

Pair Skating

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 woman 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) very good unison 2) very good height and very good length (of all jumps in a combo or sequence) 3) effortless throughout (including rhythm in jump combo or sequence) 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/exit by woman or man 5) very good air position 6) element matches the music
Solo Spins	<ol style="list-style-type: none"> 1) very good unison 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 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 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 woman 6) element matches the music
Step Sequences	<ol style="list-style-type: none"> 1) deep edges, clean steps and turns, control of the whole body 2) element matches the music 3) effortless throughout with good energy, flow and execution 4) good unison and distance between partners 5) creativity of body movements including variations of free foot 6) good ice coverage or interesting pattern
Choreo Sequences	<ol style="list-style-type: none"> 1) element matches the music and reflects the concept/character of the program 2) creativity 3) effortless throughout with good energy, flow and execution 4) varied directions and pattern 5) oneness 6) excellent commitment and control of the whole body

PAIR SKATING

REDUCTIONS FOR ERRORS

Element executed fully or partly when music is not playing -1 to -4			
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
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
Unaesthetic position(s)	-1 to -3		
TWIST LIFTS			
Fall	-5	Touch down with the free foot	-1
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
Downgraded (sign <<)	-2 to -4	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	-2 to -4
Downgraded (sign <<)	-3 to -4	Loss of flow/direction/rhythm between jumps (combo/seq.)	-1 to -3
Under-rotated (sign <)	-2 to -3	Man's poor position at take-off – throw jump	-1 to -2
Landed on the quarter (sign q)	-2	Weak landing (bad pos./wrong edge/scratching etc)	-1 to -3
Multiple "q" signs in jump combo/seq	-3 to -4	Long preparation	-1 to -3
Less than quarter missing (no sign)	-1	Euler executed as step over	-1 to -3
Wrong edge take off F/Lz (sign "e")	-2 to -4	Touch down with both hands in a jump	-2 to -3
Unclear edge take off F/Lz (sign "!")	-1 to -2	Touch down with one hand or free foot (including in between jumps)	-1 to -2
Unclear edge take off F/Lz (no sign)	-1	Lack of Unison	-1 to -3
Unequal number of revs by partners in 1 jump	-1 to -2	Changes of edge in between jump combo/seq	-1 to -2
Unequal number of revs by partners in 2 jumps	-3 to -4	2 three turns in between – jump combo/seq.	-2 to -3
SOLO AND PAIR SPINS			
Fall	-5	Poor/awkward, unaesthetic position(s)	-1 to -3
Missing 1 or 2 revolutions	-1 to -2	Traveling	-1 to -3
Missing 3 or more revolutions	-3 to -4	Slow or reduction of speed	-1 to -3
Change of foot poorly done	-2 to -3	Stop or lack of continuous movement during spin (except when changing direction)	-1 to -2
Poor fly (flying spin/entry)	-1 to -3	Big distance between partners	-1 to -3
Incorrect take-off or landing (flying spin/entry)	-1 to -2	Lack of Unison	-1 to -3
Poor exit	-1 to -3	Loss of balance	-1 to -3
Touch down with both hands	-2	Does not correspond to the music	-1 to -3
Touch down with free foot or one hand	-1 to -2		
DEATH SPIRALS			
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	-1 to -3	Poor entry or exit	-1 to -3
STEPS			
SP: 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
CHOREOGRAPHIC SEQUENCE			
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/positions	-1 to -3
		Small pattern	-1 to -3
		Lack of creativity	-1 to -3