



(July 18, 2016)

July 1, 2016 - June 30, 2017

2016-2017 Skate Canada Singles Scale of Values SOV Singles

Jumps		minus3	minus2	minus1	base	plus1	plus2	plus3
1T	Single Toeloop	-0.3	-0.2	-0.1	0.4	0.2	0.4	0.6
1S	Single Salchow	-0.3	-0.2	-0.1	0.4	0.2	0.4	0.6
1Lo	Single Loop	-0.3	-0.2	-0.1	0.5	0.2	0.4	0.6
1F	Single Flip	-0.3	-0.2	-0.1	0.5	0.2	0.4	0.6
1Lz	Single Lutz	-0.3	-0.2	-0.1	0.6	0.2	0.4	0.6
1A	Single Axel	-0.6	-0.4	-0.2	1.1	0.2	0.4	0.6
2T	Double-Toeloop	-0.6	-0.4	-0.2	1.3	0.2	0.4	0.6
2S	Double-Salchow	-0.6	-0.4	-0.2	1.3	0.2	0.4	0.6
2Lo	Double-Loop	-0.9	-0.6	-0.3	1.8	0.3	0.6	0.9
2F	Double-Flip	-0.9	-0.6	-0.3	1.9	0.3	0.6	0.9
2Lz	Double-Lutz	-0.9	-0.6	-0.3	2.1	0.3	0.6	0.9
2A	Double-Axel	-1.5	-1	-0.5	3.3	0.5	1	1.5
3T	Triple-Toeloop	-2.1	-1.4	-0.7	4.3	0.7	1.4	2.1
3S	Triple-Salchow	-2.1	-1.4	-0.7	4.4	0.7	1.4	2.1
3Lo	Triple-Loop	-2.1	-1.4	-0.7	5.1	0.7	1.4	2.1
3F	Triple-Flip	-2.1	-1.4	-0.7	5.3	0.7	1.4	2.1
3Lz	Triple-Lutz	-2.1	-1.4	-0.7	6	0.7	1.4	2.1
3A	Triple-Axel	-3	-2	-1	8.5	1	2	3
4T	Quad.-Toeloop	-4	-2.4	-1.2	10.3	1	2	3
4S	Quad.-Salchow	-4	-2.4	-1.2	10.5	1	2	3
4Lo	Quad.-Loop	-4	-2.4	-1.2	12	1	2	3
4F	Quad.-Flip	-4	-2.4	-1.2	12.3	1	2	3
4Lz	Quad.-Lutz	-4	-2.4	-1.2	13.6	1	2	3
4A	Quad. Axel	-4	-2.4	-1.2	15	1.2	2.4	3.6
1T<	Toeloop-underrotate	-0.3	-0.2	-0.1	0.3	0.2	0.4	0.6
1S<	Salchow-underrotate	-0.3	-0.2	-0.1	0.3	0.2	0.4	0.6
1Lo<	Loop-underrotate	-0.3	-0.2	-0.1	0.4	0.2	0.4	0.6
1F<	Flip-underrotate	-0.3	-0.2	-0.1	0.4	0.2	0.4	0.6
1Lz<	Lutz-underrotate	-0.3	-0.2	-0.1	0.5	0.2	0.4	0.6
1A<	Axel-underrotate	-0.6	-0.4	-0.2	0.8	0.2	0.4	0.6
2T<	Double-Toeloop-underrotate	-0.6	-0.4	-0.2	0.9	0.2	0.4	0.6
2S<	Double-Salchow-underrotate	-0.6	-0.4	-0.2	0.9	0.2	0.4	0.6
2Lo<	Double-Loop-underrotate	-0.9	-0.6	-0.3	1.3	0.3	0.6	0.9
2F<	Double-Flip-underrotate	-0.9	-0.6	-0.3	1.4	0.3	0.6	0.9
2Lz<	Double-Lutz-underrotate	-0.9	-0.6	-0.3	1.5	0.3	0.6	0.9
2A<	Double-Axel-underrotate	-1.5	-1	-0.5	2.3	0.5	1	1.5

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Jumps		minus3	minus2	minus1	base	plus1	plus2	plus3
3T<	Triple-Toeloop-underrotate	-2.1	-1.4	-0.7	3	0.7	1.4	2.1
3S<	Triple-Salchow-underrotate	-2.1	-1.4	-0.7	3.1	0.7	1.4	2.1
3Lo<	Triple-Loop-underrotate	-2.1	-1.4	-0.7	3.6	0.7	1.4	2.1
3F<	Triple-Flip-underrotate	-2.1	-1.4	-0.7	3.7	0.7	1.4	2.1
3Lz<	Triple-Lutz-underrotate	-2.1	-1.4	-0.7	4.2	0.7	1.4	2.1
3A<	Triple-Axel-underrotate	-3	-2	-1	5.9	1	2	3
4T<	Quad.-Toeloop-underrotate	-4	-2.4	-1.2	8	1	2	3
