

INTERNATIONAL SKATING UNION

Communication No. 1284

Single & Pair Skating

I. Remarks on the Levels of Difficulty of Single & Pair elements

The following remarks to the descriptions published in the ISU Communication No. 1263 should be taken into account:

a) Single and Pair Skating, Short Program and Free Skating, Jumps:

Any jump with a “normal” take off and landing on a “different” foot (e.g. Axel with the take off from a forward outside edge and the landing on a backward inside edge) will be called by the Technical Specialist and counted as a “normal” jump for calculations and jump repetition rule. However the Inside Axels (with the take off from a forward inside edge and the landing on a backward outside edge) are not listed elements, they will not be called and counted and will be evaluated under the “Transitions”.

b) Single and Pair Skating, Short Program and Free Skating, Spin with change of foot, but no change of position and Spin Combination with change of foot:

Execution of spins in both directions (clockwise and counter clockwise) that immediately follow each other will be rewarded by counting this as an additional feature in Levels 2 and 3 (without increasing the number of features required for these Levels). A minimum of 3 revolutions in each direction is required. A spin executed in both directions as above is considered as one spin.

c) Single and Pair Skating, Short Program and Free Skating, Spin with change of foot, but no change of position and Spin Combination with change of foot:

Difficult variations (of positions) include difficult variations of change of foot (e.g. with a jump).

d) Free Skating, Single Skating, Spin with no change of foot and no change of position, Pair Skating, Solo Spin with no change of foot and no change of position (not layback or sideways leaning spin):

The first feature in Level Two (“Spin performed with at least one difficult variation”) and in Level Three (“Spin performed with at least two difficult variations”) is considered compulsory for these Levels.

e) Single and Pair Skating, Short Program and Free Skating, Step Sequences:

The first feature in Level Two (“Mainly using Variety of turns and steps”) and in Level Three (“Mainly using Complex turns and steps”) is considered compulsory for these Levels.

f) Single and Pair Skating, Short Program and Free Skating, Spiral Step Sequences:

The duration of any spiral position should not be less than 3 seconds. In case this requirement is not fulfilled, the position is not counted.

g) Single and Pair Skating, Short Program and Free Skating, Spiral Step Sequences:

A feature in Level Three “Unsupported change of edge during one spiral” means that the skater (both skaters) changes the edge without any pushes while being in a spiral position. In case the two spirals

before and after the change of edge fulfill the duration requirement indicated above in f), these spirals will be counted as two spiral positions.

h) Single Skating, Free Skating, Step/Spiral Step Sequences:

If a skater performs a jump within a Step/Spiral Step Sequence, this jump should not interrupt the flow of the sequence. In case of such an interruption, the steps/positions after it are to be excluded from the sequence.

i) Pair Skating, Free Skating Lifts:

In case of a Lift including a Carry, only a Carry with extended arms of the Man can be considered as a feature for Levels Two and Three. Lifts that are just Carries, though not having a value, should be included in the planned program content sheet.

j) Single and Pair Skating, Short Program and Free Skating:

For obtaining a Level Two any feature of Level Three can be considered also as a feature of Level Two if this is necessary.

II. Clarification on a Well Balanced Free Skating Program, Singles

A well balanced Free Skating program contains a maximum of 4 spins for Seniors and 3 spins for Juniors of which:

- one spin is a spin combination (that means contains at least 2 different basic positions or their variations);
- another spin (different from the first one) is a flying spin or a spin with a flying entrance;
- one more spin (different from the first two) is a spin with only one position

III. Guidelines for evaluation of the Grade of Execution (GOE) of Single & Pair Elements

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IV. Guidelines for evaluation of the Components of Short& Free Single & Pair Programs

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Milan
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Lausanne

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Determination of Grades of Execution – Singles Skating – Short Program

INSTRUCTION SHEET FOR JUDGES

The following guidelines are provided to judges when using these GOE Charts:

1. These charts describe the performance expectations for skaters for each element included in a short program for Singles skaters. Marks are to be awarded by each judge for each element ranging from –3 through 0 to +3, depending on the quality of the skating of that element.
2. First a judge evaluates the quality of an element (e.g. +1), then deducts for errors (e.g. -3) to obtain the final grade (e.g. +1-3= -2)
3. If an element has one of the described errors (see charts), the GOE can not be higher than Base Value (“0”)
4. The assessment of each element is done by phases – each phase of the element (noted in the left margin for each element on the chart) contributes to the overall assessment.
5. When an error occurs in an element, the error must be penalized according to the severity of the error. When several errors occur on the same element, all must be considered until the minimum assessment of –3 is reached. Two errors on the same phase of an element is the same as one error on two different phases of the same element in terms of reductions.
6. The trimmed mean GOE awarded by the judges for each of the elements will be added to the total score for that skater.

Determination of Grades of Execution – Singles Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|--|---|---|--|--|--|---|
| <p>Jumps</p> <p>Four Phases: (a) preparation (b) take-off (c) rotation (flight) (d) landing</p> | <p>Minor problems in three or more phases described in (-1) or major problems in two or more phases described in (-2) or any of the following individual errors: - fall; - severe change of edge on take-off of flip or lutz; - lesser rotation than required</p> | <p>Minor problems in two phases described in (- 1) or major problem in one phase of the jump eg. - slightly under-rotated either on take-off or landing (1/4 turn or less); - moderate change of edge on take-off of flip or lutz; - touch with two hands; - step out of landing; - land on two feet</p> | <p>Minor problem in one phase of the jump eg. - touch down with one foot or one hand; - long preparation phase (tele-graphed); - short change of edge in take-off of flip or lutz; - weak landing (land on wrong edge or toe, etc.)</p> | <p>All jump phases completed satisfactorily; ie. average length preparation phase; adequate height and distance; organized/ vertical air position, completed revolution; clean landing; sufficient flow in and out</p> | <p>Good technique on at least three phases of the jump described in base value or - a jump of base value with varied position in the air or delay in rotation - good flow in and acceptable flow out of the jump</p> | <p>Good or very good technique and execution in all phases of the jump - consistent flow in and out of the jump</p> | <p>Superior in all jump phases (eg. unexpected or difficult entry phase, great height/distance, strong flow in and out and superior extension on landing)</p> |
| <p>Jump preceded by steps</p> <p>Four Phases: (a) preparation including steps (b) take-off (c) rotation (flight) (d) landing</p> | <p>Minor problems in three or more phases of the jump or major problems in two or more phases of the jump as described above or - no steps into the jump - lesser rotation than required</p> | <p>Minor problems in two phases of the jump or major problem in one phase of the jump as described above in -2 or - longer break between steps and the jump (no rhythm maintained)</p> | <p>Minor problem in one phase of the jump as described in the GOE of jumps -1 or - only one entry step/move, or - slight break between steps/ moves and the jump (rhythm not completely maintained)</p> | <p>Completed jump with steps meeting minimum requirements (clear recognizable steps - rhythm maintained)</p> | <p>Good jump as described in the GOE of jumps (+1) with clear recognizable steps</p> | <p>Very good jump as described in the GOE of jumps (+2) with clear recognizable steps</p> | <p>Superior jump as described in the GOE of jumps (+3) with clear recognizable and difficult steps</p> |
| <p>Remark:</p> | <ul style="list-style-type: none"> If a skater has more revolutions in a jump than described (e.g. quadruple instead of a triple jump), the Judges GOE must be in the “minus grades” for that element and the value of the jump will be changed to the value of a jump with revolution required. | | | | | | |

