

Pairs

Lifts	<ol style="list-style-type: none"> 1) very good take-off and landing 2) good speed, flow and ice coverage 3) effortless throughout (including rotation and change of position) 4) very good air positions 5) smooth footwork of man 6) element matches the music
Twist Lifts	<ol style="list-style-type: none"> 1) good height of lady in air position 2) clean catch 3) effortless throughout 4) good take-off and exit 5) very good speed and flow 6) element matches the music
Jump Elements	<ol style="list-style-type: none"> 1) good unison and distance between partners 2) very good height and very good length (of all jumps in a combo or sequence) 3) effortless throughout (including rhythm in jump combination) 4) steps before the jump, unexpected or creative entry 5) good take off and landing 6) element matches the music
Throw Jumps	<ol style="list-style-type: none"> 1) very good height and very good distance 2) good speed, flow and control on release and landing 3) effortless throughout 4) difficult, unexpected or creative entry 5) very good air position 6) element matches the music
Solo Spins	<ol style="list-style-type: none"> 1) good unison and distance between partners 2) good speed and/or acceleration during spin 3) effortless throughout 4) good controlled, clear position(s) (inc. height and air/landing position in flying spin) 5) creativity and/or originality 6) element matches the music
Pair Spins	<ol style="list-style-type: none"> 1) good control throughout by both partners 2) good speed and/or acceleration during spin 3) effortless throughout 4) good controlled, clear position(s) (inc. height and air/landing position in flying spin) 5) creativity and/or originality 6) element matches the music
Death Spirals	<ol style="list-style-type: none"> 1) very good positions of both partners 2) good flow and speed throughout (including entry and exit) 3) effortless throughout 4) good controlled transition into required positions and on exit 5) good/continuous edges demonstrated by man and lady 6) element matches the music
Step Sequences	<ol style="list-style-type: none"> 1) deep edges, clean steps and turns 2) element matches the music 3) effortless throughout with good energy, flow and execution 4) good unison and distance between partners 5) creativity and/or originality 6) excellent commitment and control of the whole body
Choreo Sequences	<ol style="list-style-type: none"> 1) creativity and/or originality 2) element matches the music and reflects the concept/character of the program 3) effortless demonstration of the element as a sequence 4) good ice coverage or interesting pattern 5) good unison 6) excellent commitment and control of the whole body

PAIR SKATING

REDUCTIONS FOR ERRORS			
LIFTS			
Fall	-5	Poor speed and/or ice coverage	-1 to -3
Serious problems in the lifting process	-3	Poor turns by man and/or stops in rotation	-1 to -3
Slight problems in the lifting process	-1 to -2	Weak landing	-1 to -3
Serious problems on the descent of the lift	-3 to -4	Too long getting into a basic position or its variation	-1 to -3
Slight problems on the descent of the lift	-1 to -2	Touch down with the free foot	-1
Lady starts or lands on two feet	-2	Long preparation	-1 to -2
Poor positions in the air or on landing	-1 to -3	Poor take-off	-1 to -3
TWIST LIFTS			
Fall	-5	Downgraded (sign <<)	-2 to -4
Serious problems on the catch	-3 to -4	Poor height or distance	-1 to -3
Slight problems on the catch	-1 to -2	Poor take-off (poor speed, serious scratching, no toe-pick)	-1 to -2
Lady lands on two feet	-2 to -3	Weak landing (poor speed, bad positions)	-1 to -2
Touch down with the free foot	-1	Long preparation	-1 to -2
JUMP ELEMENTS, THROW JUMPS			
Fall	-5	Poor speed, height, distance, air position	-1 to -3
Landing on two feet	-3 to -4	Big distance between partners– jump elements	-1 to -3
Stepping out of landing in a jump	-3 to -4	Poor take-off	-1 to -3
Unequal number of revolutions by partners	-1 to -2	Loss of flow/direction/rhythm between jumps (combo/seq.)	-1 to -3
Downgraded (sign <<)	-3 to -4	Man's poor position at take-off – throw jump	-1 to -2
Under-rotated (sign <)	-2 to -3	Weak landing (bad pos./wrong edge/scratching etc)	-1 to -3
Landed on the quarter (sign q)	-2	Long preparation	-1 to -3
Less than quarter missing (no sign)	-1	Euler executed as step over	-1 to -2
2 three turns in between – jump combo	-2 to -3	Touch down with both hands in a jump	-2 to -3
Wrong edge take off F/Lz (sign “e”)	-2 to -4	Touch down with one hand or free foot	-1 to -2
Unclear edge take off F/Lz (sign “!”)	-1 to -2	Lack of Unison	-1 to -3
Unclear edge take off F/Lz (no sign)	-1		
SOLO AND PAIR SPINS			
Fall	-5	Poor/awkward, unaesthetic position(s)	-1 to -3
Touch down with both hands	-2	Traveling	-1 to -3
Touch down with free foot or one hand	-1 to -2	Change of foot poorly done	-1 to -3
Slow or reduction of speed	-1 to -3	Stop or lack of continuous movement during spin (except when changing direction)	-1 to -2
Big distance between partners	-1 to -3	Poor fly (flying spin/entry)	-1 to -3
Incorrect take-off or landing (flying spin/entry)	-1 to -2	Lack of Unison	-1 to -3
Less than required revolutions	-1 to -3	Loss of balance	-1 to -3
DEATH SPIRALS			
Fall	-5	Any part of the lady's body (not the hair) touching the ice	-1 to -2
Poor pivot position (losing toe pick etc.)	-2 to -4		
Lady assisted not only by the blades	-2 to -3	Slow or reduction of speed	-1 to -3
Poor or weak position of the lady (too high etc.) or man	-1 to -3	Lady's or man's weak edge quality	-1 to -2
		Poor exit	-1 to -3
STEPS			
SP: Listed jumps with more than half rev. included	-1	Poor quality of steps and turns	-1 to -3
Fall	-5	Poor quality of body positions	-1 to -3
Does not correspond to the music	-2 to -4	Lack of flow and energy	-1 to -3
Stumble	-1 to -3	Lack of Unison and spatial awareness	-1 to -3
CHOREOGRAPHIC SEQUENCES			
Fall	-5	Stumble	-1 to -3
Does not correspond to the music	-2 to -4	Loss of control/Lack of energy	-1 to -3
Lack of <u>connection between</u> choreographic movements	-2 to -3	Poor quality of movements	-1 to -3
		Lack of creativity/originality	-1 to -3