4S<	Quad.-Salchow-underrotate	-4	-2.4	-1.2	8.1	1	2	3
4Lo<	Quad.-Loop-underrotate	-4	-2.4	-1.2	8.4	1	2	3
4F<	Quad.-Flip-underrotate	-4	-2.4	-1.2	8.6	1	2	3
4Lz<	Quad.-Lutz-underrotate	-4	-2.4	-1.2	9.5	1	2	3
4A<	Quad. Axel-underrotate	-4	-2.4	-1.2	10.5	1.2	2.4	3.6
1T<<	Toeloop-downgrade	0	0	0	0	0	0	0
1S<<	Salchow-downgrade	0	0	0	0	0	0	0
1Lo<<	Loop-downgrade	0	0	0	0	0	0	0
1F<<	Flip-downgrade	0	0	0	0	0	0	0
1Lz<<	Lutz-downgrade	0	0	0	0	0	0	0
1A<<	Axel-downgrade	0	0	0	0	0	0	0
2T<<	Double-Toeloop-downgrade	-0.3	-0.2	-0.1	0.4	0.2	0.4	0.6
2S<<	Double-Salchow-downgrade	-0.3	-0.2	-0.1	0.4	0.2	0.4	0.6
2Lo<<	Double-Loop-downgrade	-0.3	-0.2	-0.1	0.5	0.2	0.4	0.6
2F<<	Double-Flip-downgrade	-0.3	-0.2	-0.1	0.5	0.2	0.4	0.6
2Lz<<	Double-Lutz-downgrade	-0.3	-0.2	-0.1	0.6	0.2	0.4	0.6
2A<<	Double-Axel-downgrade	-0.6	-0.4	-0.2	1.1	0.2	0.4	0.6
3T<<	Triple-Toeloop-downgrade	-0.6	-0.4	-0.2	1.3	0.2	0.4	0.6
3S<<	Triple-Salchow-downgrade	-0.6	-0.4	-0.2	1.3	0.2	0.4	0.6
3Lo<<	Triple-Loop-downgrade	-0.9	-0.6	-0.3	1.8	0.3	0.6	0.9
3F<<	Triple-Flip-downgrade	-0.9	-0.6	-0.3	1.9	0.3	0.6	0.9
3Lz<<	Triple-Lutz-downgrade	-0.9	-0.6	-0.3	2.1	0.3	0.6	0.9
3A<<	Triple-Axel-downgrade	-1.5	-1	-0.5	3.3	0.5	1	1.5
4T<<	Quad.-Toeloop-downgrade	-2.1	-1.4	-0.7	4.3	0.7	1.4	2.1
4S<<	Quad.-Salchow-downgrade	-2.1	-1.4	-0.7	4.4	0.7	1.4	2.1
4Lo<<	Quad.-Loop-downgrade	-2.1	-1.4	-0.7	5.1	0.7	1.4	2.1
4F<<	Quad.-Flip-downgrade	-2.1	-1.4	-0.7	5.3	0.7	1.4	2.1
4Lz<<	Quad.-Lutz-downgrade	-2.1	-1.4	-0.7	6	0.7	1.4	2.1
4A<<	Quad.-Axel-downgrade	-3	-2	-1	8.5	1	2	3
1F e	Flip - edge	-0.3	-0.2	-0.1	0.4	0.2	0.4	0.6
1Lz e	Lutz - edge	-0.3	-0.2	-0.1	0.5	0.2	0.4	0.6



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Jumps		minus3	minus2	minus1	base	plus1	plus2	plus3
2F e	Double-Flip - edge	-0.9	-0.6	-0.3	1.4	0.3	0.6	0.9
2Lz e	Double-Lutz - edge	-0.9	-0.6	-0.3	1.5	0.3	0.6	0.9
3F e	Triple-Flip - edge	-2.1	-1.4	-0.7	3.7	0.7	1.4	2.1
3Lz e	Triple-Lutz - edge	-2.1	-1.4	-0.7	4.2	0.7	1.4	2.1
4F e	Quad.-Flip - edge	-4	-2.4	-1.2	8.6	1	2	3
4Lz e	Quad.-Lutz - edge	-4	-2.4	-1.2	9.5	1	2	3
1F e & <	Flip - edge and underrotate	-0.3	-0.2	-0.1	0.3	0.2	0.4	0.6
1Lz e & <	Lutz - edge and underrotate	-0.3	-0.2	-0.1	0.4	0.2	0.4	0.6
2F e & <	Double-Flip - edge and underrotate	-0.9	-0.6	-0.3	1.3	0.3	0.6	0.9
2Lz e & <	Double-Lutz - edge and underrotate	-0.9	-0.6	-0.3	1.4	0.3	0.6	0.9
3F e & <	Triple-Flip - edge and underrotate	-2.1	-1.4	-0.7	3.2	0.7	1.4	2.1