Determination of Grades of Execution – Singles Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|---|--|---|---|--|--|--|--|
| <p style="text-align: center;">Jump Combination</p> <p>Eight Phases: (a) preparation (b) take-off (c) rotation (flight) (d) landing (e) transition into second jump (f) take-off (g) rotation (flight) (h) landing of second jump</p> | <p>Minor problems in three or more phases or major problems in two or more phases or any of the individual errors noted in jumps –3 on both jumps</p> <p>- lesser rotation than required - no second jump</p> | <p>Minor problems in two phases or major problem in one phase of either jump as noted in jumps (-2) or turn/steps between the jumps with the use of the second foot or fall after the second jump</p> | <p>Minor problem in one phase of any jump as noted in jumps (-1) or hesitation or loss of flow between the jumps or turn on one foot in between the jumps</p> | <p>All jumps completed as noted in jumps (base value) with rhythmic timing between jumps</p> | <p>Good technique in the majority of phases of all jumps or very good in one jump and other jump(s) completed at base value with no major loss of flow between jumps</p> | <p>Superior in one jump and good in other or very good in all jump phases of both jumps with no major loss of speed throughout the two jumps</p> | <p>Superior quality technique and execution in all phases of both jumps with no loss of speed throughout the two jumps</p> |
| Remark: | <ul style="list-style-type: none"> • If a skater has more revolutions in a jump than described (e.g. quadruple instead of a triple jump), the Judges GOE must be in the “minus grades” for that element and the value of the jump will be changed to the value of a jump with revolution required. • If there is no second jump in a jump combination the Technical Specialists identifies the intended combination during the program. In case of a fall after the first jump in the jump combination a possible second jump - executed later - will not be called. | | | | | | |

Determination of Grades of Execution – Singles Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|--|---|---|---|---|--|---|
| <p>Spins/ Spin Combination</p> <p>Four Phases: (a) preparation (b) entry (c) rotation (d) exit</p> | <p>Spin contains two or more major errors or one of the following individual errors: - spin is incomplete in more than two revolutions or position not executed; - fall in any segment</p> <p>In the flying spin - very poor or wrong position in the air, no visible jump.</p> <p>In the spin with change of foot or spin combination -completely re-centers or travels</p> | <p>Spin contains two minor errors or one of the following major errors: - poor positions; - travels moderately; - missing between one and two revolution; - spinning on incorrect edges by reason of technical inability; - severe touch down free foot with some weight transfer.</p> <p>In the flying spin - rotation prior to take-off or position in the air not attained.</p> <p>In the spin with change of foot or spin combination -moderate re-centering -less than required positions</p> | <p>Spin contains one of the following minor errors: - weak or inconsistent quality of positions; - inconsistent speed of rotation (eg. slows down); - travels slightly; - short by one revolution or less; - touch down with free foot or hand (no weight transfer);</p> <p>In the flying spin - slight rotation prior to take-off or position in the air not fully attained</p> <p>In the spin with change of foot or spin combination -slight re-centering -less than required positions</p> | <p>All phases of the spin completed satisfactorily ie. controlled entry and exit, distinct positions, balanced rotations done with consistent speed;</p> <p>- the spin meets requirements for number of rotations/positions: eight in spins and flying spins, six on each foot in spin combinations</p> | <p>Good technique and execution of at least three phases of spin described in the base value</p> <p>In the flying spin: - good basic spin position in the air attained</p> <p>In the spin with change of foot or spin combination: - Balance in speed and revolutions</p> | <p>Good or very good technique and execution of all phases of spin, may demonstrate one superior phase combined with good and/ or very good in other phases and:</p> <p>- executes more than required revolutions</p> <p>In the flying spin: - Very good basic spin position attained in the air - Good height and no travel after landing</p> <p>In the spin with change of foot or spin combination: - Balance and more revolutions executed than required - Well centers and good speed</p> | <p>Superior technique and execution in all phases of spin eg. may demonstrate exceptional positions, ability to maintain speed or accelerate during spin and:</p> <p>- executes more than required revolutions</p> <p>In the flying spin: - Excellent basic spin position attained in the air - Exceptional in height and no travel after landing</p> <p>In the spin with change of foot or spin combination: - Well balance in positions and revolutions executed, no travel at all and excellent speed</p> |
| Remark: | <ul style="list-style-type: none"> If a skater falls in the entrance of a spin, this attempt to a spin occupies a spot, no base value is given and any GOE will not count and, if that fall is immediately followed by a simple spin or a spinning movement (for filling time purpose) this will receive no value and will not occupy another spot. | | | | | | |

Determination of Grades of Execution – Singles Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|---|---|--|---|---|--|--|---|
| Step Sequences / Spiral Step Sequences | <p>Step sequence contains three or more minor, two or more major or one of the following individual errors:</p> <ul style="list-style-type: none"> - severe reduction of speed - incorrect pattern; - fall <p>For Spiral Sequence</p> <ul style="list-style-type: none"> - less than 40% on spiral position | <p>Step sequence contains two minor errors described in (-1) or one of the following major errors:</p> <ul style="list-style-type: none"> - incomplete pattern; - major stumble - major retrogression <p>For spiral sequence -</p> <ul style="list-style-type: none"> - less than three spiral positions; - no change of foot - Spiral held in sustained position between 40% and 50% of time in spiral position - Reduction of speed visible -only 2 required positions | <p>Step sequence contains one of the following minor errors:</p> <ul style="list-style-type: none"> - slow / lacks power or acceleration (walks); - small pattern; - stumble; - retrogression - jump of more than half a turn included <ul style="list-style-type: none"> - Spirals held for a minimum time; 50% spent in spiral position | <p>Step sequence meets minimum requirements as per regulations and is executed satisfactorily ie</p> <ul style="list-style-type: none"> - adequate pattern size and shape; - adequate energy and focus in execution; - moderate speed and flow; - adequate control and commitment of whole body to accuracy of steps - adequate extension and flexibility demonstrated | <p>Step sequence is good or very good on three aspects described in base value and</p> <ul style="list-style-type: none"> - Speed maintained or accelerate during sequence - Spiral position held in more than 50% of the time - Good flexibility and body line | <p>Step sequence is good or very good in all of the features described in base value and</p> <ul style="list-style-type: none"> - Clear acceleration in speed - Spiral position held in more than 60% of the time - Very good flexibility and body line | <p>Step sequence is superior in all phases of execution, highlights the skater's skating ability and is an integral part of the content of the program</p> <ul style="list-style-type: none"> - Spiral position held in more than 70% of the time - Excellent flexibility and body line |

Determination of Grades of Execution – Singles Skating – Free Program

INSTRUCTION SHEET FOR JUDGES

The following guidelines are provided to judges when using these GOE Charts:

1. These charts describe the performance expectations for skaters for each element included in a well balanced program for Singles Free Skating. Marks are to be awarded by each judge for each element ranging from -3 through 0 to +3, depending on the quality of the skating of that element.
2. First a judge evaluates the quality of an element (e.g. +1), then deducts for errors (e.g. -3) to obtain the final grade (e.g. +1-3= -2)
3. If an element has one of the described errors (see charts), the GOE can not be higher than Base Value ("0")
4. The assessment of each element is done by phases – each phase of the element (noted in the left margin for each element on the chart) contributes to the overall assessment.
5. When an error occurs in an element, the error must be penalized according to the severity of the error. When several errors occur on the same element, all must be considered until the minimum assessment of -3 is reached. Two errors on the same phase of an element is the same as one error on two different phases of the same element in terms of reductions.
6. The trimmed mean GOE awarded by the judges for each of the elements will be added to the total score for that skater.

