</u>	<u>0.88</u>	<u>1.32</u>	<u>1.76</u>	<u>2.20</u>
3LoThq	<u>-2.50</u>	<u>-2.00</u>	<u>-1.50</u>	<u>-1.00</u>	<u>-0.50</u>	5.00	<u>0.50</u>	<u>1.00</u>	<u>1.50</u>	<u>2.00</u>	<u>2.50</u>
3FThq	<u>-2.65</u>	<u>-2.12</u>	<u>-1.59</u>	<u>-1.06</u>	<u>-0.53</u>	5.30	<u>0.53</u>	<u>1.06</u>	<u>1.59</u>	<u>2.12</u>	<u>2.65</u>
3LzThq	<u>-2.65</u>	<u>-2.12</u>	<u>-1.59</u>	<u>-1.06</u>	<u>-0.53</u>	5.30	<u>0.53</u>	<u>1.06</u>	<u>1.59</u>	<u>2.12</u>	<u>2.65</u>
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
3FTh<	-1.99	-1.59	-1.19	-0.80	-0.40	3.98	0.40	0.80	1.19	1.59	1.99
3LzTh<	-1.99	-1.59	-1.19	-0.80	-0.40	3.98	0.40	0.80	1.19	1.59	1.99
2ATh<<	-1.10	-0.88	-0.66	-0.44	-0.22	2.20	0.22	0.44	0.66	0.88	1.10
3TTh<<	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	0.25	0.50	0.75	1.00	1.25
3STh<<	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	0.25	0.50	0.75	1.00	1.25
3LoTh<<	-1.40	-1.12	-0.84	-0.56	-0.28	2.80	0.28	0.56	0.84	1.12	1.40
3FTh<<	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	0.30	0.60	0.90	1.20	1.50
3LzTh<<	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	0.30	0.60	0.90	1.20	1.50

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
4FTh	-3.75	-3.00	-2.25	-1.50	-0.75	7.50	0.75	1.50	2.25	3.00	3.75
4LzTh	-3.75	-3.00	-2.25	-1.50	-0.75	7.50	0.75	1.50	2.25	3.00	3.75
3AThq	<u>-3.00</u>	<u>-2.40</u>	<u>-1.80</u>	<u>-1.20</u>	<u>-0.60</u>	6.00	<u>0.60</u>	<u>1.20</u>	<u>1.80</u>	<u>2.40</u>	<u>3.00</u>
4TThq	<u>-3.25</u>	<u>-2.60</u>	<u>-1.95</u>	<u>-1.30</u>	<u>-0.65</u>	6.50	<u>0.65</u>	<u>1.30</u>	<u>1.95</u>	<u>2.60</u>	<u>3.25</u>
4SThq	<u>-3.25</u>	<u>-2.60</u>	<u>-1.95</u>	<u>-1.30</u>	<u>-0.65</u>	6.50	<u>0.65</u>	<u>1.30</u>	<u>1.95</u>	<u>2.60</u>	<u>3.25</u>
4LoThq	<u>-3.50</u>	<u>-2.80</u>	<u>-2.10</u>	<u>-1.40</u>	<u>-0.70</u>	7.00	<u>0.70</u>	<u>1.40</u>	<u>2.10</u>	<u>2.80</u>	<u>3.50</u>
4FThq	<u>-3.75</u>	<u>-3.00</u>	<u>-2.25</u>	<u>-1.50</u>	<u>-0.75</u>	7.50	<u>0.75</u>	<u>1.50</u>	<u>2.25</u>	<u>3.00</u>	<u>3.75</u>
4LzThq	<u>-3.75</u>	<u>-3.00</u>	<u>-2.25</u>	<u>-1.50</u>	<u>-0.75</u>	7.50	<u>0.75</u>	<u>1.50</u>	<u>2.25</u>	<u>3.00</u>	<u>3.75</u>
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
4FTh<	-2.82	-2.25	-1.69	-1.13	-0.56	5.63	0.56	1.13	1.69	2.25	2.82
4LzTh<	-2.82	-2.25	-1.69	-1.13	-0.56	5.63	0.56	1.13	1.69	2.25	2.82
3ATh<<	-2.00	-1.60	-1.20	-0.80	-0.40	4.00	0.40	0.80	1.20	1.60	2.00
4TTh<<	-2.20	-1.76	-1.32	-0.88	-0.44	4.40	0.44	0.88	1.32	1.76	2.20
4STh<<	-2.20	-1.76	-1.32	-0.88	-0.44	4.40	0.44	0.88	1.32	1.76	2.20
4LoTh<<	-2.50	-2.00	-1.50	-1.00	-0.50	5.00	0.50	1.00	1.50	2.00	2.50
4FTh<<	-2.65	-2.12	-1.59	-1.06	-0.53	5.30	0.53	1.06	1.59	2.12	2.65
4LzTh<<	-2.65	-2.12	-1.59	-1.06	-0.53	5.30	0.53	1.06	1.59	2.12	2.65