3Lz e & <	Triple-Lutz - edge and underrotate	-2.1	-1.4	-0.7	3.6	0.7	1.4	2.1
4F e & <	Quad.-Flip - edge and underrotate	-4	-2.4	-1.2	8	1	2	3
4Lz e & <	Quad.-Lutz - edge and underrotate	-4	-2.4	-1.2	8.4	1	2	3
1F e & <<	Flip - edge and downgrade	0	0	0	0	0	0	0
1Lz e & <<	Lutz - edge and downgrade	0	0	0	0	0	0	0
2F e & <<	Double-Flip - edge and downgrade	-0.3	-0.2	-0.1	0.4	0.2	0.4	0.6
2Lz e & <<	Double-Lutz - edge and downgrade	-0.3	-0.2	-0.1	0.5	0.2	0.4	0.6
3F e & <<	Triple-Flip - edge and downgrade	-0.9	-0.6	-0.3	1.4	0.3	0.6	0.9
3Lz e & <<	Triple-Lutz - edge and downgrade	-0.9	-0.6	-0.3	1.5	0.3	0.6	0.9
4F e & <<	Quad.-Flip - edge and downgrade	-2.1	-1.4	-0.7	3.7	0.7	1.4	2.1
4Lz e & <<	Quad.-Lutz - edge and downgrade	-2.1	-1.4	-0.7	4.2	0.7	1.4	2.1
Spins		minus3	minus2	minus1	base	plus1	plus2	plus3
USpB	Upright Spin Level B	-0.9	-0.6	-0.3	1	0.5	1	1.5
USp1	Upright Spin Level 1	-0.9	-0.6	-0.3	1.2	0.5	1	1.5
USp2	Upright Spin Level 2	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
USp3	Upright Spin Level 3	-0.9	-0.6	-0.3	1.9	0.5	1	1.5
USp4	Upright Spin Level 4	-0.9	-0.6	-0.3	2.4	0.5	1	1.5
SSpB	Sit Spin Level B	-0.9	-0.6	-0.3	1.1	0.5	1	1.5
SSp1	Sit Spin Level 1	-0.9	-0.6	-0.3	1.3	0.5	1	1.5
SSp2	Sit Spin Level 2	-0.9	-0.6	-0.3	1.6	0.5	1	1.5
SSp3	Sit Spin Level 3	-0.9	-0.6	-0.3	2.1	0.5	1	1.5
SSp4	Sit Spin Level 4	-0.9	-0.6	-0.3	2.5	0.5	1	1.5



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Spins		minus3	minus2	minus1	base	plus1	plus2	plus3
CSpB	Camel Spin Level B	-0.9	-0.6	-0.3	1.1	0.5	1	1.5
CSp1	Camel Spin Level 1	-0.9	-0.6	-0.3	1.4	0.5	1	1.5
CSp2	Camel Spin Level 2	-0.9	-0.6	-0.3	1.8	0.5	1	1.5
CSp3	Camel Spin Level 3	-0.9	-0.6	-0.3	2.3	0.5	1	1.5
CSp4	Camel Spin Level 4	-0.9	-0.6	-0.3	2.6	0.5	1	1.5
LSpB	Layback Spin Level B	-0.9	-0.6	-0.3	1.2	0.5	1	1.5
LSp1	Layback Spin Level 1	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
LSp2	Layback Spin Level 2	-0.9	-0.6	-0.3	1.9	0.5	1	1.5
LSp3	Layback Spin Level 3	-0.9	-0.6	-0.3	2.4	0.5	1	1.5
LSp4	Layback Spin Level 4	-0.9	-0.6	-0.3	2.7	0.5	1	1.5
FUSpB	Flying Upright Spin Level B	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
FUSp1	Flying Upright Spin Level 1	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FUSp2	Flying Upright Spin Level 2	-0.9	-0.6	-0.3	2	0.5	1	1.5
FUSp3	Flying Upright Spin Level 3	-0.9	-0.6	-0.3	2.4	0.5	1	1.5
FUSp4	Flying Upright Spin Level 4	-0.9	-0.6	-0.3	2.9	0.5	1	1.5