Determination of Grades of Execution – Singles Skating – Free Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|---|---|---|--|--|--|--|---|
| <p>Jumps</p> <p>Four Phases: (a) preparation (b) take-off (c) rotation (flight) (d) landing</p> | <p>Minor problems in three or more phases described in (-1) or major problems in two or more phases described in (-2) or any of the following individual errors: - fall; - severe change of edge on take-off of flip or lutz;</p> | <p>Minor problems in two phases described in (- 1) or major problem in one phase of the jump eg. - slightly under-rotated either on take-off or landing (1/4 turn or less); - moderate change of edge on take-off of flip or lutz; - touch with two hands; - step out of landing; - land on two feet</p> | <p>Minor problem in one phase of the jump eg. - touch down with one foot or one hand; - long entry phase (telegraphed); - short change of edge in take-off of flip or lutz; - weak landing (land on wrong edge or toe, etc.)</p> | <p>All jump phases completed satisfactorily; ie. average length preparation phase; adequate height and distance; organized/ vertical air position, completed revolution; clean landing; sufficient flow in and out</p> | <p>Good technique on at least three phases of the jump described in base value or - a jump of base value with varied position in the air or delay in rotation</p> | <p>Good or very good technique and execution in all phases of the jump</p> | <p>Superior in all jump phases (eg. unexpected or difficult entry phase, great height/distance, strong flow in and out and superior extension on landing)</p> |

Determination of Grades of Execution – Singles Skating – Free Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|--|--|--|--|--|---|---|
| <p style="text-align: center;">Jump Combination or Sequence</p> <p>8 or 12 Phases (2 or 3 jumps): (a) preparation (b) take-off (c) rotation (flight) (d) landing (e) transition into second jump (f) take-off (g) rotation (flight) (h) landing of second jump (i) Transition into third jump (j) Take-off (k) Rotation (flight) (l) Landing of third jump</p> <p>Or for sequence Phases according to the number of jumps a) Preparation b) Take-off c) Rotation (flight) d) Landing e) Transition into next jump</p> | <p>Minor problems in three or more phases or major problems in two or more phases of the combination / sequence or any of the individual errors noted above in -3 on two or more jumps</p> | <p>Minor problems in two phases or major problem in one phase of any jump as noted In jumps (-2) or fall after the second or later jump</p> | <p>Minor problem in one phase of any jump as noted in jumps (-1) or hesitation or loss of flow between the jumps or turn one foot in between the jumps</p> | <p>All jumps completed as Noted in jumps (base value) with rhythmic timing between jumps</p> | <p>Good technique in the majority of phases of all jumps or very good in one jump and other jump(s) completed at base value with no loss of flow between jumps</p> | <p>Superior in one jump and good in other or very good in all jump phases of all of the jumps</p> | <p>Superior quality technique and execution in all phases of all of the jumps</p> |

Determination of Grades of Execution – Singles Skating – Free Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|--|--|--|--|--|--|---|
| <p>Spins/ Spin Combination</p> <p>Four Phases: (a) preparation (b) entry (c) rotation (d) exit</p> | <p>Spin contains two or more major errors or one of the following individual errors: - spin is incomplete (missing more than three revolutions or position not executed); - fall in any segment</p> <p>In the flying spin - very poor position in the air</p> <p>In the spin with change of foot or spin combination - spin completely re-centers or travels</p> | <p>Spin contains two minor errors or one of the following major errors: - poor positions; - travels moderately; - short by more than one revolution; - spinning on incorrect edges by reason of technical inability; - touch down free foot with weight transfer.</p> <p>In the flying spin - rotation prior to take-off or position in the air not attained</p> <p>In the spin with change of foot or spin combination - moderate re-centering</p> | <p>Spin contains one of the following minor errors: - weak or inconsistent quality of positions; - inconsistent speed of rotation (eg. slows down); - travels slightly; - short by one revolution or less; - touch down with free foot or hand (no weight transfer);</p> <p>In the flying spin - slight rotation prior to take-off or position in the air not fully attained</p> <p>In the spin with change of foot or spin combination - slight re-centering</p> | <p>All phases of the spin completed satisfactorily ie. controlled entry and exit, distinct positions, balanced rotations done with consistent speed;</p> <p>- the spin meets requirements for number of rotations/positions: six in spins and flying spins; ten with one change of foot in spin combinations</p> | <p>Good technique and execution of at least three phases of spin described in the base value</p> | <p>Good or very good technique and execution of all phases of spin, may demonstrate one superior phase combined with good and/ or very good in other phases and</p> <p>- executes more than required revolutions</p> | <p>Superior technique and execution in all phases of spin eg. may demonstrate exceptional positions, ability to maintain speed or accelerate during spin and</p> <p>- executes more than required revolutions</p> |
| Remark: | <ul style="list-style-type: none"> If a skater falls in the entrance of a spin, this attempt to a spin occupies a spot, no base value is given and any GOE will not count and, if that fall is immediately followed by a simple spin or a spinning movement (for filling time purpose) this will receive no value and will not occupy another spot. | | | | | | |

Determination of Grades of Execution – Singles Skating – Free Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|-----------------------------------|--|--|--|---|---|---|---|
| Step/Spiral Step Sequences | Step sequence contains three or more minor, two or more major or one of the following individual errors: - very few steps included - looks like skaters just save energy for later elements; - incorrect pattern; -fall | Step sequence contains two minor errors described in (-1) or one of the following major errors: - incomplete pattern; - part consisting of crossovers, not steps; - for spirals – only one spiral position included | Step sequence contains one of the following minor errors: - slow / lacks power or acceleration (walks); - small pattern; - stumble; | Step sequence meets minimum requirements as per regulations and is executed satisfactorily ie - adequate pattern size and shape; - adequate energy and focus in execution; - moderate speed and flow; - adequate control and commitment of whole body to accuracy of steps - adequate extension and flexibility demonstrated | Step sequence is good or very good on three aspects described in base value | Step sequence is good or very good in all of the features described in base value | Step sequence is superior in all phases of execution, highlights the skater's skating ability and is an integral part of the content of the program |

Determination of Grades of Execution – Pair Skating – Short Program

INSTRUCTION SHEET FOR JUDGES

The following guidelines are provided to judges when using these GOE Charts:

1. These charts describe the performance expectations for skaters for each element included in a short program for Pair skaters. Marks are to be awarded by each judge for each element ranging from –3 through 0 to +3, depending on the quality of the skating of that element.
2. First a judge evaluates the quality of an element (e.g. +1), then deducts for errors (e.g. -3) to obtain the final grade (e.g. +1-3= -2)
3. If an element has one of the described errors (see charts), the GOE can not be higher than Base Value (“0”)
4. The assessment of each element is done by phases – each phase of the element (noted in the left margin for each element on the chart) contributes to the overall assessment.
5. When an error occurs in an element, the error must be penalized according to the severity of the error. When several errors occur on the same element, all must be considered until the minimum assessment of –3 is reached. Two errors on the same phase of an element is the same as one error on two different phases of the same element in terms of reductions.
6. The trimmed mean GOE awarded by the judges for each of the elements will be added to the total score for that skater.
7. Difficult elements, which are linked together without a visible interruption, will be reflected in the GOE. The judges will grant for the second element one grade higher.

