

## Pair Skating

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

## PAIR SKATING

REDUCTIONS FOR ERRORS			
<b>LIFTS</b>			
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
Woman 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
<b>TWIST LIFTS</b>			
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 -3
Woman 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
<b>JUMP ELEMENTS, THROW JUMPS</b>			
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	-2 to -4
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
Multiple "q" signs in jump combo/seq	-3 to -4	Euler executed as step over	-1 to -2
Less than quarter missing (no sign)	-1	Touch down with both hands in a jump	-2 to -3
2 three turns in between – jump combo/seq.	-2 to -3	Touch down with one hand or free foot (including in between jumps)	-1 to -2
Wrong edge take off F/Lz (sign "e")	-2 to -4	Lack of Unison	-1 to -3
Unclear edge take off F/Lz (sign "!")	-1 to -2	Changes of edge in between jump combo	-1 to -2
Unclear edge take off F/Lz (no sign)	-1		
<b>SOLO AND PAIR SPINS</b>			
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	-2 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
Poor exit	-1 to -3		
<b>DEATH SPIRALS</b>			
Fall	-5	Any part of the woman's body (not the hair) touching the ice	-1 to -2
Poor pivot position (losing toe pick etc.)	-2 to -4		
Poor or weak position of the woman (too high/less than 1 rev in low position) or man	-1 to -3	Slow or reduction of speed	-1 to -3
Woman's or man's weak edge quality	-2 to -3	Poor entry or exit	-1 to -3
<b>STEPS</b>			
<b>SP:</b> Listed jumps of more than one revolution	-1	Poor quality of steps and turns	-1 to -3
		Small pattern	-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
<b>CHOREOGRAPHIC SEQUENCES</b>			
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 connection between choreographic movements	-2 to -3	Poor quality of movements	-1 to -3
		Lack of creativity	-1 to -3