FSSpB	Flying Sit Spin Level B	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FSSp1	Flying Sit Spin Level 1	-0.9	-0.6	-0.3	2	0.5	1	1.5
FSSp2	Flying Sit Spin Level 2	-0.9	-0.6	-0.3	2.3	0.5	1	1.5
FSSp3	Flying Sit Spin Level 3	-0.9	-0.6	-0.3	2.6	0.5	1	1.5
FSSp4	Flying Sit Spin Level 4	-0.9	-0.6	-0.3	3	0.5	1	1.5
FCSpB	Flying Camel Spin Level B	-0.9	-0.6	-0.3	1.6	0.5	1	1.5
FCSp1	Flying Camel Spin Level 1	-0.9	-0.6	-0.3	1.9	0.5	1	1.5
FCSp2	Flying Camel Spin Level 2	-0.9	-0.6	-0.3	2.3	0.5	1	1.5
FCSp3	Flying Camel Spin Level 3	-0.9	-0.6	-0.3	2.8	0.5	1	1.5
FCSp4	Flying Camel Spin Level 4	-0.9	-0.6	-0.3	3.2	0.5	1	1.5
FLSpB	Flying Layback Spin Level B	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FLSp1	Flying Layback Spin Level 1	-0.9	-0.6	-0.3	2	0.5	1	1.5
FLSp2	Flying Layback Spin Level 2	-0.9	-0.6	-0.3	2.4	0.5	1	1.5
FLSp3	Flying Layback Spin Level 3	-0.9	-0.6	-0.3	2.9	0.5	1	1.5
FLSp4	Flying Layback Spin Level 4	-0.9	-0.6	-0.3	3.2	0.5	1	1.5
FUSpB V	Flying Upright Spin Level B- V	-0.9	-0.6	-0.3	1.1	0.5	1	1.5
FUSp1 V	Flying Upright Spin Level 1- V	-0.9	-0.6	-0.3	1.2	0.5	1	1.5
FUSp2 V	Flying Upright Spin Level 2- V	-0.9	-0.6	-0.3	1.4	0.5	1	1.5
FUSp3 V	Flying Upright Spin Level 3- V	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FUSp4 V	Flying Upright Spin Level 4- V	-0.9	-0.6	-0.3	2	0.5	1	1.5
FSSpB V	Flying Sit Spin Level B- V	-0.9	-0.6	-0.3	1.2	0.5	1	1.5
FSSp1 V	Flying Sit Spin Level 1- V	-0.9	-0.6	-0.3	1.4	0.5	1	1.5
FSSp2 V	Flying Sit Spin Level 2- V	-0.9	-0.6	-0.3	1.6	0.5	1	1.5
FSSp3 V	Flying Sit Spin Level 3- V	-0.9	-0.6	-0.3	1.8	0.5	1	1.5
FSSp4 V	Flying Sit Spin Level 4- V	-0.9	-0.6	-0.3	2.1	0.5	1	1.5



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Spins		minus3	minus2	minus1	base	plus1	plus2	plus3
FCSpB V	Flying Camel Spin Level B- V	-0.9	-0.6	-0.3	1.1	0.5	1	1.5
FCSp1 V	Flying Camel Spin Level 1- V	-0.9	-0.6	-0.3	1.3	0.5	1	1.5
FCSp2 V	Flying Camel Spin Level 2- V	-0.9	-0.6	-0.3	1.6	0.5	1	1.5
FCSp3 V	Flying Camel Spin Level 3- V	-0.9	-0.6	-0.3	2	0.5	1	1.5
FCSp4 V	Flying Camel Spin Level 4- V	-0.9	-0.6	-0.3	2.2	0.5	1	1.5
FLSpB V	Flying Layback Spin Level B- V	-0.9	-0.6	-0.3	1.2	0.5	1	1.5
FLSp1 V	Flying Layback Spin Level 1- V	-0.9	-0.6	-0.3	1.4	0.5	1	1.5
FLSp2 V	Flying Layback Spin Level 2- V	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FLSp3 V	Flying Layback Spin Level 3- V	-0.9	-0.6	-0.3	2	0.5	1	1.5
FLSp4 V	Flying Layback Spin Level 4- V	-0.9	-0.6	-0.3	2.2	0.5	1	1.5