Determination of Grades of Execution – Pair Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|---|--|--|--|--|--|---|
| <p>Lifts</p> <p>Four Phases: (a) preparation (b) lift action (c) flight (d) exit</p> | <p>Minor problems in three or more lift phases described in (-1) or major problems in two or more phases described in (-2) or any of the following individual errors:</p> <ul style="list-style-type: none"> - Serious problems or obvious struggling in the lifting process; - Very poor positions in the air; - Very poor, unsteady turns by man; - Less than required revolutions (two of the lady, one of the man); - Fall | <p>Minor problems in two lift phases described in (- 1) or major problem in one phase of the lift eg:</p> <ul style="list-style-type: none"> - Poor positions in the air; - Poor or scraped turns by man; - Lady collapses on partner; - Poor landing with complete loss of speed; - Lady starts or lands on two feet | <p>Minor problem in one phase of the lift eg:</p> <ul style="list-style-type: none"> - Weak positions in the air or on landing; - Weak turns by man; - Reduced speed on landing; - Man exits on two feet; - Touch down with free foot - bumping on take-off or landing | <p>All lift phases completed satisfactorily; ie. correct take off position; adequate ice coverage; organized, correct and aesthetically pleasing air positions; completed revolutions; solid landing; adequate speed and rhythm maintained throughout the lift; sufficient flow in and out</p> | <p>Good technique on at least three phases of the lift described in base value</p> | <p>Good or very good technique and execution in all phases of the lift</p> | <p>Superior in all lift phases (eg. great speed and flow, beautiful and dynamic air positions; strong timing in and out and strong extension on landing)</p> <p>- Completely effortless from beginning to end</p> |

Determination of Grades of Execution – Pair Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|---|--|--|---|---|--|---|---|
| <p style="text-align: center;">Twist Lift (Split)</p> <p>Five Phases: (a) preparation (b) release (c) flight (d) catch (e) exit</p> | <p>Minor problems in three or more twist phases described in (-1) or major problems in two or more phases described in (-2) or any of the following individual errors:</p> <p>-No speed at take off, completely stopped; -Very poor height and/or distance; -Very poor landing; -Fall</p> | <p>Minor problems in two twist phases described in (- 1) or major problem in one phase of the lift eg:</p> <p>-Poor speed at take-off; -Poor height and/or distance; - Incorrect hold on take off; -Lady is not caught at the waist; -Lady is not caught in the air; -Lady collapses on partner; -Lady lands on two feet</p> | <p>Minor problem in one phase of the twist eg:</p> <p>-Less than adequate speed at take off by man; -Scratching on toe picks or skidding; - No toe-pick on take off; -Less than adequate height and/or distance; -Awkward catch; -Less than adequate speed on landing; -Man exits on two feet; -Lady touches down with the free foot</p> | <p>All twist phases completed satisfactorily; ie. correct take off position; man's position correct at release; adequate ice coverage; organized, correct and aesthetically pleasing air positionss; completed revolutions; adequate height and distance; correct catch of lady; solid landing; sufficient flow in and out</p> | <p>Good technique on at least four phases of the twist described in base value</p> | <p>Good or very good technique and execution in all phases of the twist</p> | <p>Superior in all twist phases (eg. great speed and flow, exceptional height, split and catch, and strong extension on landing)</p> <p>- Completely effortless from beginning to end</p> |
| Remark: | <ul style="list-style-type: none"> A good split position of the Lady (more than 90 degree angle) will increase the GOE by 1 grade. GOE +3 can be awarded only for a superior twist lift with a very good split. | | | | | | |

Determination of Grades of Execution – Pair Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|--|--|---|---|--|--|--|
| <p>Solo Jumps</p> <p>Four Phases: (a) preparation (b) take-off (c) rotation (flight) (d) landing</p> | <p>One or both skaters demonstrate minor problems in three or more phases described in (-1) or major problems in two or more phases described in (-2) or any of the following individual errors:</p> <ul style="list-style-type: none"> - fall; - severe change of edge on take-off of flip or lutz; - partners' timing and pattern completely out of synchronization | <p>One or both skaters demonstrate minor problems in two phases described in (- 1) or major problem in one phase of the jump eg.</p> <ul style="list-style-type: none"> - slightly under-rotated either on take-off or landing (1/4 turn or less); - moderate change of edge on take-off of flip or lutz; - touch with two hands; - step out of landing; - land on two feet; - partners far apart; - partners' timing and pattern moderately out of synchronization | <p>One or both skaters demonstrate minor problem in one phase of the jump eg.</p> <ul style="list-style-type: none"> - touch down with one foot or one hand; - long preparation phase (slightly telegraphed); - short change of edge in take-off of flip or lutz; - weak landing (land on wrong edge or toe, etc.); - some separation of partners; - partners' timing and pattern slightly out of synchronization | <p>All jump phases completed satisfactorily by both skaters; ie. average length preparation phase; adequate height and distance; organized/ vertical air position, completed revolution; clean landing; sufficient flow in and out; partners synchronized with each other</p> | <p>Both skaters have good technique on at least three phases of the jump described in base value or</p> <ul style="list-style-type: none"> - a jump of base value with varied position in the air or delay in rotation - both skaters good (+1) or one skater good (+1) and one very good (+2) | <p>Both skaters have good or very good technique and execution in all phases of the jump</p> <ul style="list-style-type: none"> - both skaters very good (+2) | <p>Both skaters are superior in all jump phases (eg. Unexpected or difficult entry phase, great height/distance, strong flow in and out and superior extension on landing)</p> |

Determination of Grades of Execution – Pair Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|--|---|---|---|---|--|---|
| Throw Jump Four Phases: (a) preparation (b) release (c) rotation (flight) (d) landing | Skaters demonstrate minor problems in three or more phases described in (-1) or major problems in two or more phases described in (-2) or any of the following individual errors: - Very poor speed; - Man's position very poor at release; - Very poor height and/or distance; - Fall | Skaters demonstrate minor problems in two phases described in (- 1) or major problem in one phase of the throw jump eg. -Poor speed; - touch with 2 hands; - step out of landing; - land on 2 feet; -Man's position poor at release; -Poor height and/ or distance; - slightly under-rotated on take-off or landing - 1/4 turn or less | Skaters demonstrate minor problem in one phase of the throw jump eg. -Less than adequate speed; -Man's position less than adequate at release; -Less than adequate height and/or distance; -Touch down on landing by 1 hand or free foot; - weak landing (land on wrong edge or toe, etc.) | All throw jump phases completed satisfactorily by both skaters; ie. Average length preparation phase; adequate speed at take-off; man's position adequate at release; adequate height and distance; organized/ vertical air position, completed revolutions; correct position of man after the throw; clean landing; sufficient flow in and out | Good technique on at least three phases of the throw jump described in base value | Good or very good technique and execution in all phases of the throw jump Solid landing of the lady on a strong edge. | Superior in all throw jump phases (eg. Difficult entry phase, great speed, height, and distance, strong flow in and out and superior extension on landing) -Outstanding in all technical aspects -Completely effortless from beginning to end |

Determination of Grades of Execution – Pair Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|---|--|--|---|--|---|---|
| <p>Solo Spin</p> <p>Four Phases: (a) preparation (b) entry (c) rotation (d) exit</p> | <p>Spin of one or both skaters contains three minor or two major errors or one of the following individual errors:</p> <ul style="list-style-type: none"> - spin is incomplete (missing more than two revolutions or intended position not executed); - spin completely re-centers or travels; - fall in any segment; -partners totally out of synch with each other throughout spin and exit <p>In the flying spin - very poor or wrong position in the air.</p> | <p>Spin of one or both skaters contains two minor errors or one of the following major errors:</p> <ul style="list-style-type: none"> - poor positions; - travels or re-centers moderately; - short by more than one but less than two revolution; - spinning on incorrect edges by reason of technical inability; - touch down free foot with weight transfer; - partners poorly synchronized with each other; - spin exits are not at same time <p>In the flying spin - rotation prior to take-off or position in the air not attained.</p> | <p>Spin of one or both skaters contains one of the following minor errors:</p> <ul style="list-style-type: none"> - weak or inconsistent quality of positions; - inconsistent speed of rotation (eg. slows down); - travels slightly; - short by one revolution or less; - touch down with free foot or hand (no weight transfer); - partners not synchronized with each other on change of foot; - spin exits not totally together <p>In the flying spin - slight rotation prior to take-off or position in the air not fully attained</p> | <p>All phases of the spin completed satisfactorily ie. controlled entry and exit, distinct positions, balanced rotation done with consistent speed; correctly synchronized and exited at same time</p> <ul style="list-style-type: none"> - the spin meets requirements: five revolutions on each foot with a total of not less than 10 revolutions; one change of foot; and at least one change of position | <p>Spin of both skaters has good technique, speed and execution of at least three phases of spin described in the base value</p> | <p>Spin of both skaters has good or very good technique, speed and execution of all phases of spin, may demonstrate one superior phase combined with good and/ or very good in other phases and</p> <ul style="list-style-type: none"> - positions almost identical between partners - execute more than required revolutions | <p>Spin of both skaters has superior technique, speed and execution in all phases of spin eg. may demonstrate exceptional positions, ability to maintain or increase acceleration during spin and:</p> <ul style="list-style-type: none"> - identical excellent positions by both partners - execute more than required revolutions - equal revolutions on each foot |
| Remark: | <ul style="list-style-type: none"> • If a skater falls in the entrance of a spin, this attempt to a spin occupies a spot, no base value is given and any GOE will not count and, if that fall is immediately followed by a simple spin or a spinning movement (for filling time purpose) this will receive no value and will not occupy another spot. | | | | | | |