Death Spirals

BiDsB	<u>-1.40</u>	<u>-1.12</u>	<u>-0.84</u>	<u>-0.56</u>	<u>-0.28</u>	2.80	<u>0.28</u>	<u>0.56</u>	<u>0.84</u>	<u>1.12</u>	<u>1.40</u>
BiDs1	<u>-1.55</u>	<u>-1.24</u>	<u>-0.93</u>	<u>-0.62</u>	<u>-0.31</u>	3.10	<u>0.31</u>	<u>0.62</u>	<u>0.93</u>	<u>1.24</u>	<u>1.55</u>
BiDs2	<u>-1.75</u>	<u>-1.40</u>	<u>-1.05</u>	<u>-0.70</u>	<u>-0.35</u>	3.50	<u>0.35</u>	<u>0.70</u>	<u>1.05</u>	<u>1.40</u>	<u>1.75</u>
BiDs3	<u>-1.90</u>	<u>-1.52</u>	<u>-1.14</u>	<u>-0.76</u>	<u>-0.38</u>	3.80	<u>0.38</u>	<u>0.76</u>	<u>1.14</u>	<u>1.52</u>	<u>1.90</u>
BiDs4	<u>-2.05</u>	<u>-1.64</u>	<u>-1.23</u>	<u>-0.82</u>	<u>-0.41</u>	4.10	<u>0.41</u>	<u>0.82</u>	<u>1.23</u>	<u>1.64</u>	<u>2.05</u>
FiDsB	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	0.26	0.52	0.78	1.04	1.30
FiDs1	-1.45	-1.16	-0.87	-0.58	-0.29	2.90	0.29	0.58	0.87	1.16	1.45
FiDs2	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	0.32	0.64	0.96	1.28	1.60
FiDs3	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	0.35	0.70	1.05	1.40	1.75
FiDs4	-1.90	-1.52	-1.14	-0.76	-0.38	3.80	0.38	0.76	1.14	1.52	1.90
BoDsB	-1.55	-1.24	-0.93	-0.62	-0.31	3.10	0.31	0.62	0.93	1.24	1.55
BoDs1	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	0.35	0.70	1.05	1.40	1.75
BoDs2	-1.95	-1.56	-1.17	-0.78	-0.39	3.90	0.39	0.78	1.17	1.56	1.95
BoDs3	-2.15	-1.72	-1.29	-0.86	-0.43	4.30	0.43	0.86	1.29	1.72	2.15
BoDs4	-2.35	-1.88	-1.41	-0.94	-0.47	4.70	0.47	0.94	1.41	1.88	2.35
FoDsB	<u>-1.65</u>	<u>-1.32</u>	<u>-0.99</u>	<u>-0.66</u>	<u>-0.33</u>	3.30	<u>0.33</u>	<u>0.66</u>	<u>0.99</u>	<u>1.32</u>	<u>1.65</u>
FoDs1	<u>-1.85</u>	<u>-1.48</u>	<u>-1.11</u>	<u>-0.74</u>	<u>-0.37</u>	3.70	<u>0.37</u>	<u>0.74</u>	<u>1.11</u>	<u>1.48</u>	<u>1.85</u>
FoDs2	<u>-2.05</u>	<u>-1.64</u>	<u>-1.23</u>	<u>-0.82</u>	<u>-0.41</u>	4.10	<u>0.41</u>	<u>0.82</u>	<u>1.23</u>	<u>1.64</u>	<u>2.05</u>
FoDs3	<u>-2.25</u>	<u>-1.80</u>	<u>-1.35</u>	<u>-0.90</u>	<u>-0.45</u>	4.50	<u>0.45</u>	<u>0.90</u>	<u>1.35</u>	<u>1.80</u>	<u>2.25</u>
FoDs4	<u>-2.45</u>	<u>-1.96</u>	<u>-1.47</u>	<u>-0.98</u>	<u>-0.49</u>	4.90	<u>0.49</u>	<u>0.98</u>	<u>1.47</u>	<u>1.96</u>	<u>2.45</u>

Pivot Figure

PiF	-1.10	-0.88	-0.66	-0.44	-0.22	2.20	0.22	0.44	0.66	0.88	1.10
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	-5	-4	-3	-2	-1	BASE	1	2	3	4	5
	50%	40%	30%	20%	10%		10%	20%	30%	40%	50%

Pair Spins

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

Pair Spin Combination

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

Remarks:

1. The SOV is based on a percentage principle. Each step in GOE up/down results in increasing/decreasing the score for this element by 10% of the Base Value.
2. For Choreographic Sequences this percentage is also consistent for all steps in GOE, but is higher than for other elements.
3. For elements indicated with signs "<", "e", "V", the percentage is taken not from the full Base Value, but from the reduced Base Value.
4. In jump combinations / jump sequences when applying the GOE with the numerical value of the most difficult jump, the signs "<", "e", "V" are taken into account (e.g. 3T with Base Value 4.2 is considered more difficult than 3Lo< with reduced Base Value 3.92).
5. The previous remark does not relate to the sign "+Rep" which leads to 70% of the Base Value of the jump. In this case the GOE is established as a percentage of the original Base Value because the "+Rep" sign has no relation to the quality of execution.