CUSpB	Change Foot Upright Spin Level B	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
CUSp1	Change Foot Upright Spin Level 1	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
CUSp2	Change Foot Upright Spin Level 2	-0.9	-0.6	-0.3	2	0.5	1	1.5
CUSp3	Change Foot Upright Spin Level 3	-0.9	-0.6	-0.3	2.4	0.5	1	1.5
CUSp4	Change Foot Upright Spin Level 4	-0.9	-0.6	-0.3	2.9	0.5	1	1.5
CSSpB	Change Foot Sit Spin Level B	-0.9	-0.6	-0.3	1.6	0.5	1	1.5
CSSp1	Change Foot Sit Spin Level 1	-0.9	-0.6	-0.3	1.9	0.5	1	1.5
CSSp2	Change Foot Sit Spin Level 2	-0.9	-0.6	-0.3	2.3	0.5	1	1.5
CSSp3	Change Foot Sit Spin Level 3	-0.9	-0.6	-0.3	2.6	0.5	1	1.5
CSSp4	Change Foot Sit Spin Level 4	-0.9	-0.6	-0.3	3	0.5	1	1.5
CCSpB	Change Camel Spin Level B	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
CCSp1	Change Camel Spin Level 1	-0.9	-0.6	-0.3	2	0.5	1	1.5
CCSp2	Change Camel Spin Level 2	-0.9	-0.6	-0.3	2.3	0.5	1	1.5
CCSp3	Change Camel Spin Level 3	-0.9	-0.6	-0.3	2.8	0.5	1	1.5
CCSp4	Change Camel Spin Level 4	-0.9	-0.6	-0.3	3.2	0.5	1	1.5
CLSpB	Change Layback Spin Level B	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
CLSp1	Change Layback Spin Level 1	-0.9	-0.6	-0.3	2	0.5	1	1.5
CLSp2	Change Layback Spin Level 2	-0.9	-0.6	-0.3	2.4	0.5	1	1.5
CLSp3	Change Layback Spin Level 3	-0.9	-0.6	-0.3	2.9	0.5	1	1.5
CLSp4	Change Layback Spin Level 4	-0.9	-0.6	-0.3	3.2	0.5	1	1.5
FCUSpB	Fly Change Foot Upright Spin Level B	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
FCUSp1	Fly Change Foot Upright Spin Level 1	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FCUSp2	Fly Change Foot Upright Spin Level 2	-0.9	-0.6	-0.3	2	0.5	1	1.5
FCUSp3	Fly Change Foot Upright Spin Level 3	-0.9	-0.6	-0.3	2.4	0.5	1	1.5
FCUSp4	Fly Change Foot Upright Spin Level 4	-0.9	-0.6	-0.3	2.9	0.5	1	1.5
FCSSpB	Fly Change Foot Sit Spin Level B	-0.9	-0.6	-0.3	1.6	0.5	1	1.5
FCSSp1	Fly Change Foot Sit Spin Level 1	-0.9	-0.6	-0.3	1.9	0.5	1	1.5
FCSSp2	Fly Change Foot Sit Spin Level 2	-0.9	-0.6	-0.3	2.3	0.5	1	1.5
FCSSp3	Fly Change Foot Sit Spin Level 3	-0.9	-0.6	-0.3	2.6	0.5	1	1.5
FCSSp4	Fly Change Foot Sit Spin Level 4	-0.9	-0.6	-0.3	3	0.5	1	1.5



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Spins		minus3	minus2	minus1	base	plus1	plus2	plus3
FCCSpB	Fly Change Foot Camel Spin Level B	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FCCSp1	Fly Change Foot Camel Spin Level 1	-0.9	-0.6	-0.3	2	0.5	1	1.5
FCCSp2	Fly Change Foot Camel Spin Level 2	-0.9	-0.6	-0.3	2.3	0.5	1	1.5