Determination of Grades of Execution – Pair Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|---|---|--|--|--|---|---|--|
| <p style="text-align: center;">Pair Spin Combination</p> <p>Five Phases: (a) preparation (b) entry (c) rotation (d) transition (e) exit</p> | <p>Pair Spin combination contains two major errors or one of the following individual errors:</p> <ul style="list-style-type: none"> - skaters do not contact or do not re-contact after transition to new position/foot; - very poor positions; - very slow rotation; - spin completely re-centers or travels; -spin is incomplete (missing more than two revolutions); - fall | <p>Pair Spin combination contains two minor errors or one of the following major errors:</p> <ul style="list-style-type: none"> -poor initial contact or skaters collide (hit each other); -poor positions; -slow rotation or slow during transition to new position/foot; -short by more than one revolution but less than two - change of foot by both partners not on the same time - less than required positions by both partners | <p>Pair Spin combination contains one of the following minor errors:</p> <ul style="list-style-type: none"> - weak initial contact or slow to get started; - awkward positions; - weak or inconsistent quality of positions; - inconsistent speed of rotation; - short by one revolution or less - change of foot by both partners not on the same time - less than required positions by one partner | <p>All phases of the pair spin combination completed satisfactorily ie. controlled entry and exit, distinct positions, balanced rotation done with consistent speed; correctly synchronized and exited correctly</p> <p>- the Pair Spin Combination meets the requirements: at least eight revolutions in total; one change of foot (same time by both partners); and at least one change of position for each partner</p> | <p>Good technique and execution of at least three phases of the pair spin combination described in base value</p> | <p>Good or very good technique and execution of all phases of the pair spin combination</p> <ul style="list-style-type: none"> - may demonstrate one superior phase combined with good and/or very good in the other phases and: - more than the required revolutions | <p>Superior technique and execution in all phases of the pair spin combination and:</p> <ul style="list-style-type: none"> - may demonstrate the ability to accelerate during the spin, plus: - more than the required revolutions |
| Remark: | <ul style="list-style-type: none"> • If a skater falls in the entrance of a spin, this attempt to a spin occupies a spot, no base value is given and any GOE will not count and, if that fall is immediately followed by a simple spin or a spinning movement (for filling time purpose) this will receive no value and will not occupy another spot. | | | | | | |

Determination of Grades of Execution – Pair Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|-----------------------|---|--|---|--|---|--|---|
| Step Sequences | Step sequence contains three minor, two major or one of the following individual errors: - incorrect pattern; - severe reduction of speed - fall | Step sequence contains two minor errors described in (-1) or one of the following major errors: - incomplete pattern; - jump of more than half a turn included; - major stumble; - major retrogression - visible reduction of speed | Step sequence contains one of the following minor errors: - slow / lacks power or acceleration (walks); - small pattern; - minor stumble; - minor retrogression | Step sequence meets minimum requirements as per regulations and is executed satisfactorily ie - adequate pattern size and shape - adequate energy and focus in execution; - moderate speed and flow; - control and commitment of whole body to accuracy of steps; - adequate extension and flexibility demonstrated; - adequate unison | Good technique and execution of at least three phases of the step sequence described in base value and speed maintained or accelerate during sequence | Good or very good technique and execution of all phases of the step sequence and clear acceleration in speed | Step sequence is superior in all phases of execution, highlights the skaters' skating ability and is an integral part of the content of the program |

Determination of Grades of Execution – Pair Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|-----------------------------|---|--|---|---|---|---|---|
| Spiral Step Sequence | Spiral Step sequence contains three minor, two major or one of the following individual errors: - looks like skaters just save energy for later elements; - incorrect pattern; - severe reduction of speed - fall | Spiral Step sequence contains two minor errors described in (-1) or one of the following major errors: - incomplete pattern; - less than two spiral positions or missing change of foot - unequal performance of spirals between partners - major stumble - reduction of speed visible - only 2 required positions by each partner | Spiral Step sequence contains one of the following minor errors: - slow / lacks power or acceleration (walks); - small pattern; - stumble; - spiral position not maintained by at least one partner throughout sequence | Spiral Step sequence meets minimum requirements as per regulations and is executed satisfactorily ie - adequate pattern size and shape - adequate energy and focus in execution; - moderate speed and flow; - adequate extension and flexibility demonstrated; - adequate unison | Good technique and execution of at least three phases of the spiral step sequence described in base value - good flexibility and body line in spiral positions - speed maintained or accelerate during sequence | Good or very good technique and execution of all phases of the spiral step sequence - very good flexibility and body line in spiral positions - clear acceleration in speed | Spiral step sequence is superior in all phases of execution, highlights the skaters' skating ability and is an integral part of the content of the program - excellent flexibility and body line in spiral positions |

Determination of Grades of Execution – Pair Skating – Short Program

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|---|---|---|--|---|---|--|
| Death Spirals Four Phases: (a) preparation (b) spiral edge (c) pivot (d) exit | Death spiral contains three or more minor, two or more major or one of the following individual errors: - very poor positions (eg no arch); - lady rotates on boot; - less than 3/4 revolution; - no pivot position; - very poor exit; - fall | Death spiral contains two minor errors described in (-1) or one of the following major errors: - poor positions (eg poor arch); - slightly less than one revolution; - lady's body touches ice; - lady's edge quality poor; - poor exit - pivot position not maintained - noticeable loss of speed during death spiral | Death spiral contains one of the following minor errors: - weak positions (eg weak arch); - lady's edge quality weak; - exit weak - high pivot position | Death spiral meets minimum requirements as per regulations and is executed satisfactorily - adequate energy and focus in execution; - moderate speed and flow; - adequate control; - adequate extension and flexibility demonstrated; - correct pivot – at least one revolution by each partner; - lady's position and edge quality adequate; - controlled exit | Good technique and execution of at least three phases of the death spiral described in base value -good speed and flow | Good or very good technique and execution of all phases of the death spiral and: - may demonstrate one superior phase combined with good and/or very good in the other phases and: - more than the required revolutions - very good speed and flow | Death Spiral is superior in all phases of execution, highlights the skaters' skating ability and is completely effortless from beginning to end - superior speed and flow |

Determination of Grades of Execution – Pair Skating – Free Skating

INSTRUCTION SHEET FOR JUDGES

The following guidelines are provided to judges when using these GOE Charts:

1. These charts describe the performance expectations for skaters for each element included in a well balanced program for Pairs Free Skating. Marks are to be awarded by each judge for each element ranging from –3 through 0 to +3, depending on the quality of the skating of that element.
2. First a judge evaluates the quality of an element (e.g. +1), then deducts for errors (e.g. -3) to obtain the final grade (e.g. +1-3= -2)
3. If an element has one of the described errors (see charts), the GOE can not be higher than Base Value (“0”)
4. The assessment of each element is done by phases – each phase of the element (noted in the left margin for each element on the chart) contributes to the overall assessment.
5. When an error occurs in an element, the error must be penalized according to the severity of the error. When several errors occur on the same element, all must be considered until the minimum assessment of –3 is reached. Two errors on the same phase of an element is the same as one error on two different phases of the same element in terms of reductions.
6. The trimmed mean GOE awarded by the judges for each of the elements will be added to the total score for that skater.
7. Difficult elements, which are linked together without a visible interruption, will be reflected in the GOE. The judges will grant for the second element one grade higher.