FCCSp3	Fly Change Foot Camel Spin Level 3	-0.9	-0.6	-0.3	2.8	0.5	1	1.5
FCCSp4	Fly Change Foot Camel Spin Level 4	-0.9	-0.6	-0.3	3.2	0.5	1	1.5
FCLSpB	Fly Change Foot Layback Spin Level B	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FCLSp1	Fly Change Foot Layback Spin Level 1	-0.9	-0.6	-0.3	2	0.5	1	1.5
FCLSp2	Fly Change Foot Layback Spin Level 2	-0.9	-0.6	-0.3	2.4	0.5	1	1.5
FCLSp3	Fly Change Foot Layback Spin Level 3	-0.9	-0.6	-0.3	2.9	0.5	1	1.5
FCLSp4	Fly Change Foot Layback Spin Level 4	-0.9	-0.6	-0.3	3.2	0.5	1	1.5
FCUSpB-V	Fly Change Foot Upright Spin Level B-V	-0.9	-0.6	-0.3	1.1	0.5	1	1.5
FCUSp1-V	Fly Change Foot Upright Spin Level 1-V	-0.9	-0.6	-0.3	1.2	0.5	1	1.5
FCUSp2-V	Fly Change Foot Upright Spin Level 2-V	-0.9	-0.6	-0.3	1.4	0.5	1	1.5
FCUSp3-V	Fly Change Foot Upright Spin Level 3-V	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FCUSp4-V	Fly Change Foot Upright Spin Level 4-V	-0.9	-0.6	-0.3	2	0.5	1	1.5
FCSSpB-V	Fly Change Foot Sit Spin Level B-V	-0.9	-0.6	-0.3	1.1	0.5	1	1.5
FCSSp1-V	Fly Change Foot Sit Spin Level 1-V	-0.9	-0.6	-0.3	1.3	0.5	1	1.5
FCSSp2-V	Fly Change Foot Sit Spin Level 2-V	-0.9	-0.6	-0.3	1.6	0.5	1	1.5
FCSSp3-V	Fly Change Foot Sit Spin Level 3-V	-0.9	-0.6	-0.3	1.8	0.5	1	1.5
FCSSp4-V	Fly Change Foot Sit Spin Level 4-V	-0.9	-0.6	-0.3	2.1	0.5	1	1.5
FCCSpB-V	Fly Change Foot Camel Spin Level B-V	-0.9	-0.6	-0.3	1.2	0.5	1	1.5
FCCSp1-V	Fly Change Foot Camel Spin Level 1-V	-0.9	-0.6	-0.3	1.4	0.5	1	1.5
FCCSp2-V	Fly Change Foot Camel Spin Level 2-V	-0.9	-0.6	-0.3	1.6	0.5	1	1.5
FCCSp3-V	Fly Change Foot Camel Spin Level 3-V	-0.9	-0.6	-0.3	2	0.5	1	1.5
FCCSp4-V	Fly Change Foot Camel Spin Level 4-V	-0.9	-0.6	-0.3	2.2	0.5	1	1.5
FCLSpB-V	Fly Change Foot Layback Spin Level B-V	-0.9	-0.6	-0.3	1.2	0.5	1	1.5
FCLSp1-V	Fly Change Foot Layback Spin Level 1-V	-0.9	-0.6	-0.3	1.4	0.5	1	1.5
FCLSp2-V	Fly Change Foot Layback Spin Level 2-V	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FCLSp3-V	Fly Change Foot Layback Spin Level 3-V	-0.9	-0.6	-0.3	2	0.5	1	1.5
FCLSp4-V	Fly Change Foot Layback Spin Level 4-V	-0.9	-0.6	-0.3	2.2	0.5	1	1.5
CoSp2pB	Combo Spin, Level B (two positions)	-0.9	-0.6	-0.3	1.1	0.5	1	1.5
CoSp2p1	Combo Spin, Level 1 (two positions)	-0.9	-0.6	-0.3	1.3	0.5	1	1.5
CoSp2p2	Combo Spin, Level 2 (two positions)	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
CoSp2p3	Combo Spin, Level 3 (two positions)	-0.9	-0.6	-0.3	1.8	0.5	1	1.5