Determination of Grades of Execution – Pair Skating – Free Skating

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|---|--|--|--|--|--|---|
| <p>Lifts</p> <p>Four Phases: (a) preparation (b) lift action (c) flight (d) exit</p> | <p>Minor problems in three or more lift phases described in (-1) or major problems in two or more phases described in (-2) or any of the following individual errors:</p> <ul style="list-style-type: none"> - Serious problems or obvious struggling in the lifting process; - Very poor positions in the air; - Very poor, unsteady turns by man; - Less than required revolutions (two of the lady, one of the man); - Fall | <p>Minor problems in two lift phases described in (- 1) or major problem in one phase of the lift eg:</p> <ul style="list-style-type: none"> - Poor positions in the air; - Poor or scraped turns by man; - Lady collapses on partner; - Poor landing with complete loss of speed; - Lady starts or lands on two feet | <p>Minor problem in one phase of the lift eg:</p> <ul style="list-style-type: none"> - Weak positions in the air or on landing; - Weak turns by man; - Reduced speed on landing; - Man exits on two feet; - Touch down with free foot - bumping on take-off or landing | <p>All lift phases completed satisfactorily; ie. correct take off position; adequate ice coverage; organized, correct and aesthetically pleasing air positions; completed revolutions; solid landing; adequate speed and rhythm maintained throughout the lift; sufficient flow in and out</p> | <p>Good technique on at least three phases of the lift described in base value</p> | <p>Good or very good technique and execution in all phases of the lift</p> | <p>Superior in all lift phases (eg. great speed and flow, beautiful and dynamic air positions; strong timing in and out and strong extension on landing)</p> <p>- Completely effortless from beginning to end</p> |

Determination of Grades of Execution – Pair Skating – Free Skating

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|---|---|--|---|---|--|--|
| Twist Lift Five Phases: (a) preparation (b) release (c) flight (d) catch (e) exit | Minor problems in three or more twist phases described in (-1) or major problems in two or more phases described in (-2) or any of the following individual errors: -No speed at take off, completely stopped; -Very poor height and/or distance; -Very poor landing; -Fall | Minor problems in two twist phases described in (- 1) or major problem in one phase of the lift eg: -Poor speed at take-off; -Poor height and/or distance; - Incorrect hold on take off; -Lady is not caught at the waist; -Lady is not caught in the air; -Lady collapses on partner; -Lady lands on two feet | Minor problem in one phase of the twist eg: -Less than adequate speed at take off by man; -Scratching on toe picks or skidding; - No toe-pick on take off; -Less than adequate height and/or distance; -Awkward catch; -Less than adequate speed on landing; -Man exits on two feet; -Lady touches down with the free foot | All twist phases completed satisfactorily; ie. correct take off position; man's position correct at release; adequate ice coverage; organized, correct and aesthetically pleasing air positions; completed revolutions; adequate height and distance; correct catch of lady; solid landing; sufficient flow in and out | Good technique on at least four phases of the twist described in base value | Good or very good technique and execution in all phases of the twist | Superior in all twist phases (eg. great speed and flow, exceptional height, and catch, and strong extension on landing) - Completely effortless from beginning to end |

Determination of Grades of Execution – Pair Skating – Free Skating

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|---|--|--|--|--|--|---|---|
| Solo Jumps Four Phases: (a) preparation (b) take-off (c) rotation (flight) (d) landing | One or both skaters demonstrate minor problems in three or more phases described in (-1) or major problems in two or more phases described in (-2) or any of the following individual errors: - fall; - severe change of edge on take-off of flip or lutz; - partners' timing completely out of synchronization | One or both skaters demonstrate minor problems in two phases described in (- 1) or major problem in one phase of the jump eg. - slightly under-rotated either on take-off or landing (1/4 turn or less); - moderate change of edge on take-off of flip or lutz; - touch with two hands; - step out of landing; - land on two feet; - partners far apart; - partners' timing moderately out of synchronization | One or both skaters demonstrate minor problem in one phase of the jump eg. - touch down with one foot or one hand; - long entry phase (telegraphed); - short change of edge in take-off of flip or lutz; - weak landing (land on wrong edge or toe, etc.); - some separation of partners; - partners' timing slightly out of synchronization | All jump phases completed satisfactorily by both skaters; ie. average length preparation phase; adequate height and distance; organized/ vertical air position, completed revolution; clean landing; sufficient flow in and out; partners synchronized with each other | Both skaters have good technique on at least three phases of the jump described in base value or - a jump of base value with varied position in the air or delay in rotation - both skaters good (+1) or one skater good (+1) and one very good (+2) | Both skaters have good or very good technique and execution in all phases of the jump - both skaters very good (+2) or one skater good (+1) and one excellent (+3) | Both skaters are superior in all jump phases (eg. Unexpected or difficult entry phase, great height/distance, strong flow in and out and superior extension on landing) |

Determination of Grades of Execution – Pair Skating – Free Skating

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|--|--|--|--|--|---|--|
| <p style="text-align: center;">Jump Combination or Sequence</p> <p>Eight Phases: (a) preparation (b) take-off (c) rotation (flight) (d) landing (e) transition into second jump (f) take-off (g) rotation (flight) (h) landing of second jump etc.</p> | <p>Minor problems in three or more phases or major problems in two or more phases of the combination / sequence or any of the individual errors noted above in -3 on two or more jumps by one or both partners</p> | <p>Minor problems in two phases or major problem in one phase of any jump as noted in jumps (-2) or fall after the second jump by one or both partners</p> <p>- in a jump sequence step out of one or both partner on the final jump</p> | <p>Minor problem in one phase of any jump as noted in jumps (-1) or hesitation or loss of flow between the jumps by one or both partners</p> | <p>All jumps completed as Noted in jumps (Base Value) with rhythmic timing between</p> | <p>Both skaters have good technique in the majority of phases of all jumps or very good in one jump and other jump(s) completed at base value with no loss of flow</p> | <p>Both skaters have superior in one jump and good in other or very good in all jump phases of all of the jumps</p> | <p>Both skaters superior quality technique and execution in all phases of all of the jumps</p> |

Determination of Grades of Execution – Pair Skating – Free Skating

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|--|---|---|---|---|---|---|
| Throw Jump Four Phases: (e) preparation (f) release (g) rotation (flight) (a) landing | Skaters demonstrate minor problems in three or more phases described in (-1) or major problems in two or more phases described in (-2) or any of the following individual errors: - Very poor speed; - Man's position very poor at release; - Very poor height and/or distance; - Fall | Skaters demonstrate minor problems in two phases described in (- 1) or major problem in one phase of the throw jump eg. -Poor speed; - touch with 2 hands; - step out of landing; - land on 2 feet; -Man's position poor at release; -Poor height and/ or distance; - slightly under-rotated on take-off or landing - 1/4 turn or less | Skaters demonstrate minor problem in one phase of the throw jump eg. -Less than adequate speed; -Man's position less than adequate at release; -Less than adequate height and/or distance; -Touch down on landing by 1 hand or free foot; - weak landing (land on wrong edge or toe, etc.) | All throw jump phases completed satisfactorily by both skaters; ie. Average length preparation phase; adequate speed at take-off; man's position adequate at release; adequate height and distance; organized/ vertical air position, completed revolutions; correct position of man after the throw; clean landing; sufficient flow in and out | Good technique on at least three phases of the throw jump described in base value | Good or very good technique and execution in all phases of the throw jump | Superior in all throw jump phases (eg. Difficult entry phase, great speed, height, and distance, strong flow in and out and superior extension on landing) -Outstanding in all technical aspects -Completely effortless from beginning to end |

Determination of Grades of Execution – Pair Skating – Free Skating

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|--|---|--|--|--|--|--|
| <p>Solo Spin</p> <p>Four Phases: (a) preparation (b) entry (c) rotation (d) exit</p> | <p>Spin of one or both skaters contains three minor or two major errors or one of the following individual errors:</p> <ul style="list-style-type: none"> - spin is incomplete (missing more than three revolutions or intended position not executed); - whole spin travels; - fall in any segment; -partners totally out of synch with each other throughout spin and exit <p>In the flying spin - wrong position in the air.</p> <p>In the solo combination spin - -Synch of change of foot- totally off - spin completely re-centers</p> | <p>Spin of one or both skaters contains two minor errors or one of the following major errors:</p> <ul style="list-style-type: none"> - poor positions; - spin travels moderately; - short by more than one revolution; - spinning on incorrect edges by reason of technical inability; - touch down free foot with weight transfer; - partners poorly synchronized with each other; - spin exits are not at same time <p>In the flying spin - rotation prior to take-off or position in the air not attained.</p> <p>In the solo combination spin - -Synch of change of foot- poor - spin re-centers moderately</p> | <p>Spin of one or both skaters contains one of the following minor errors:</p> <ul style="list-style-type: none"> - weak or inconsistent quality of positions; - inconsistent speed of rotation (eg. slows down); - spin travels slightly; - short by one revolution or less; - touch down with free foot or hand (no weight transfer); - partners not synchronized with each other; - spin exits not totally together <p>In the flying spin - slight rotation prior to take-off or position in the air not fully attained</p> <p>In the solo combination spin - -Synch of change of foot less than adequate</p> | <p>All phases of the spin completed satisfactorily ie. controlled entry and exit, distinct positions, balanced rotation done with consistent speed; well synchronized and exited at same time</p> <p>- the spin meets requirements: six revolutions in solo spins</p> <p>In the solo combination spin - -Synch of change of foot- adequate</p> | <p>Spin of both skaters has good technique and execution of at least three phases of spin described in the base value</p> <p>In the solo combination spin - - Synch of change of foot- good</p> | <p>Spin of both skaters has good or very good technique and execution of all phases of spin, may demonstrate one superior phase combined with good and/ or very good in other phases and:</p> <ul style="list-style-type: none"> - positions almost identical between partners - execute more than required revolutions <p>In the solo combination spin - -Synch of change of foot- excellent</p> | <p>Spin of both skaters has superior technique and execution in all phases of spin eg. may demonstrate exceptional positions, ability to maintain or increase acceleration during spin and:</p> <ul style="list-style-type: none"> - identical excellent positions by both partners - execute more than required revolutions - equal rotations on each foot for combination spins |
| Remark: | <ul style="list-style-type: none"> • If a skater falls in the entrance of a spin, this attempt to a spin occupies a spot, no base value is given and any GOE will not count and, if that fall is immediately followed by a simple spin or a spinning movement (for filling time purpose) this will receive no value and will not occupy another spot. | | | | | | |

Determination of Grades of Execution – Pair Skating – Free Skating

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|---|---|---|--|---|--|---|
| <p>Pair Spin / Spin Combination</p> <p>Five Phases: (a) preparation (b) entry (c) rotation (d) transition (e) exit</p> | <p>Pair Spin contains two major errors or one of the following individual errors:</p> <ul style="list-style-type: none"> - skaters do not contact or do not re-contact after transition to new position/foot; - very poor positions; - very slow rotation; - spin completely re-centers or travels; -spin is incomplete (missing more than three revolutions); - fall -no change of foot | <p>Pair Spin contains two minor errors or one of the following major errors:</p> <ul style="list-style-type: none"> -poor initial contact or skaters collide (or hit each other); -poor positions; -slow rotation or slow during transition to new position/foot; -short by more than one revolution -change of foot by only one partner | <p>Pair Spin contains one of the following minor errors:</p> <ul style="list-style-type: none"> - weak initial contact or slow to get started; - awkward positions; - weak or inconsistent quality of positions; - inconsistent speed of rotation; - short by one revolution or less | <p>All phases of the pair spin completed satisfactorily ie. controlled entry and exit, distinct positions, balanced rotation done with consistent speed; correctly synchronized and exited correctly</p> <p>- the Pair Spin Combination meets the requirements: -at least eight revolutions in total -at least one change of foot by both partners</p> | <p>Good technique and execution of at least three phases of the pair spin described in base value</p> | <p>Good or very good technique and execution of all phases of the pair spin.</p> <ul style="list-style-type: none"> - may demonstrate one superior phase combined with good and/or very good in the other phases and: - more than the required revolutions | <p>Superior technique and execution in all phases of the pair spin and:</p> <ul style="list-style-type: none"> - may demonstrate the ability to accelerate during the spin, plus - more than the required revolutions |
| Remark: | <ul style="list-style-type: none"> • If a skater falls in the entrance of a spin, this attempt to a spin occupies a spot, no base value is given and any GOE will not count and, if that fall is immediately followed by a simple spin or a spinning movement (for filling time purpose) this will receive no value and will not occupy another spot. | | | | | | |

Determination of Grades of Execution – Pair Skating – Free Skating

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|------------------------------------|---|--|--|---|--|--|---|
| Step/ Spiral Step Sequences | Step sequence contains three minor, two major or one of the following individual errors: - very few steps included - looks like skaters just save energy for later elements; - incorrect pattern; - fall | Step sequence contains two minor errors described in (-1) or one of the following major errors: - incomplete pattern; - part consisting of crossovers, not steps | Step sequence contains one of the following minor errors: - slow / lacks power or acceleration (walks); - small pattern; - stumble; | Step sequence meets minimum requirements as per regulations and is executed satisfactorily ie - adequate pattern size and shape; - adequate energy and focus in execution; - moderate speed and flow; - control and commitment of whole body to accuracy of steps; - adequate extension and flexibility demonstrated; - adequate unison | Good technique and execution of at least three phases of the step sequence described in base value | Good or very good technique and execution of all phases of the step sequence | Step sequence is superior in all phases of execution, highlights the skaters' skating ability and is an integral part of the content of the program |

Determination of Grades of Execution – Pair Skating – Free Skating

| Element | -3 | -2 | -1 | Base Value | +1 | +2 | +3 |
|--|---|---|--|--|---|---|---|
| Death Spirals Four Phases: (a) preparation (b) spiral edge (c) pivot (d) exit | Death spiral contains three minor, two major or one of the following individual errors: - very poor positions (eg no arch); - lady rotates on boot; - less than 3/4 revolution; - no pivot position; - very poor exit; - fall | Death spiral contains two minor errors described in (-1) or one of the following major errors: - poor positions (eg poor arch); - slightly less than one revolution; - error on pivot; - lady's body touches ice; - lady's edge quality poor; - poor exit | Death spiral contains one of the following minor errors: - weak positions (eg weak arch); - lady's edge quality weak; - exit weak | Death spiral meets minimum requirements as per regulations and is executed satisfactorily - adequate energy and focus in execution; - moderate speed and flow; - adequate control; - adequate extension and flexibility demonstrated; - correct pivot – at least one revolution by each partner; - lady's position and edge quality adequate; - controlled exit | Good technique and execution of at least three phases of the death spiral described in base value | Good or very good technique and execution of all phases of the death spiral and: - may demonstrate one superior phase combined with good and/or very good in the other phases and: - more than the required revolutions | Death Spiral is superior in all phases of execution, highlights the skaters' skating ability and is completely effortless from beginning to end |

Skating Skills

Definition

Overall skating quality: edge control and flow over the ice surface demonstrated by a command of the skating vocabulary (edges, steps, turns etc), the clarity of technique and the use of effortless power to accelerate and vary speed.

| Criteria | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------|-----------|------|------|------|---------|---------------|------|-----------|----------|------------------|
| | Very Poor | Poor | Weak | FAIR | AVERAGE | ABOVE AVERAGE | GOOD | VERY GOOD | SUPERIOR | OUT- STANDING |
| | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | >95% |

| | | | |
|--------------------------------------|---|--|---|
| C R I T E R I A | <ul style="list-style-type: none"> • Balance, rhythmic knee action, and precision of foot placement • Flow and effortless glide | <ul style="list-style-type: none"> • Cleanness and sureness of deep edges, steps, and turns • Power/energy and acceleration • Mastery of multi directional skating • Mastery of one foot skating | <p>Pair Skating:</p> <ul style="list-style-type: none"> • Equal mastery of technique by both partners shown in unison |
|--------------------------------------|---|--|---|

Transitions, Linking Footwork & Movement

Definition The varied and/or intricate footwork, positions, movements, and holds that link all elements. In singles, pairs, synchronized skating, this also includes the entrances and exits of technical elements

| Criteria | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------|-----------|------|------|------|---------|---------------|------|-----------|----------|--------------|
| | Very Poor | Poor | Weak | FAIR | AVERAGE | ABOVE AVERAGE | GOOD | VERY GOOD | SUPERIOR | OUT-STANDING |
| | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | >95% |

| | | | |
|--------------------------------------|---|---|--|
| C R I T E R I A | <ul style="list-style-type: none"> • Variety • Difficulty • Intricacy | <ul style="list-style-type: none"> • Quality (including unison in Pair Skating) • Balance of workload between partners (Pair Skating) | <ul style="list-style-type: none"> • Balance of workload between partners (Pair Skating) |
| | | | |

Performance / Execution

Definition Performance: is the involvement of the skater/couple/teams physically, emotionally, and intellectually as they translate the intent of the music and choreography.
Execution: is the quality of movement and precision in delivery. This includes harmony of movement in Pair skating and Ice Dancing.

| Criteria | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------|------------|------------|------------|------------|------------|---------------|------------|------------|------------|------------------|
| | Very Poor | Poor | Weak | FAIR | AVERAGE | ABOVE AVERAGE | GOOD | VERY GOOD | SUPERIOR | OUT- STANDING |
| | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | >95% |

| | | | |
|--------------------------------------|---|---|---|
| C R I T E R I A | <ul style="list-style-type: none"> • Physical, emotional, and intellectual involvement • Carriage • Style and individuality/personality • Clarity of movement • Variety and contrast • Projection | <ul style="list-style-type: none"> • Unison and “oneness” (Pair Skating) • Balance in performance (Pair Skating) • Spatial awareness between partners – management of the distance between partners and management of changes of hold (Pair Skating) | <ul style="list-style-type: none"> • |
|--------------------------------------|---|---|---|

Choreography / Composition

Definition An intentional, developed, and/or original arrangement of all types of movements according to the principles of proportion, unity, space, pattern, structure, and phrasing.

| Criteria | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------|------------|------------|------------|------------|------------|---------------|------------|------------|------------|------------------|
| | Very Poor | Poor | Weak | FAIR | AVERAGE | ABOVE AVERAGE | GOOD | VERY GOOD | SUPERIOR | OUT- STANDING |
| | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | >95% |

| | |
|--------------------------------------|---|
| C R I T E R I A | <ul style="list-style-type: none"> • Purpose (idea, concept, vision) • Proportion (equal weight of parts) • Unity (purposeful threading) • Utilization of personal and public space • Pattern and ice coverage • Phrasing and form (movements and parts structured to match the phrasing of the music) • Originality of purpose, movement, and design • Shared responsibility in achieving purpose (for Pair Skating) |
|--------------------------------------|---|

Interpretation

Definition The personal and creative translation of the music to movement on ice.

| Criteria | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----------|-----------|------|------|------|---------|---------------|------|-----------|----------|------------------|
| | Very Poor | Poor | Weak | FAIR | AVERAGE | ABOVE AVERAGE | GOOD | VERY GOOD | SUPERIOR | OUT- STANDING |
| | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | >95% |

| | |
|--|--|
| C R I T E R I A | <ul style="list-style-type: none"> • Effortless movement in time to the music (timing) • Expression of the music’s style, character and rhythm • Use of “finesse”* to reflect the nuances of the music • Relationship between the partners reflecting the character of the music (Pair Skating) <p>*Finesse is the skater’s refined, artful manipulation of nuances. Nuances are the personal artistic ways of ringing subtle variations to the intensity, tempo, and dynamics of the music made by the composer and/or musicians.</p> |
|--|--|

Component Overview

| Mark | CHARACTERISTICS OF SKATING SKILLS | CHARACTERISTICS OF TECHNICAL TRANSITIONS | CHARACTERISTICS OF PERFORMANCE/EXECUTION | CHARACTERISTICS OF CHOREOGRAPHY/ COMPOSITION | CHARACTERISTICS OF INTERPRETATION/TIMING |
|---------------|--|--|--|--|--|
| | <ul style="list-style-type: none"> Balance and rhythmic knee action and precision of foot placement Flow and effortless glide Cleanness and sureness of deep edges, steps and turns Power/energy and acceleration Mastery of multi directional skating Mastery of one foot skating Pair Skating – equal mastery of technique by both partners shown in unison | <ul style="list-style-type: none"> Variety Difficulty Intracacy Quality (including unison in Pair Skating) Balance of workload between partner (Pair Skating) | <ul style="list-style-type: none"> Physical, emotion, and intellectual involvement Carriage Style and individuality/personality Clarity of movement Variety and contrast Projection Unison and “oneness” (Pair Skating) Balance in performance (Pair skating) Spatial awareness between partners – management of the distance between partners and management of changes of hold (Pair skating) | <ul style="list-style-type: none"> Purpose (idea, concept, vision) Proportion (equal weight of parts) Unity (purposeful threading) Utilization of personal and public space Pattern and ice coverage Phrasing and form (movements and parts structured to match the phrasing of the music) Originality of purpose, movement and design Shared responsibility of achieving purpose (Pair Skating) | <ul style="list-style-type: none"> Effortless movement in time to the music (timing) Expression of the music’s style, character and rhythm Use of finesse to reflect the nuances of the music Relationship between the partners reflecting the character of the music (Pair Skating) |
| Outstanding | 10 | Approximately 75% | | | |
| Superior | 9 | | | | |
| Very Good | 8 | | | | |
| Good | 7 | Approximately 50% | | | |
| Above Average | 6 | | | | |
| Average | 5 | | | | |
| Fair | 4 | Approximately 25% | | | |
| Weak | 3 | | | | |
| Poor | 2 | | | | |
| Very Poor | 1 | | | | |