CoSp2p4	Combo Spin, Level 4 (two positions)	-0.9	-0.6	-0.3	2.1	0.5	1	1.5
FCoSp2pB	Fly Combo Level B (two positions)	-0.9	-0.6	-0.3	1.1	0.5	1	1.5
FCoSp2p1	Fly Combo Level 1 (two positions)	-0.9	-0.6	-0.3	1.3	0.5	1	1.5
FCoSp2p2	Fly Combo Level 2 (two positions)	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
FCoSp2p3	Fly Combo Level 3 (two positions)	-0.9	-0.6	-0.3	1.8	0.5	1	1.5
FCoSp2p4	Fly Combo Level 4 (two positions)	-0.9	-0.6	-0.3	2.1	0.5	1	1.5



(July 18, 2016)

July 1, 2016 - June 30, 2017

Spins		minus3	minus2	minus1	base	plus1	plus2	plus3
CoSp3pB	Combo Spin, Level B (three positions)	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
CoSp3p1	Combo Spin, Level 1 (three positions)	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
CoSp3p2	Combo Spin, Level 2 (three positions)	-0.9	-0.6	-0.3	2	0.5	1	1.5
CoSp3p3	Combo Spin, Level 3 (three positions)	-0.9	-0.6	-0.3	2.5	0.5	1	1.5
CoSp3p4	Combo Spin, Level 4 (three positions)	-0.9	-0.6	-0.3	3	0.5	1	1.5
FCoSp3pB	Fly Combo Level B (three positions)	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
FCoSp3p1	Fly Combo Level 1 (three positions)	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FCoSp3p2	Fly Combo Level 2 (three positions)	-0.9	-0.6	-0.3	2	0.5	1	1.5
FCoSp3p3	Fly Combo Level 3 (three positions)	-0.9	-0.6	-0.3	2.5	0.5	1	1.5
FCoSp3p4	Fly Combo Level 4 (three positions)	-0.9	-0.6	-0.3	3	0.5	1	1.5
CoSpB V	Combo Spin, Level B - V	-0.9	-0.6	-0.3	1.1	0.5	1	1.5
CoSp1 V	Combo Spin, Level 1 - V	-0.9	-0.6	-0.3	1.3	0.5	1	1.5
CoSp2 V	Combo Spin, Level 2 - V	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
CoSp3 V	Combo Spin, Level 3 - V	-0.9	-0.6	-0.3	1.8	0.5	1	1.5
CoSp4 V	Combo Spin, Level 4 - V	-0.9	-0.6	-0.3	2.1	0.5	1	1.5
FCoSpB V	Fly Combo Level B - V	-0.9	-0.6	-0.3	1.1	0.5	1	1.5
FCoSp1 V	Fly Combo Level 1 - V	-0.9	-0.6	-0.3	1.3	0.5	1	1.5
FCoSp2 V	Fly Combo Level 2 - V	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
FCoSp3 V	Fly Combo Level 3 - V	-0.9	-0.6	-0.3	1.8	0.5	1	1.5
FCoSp4 V	Fly Combo Level 4 - V	-0.9	-0.6	-0.3	2.1	0.5	1	1.5
CCoSp2pB	Change Combo Spin, Level B (two positions)	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
CCoSp2p1	Change Combo Spin, Level 1 (two positions)	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
CCoSp2p2	Change Combo Spin, Level 2 (two positions)	-0.9	-0.6	-0.3	2	0.5	1	1.5
CCoSp2p3	Change Combo Spin, Level 3 (two positions)	-0.9	-0.6	-0.3	2.5	0.5	1	1.5
CCoSp2p4	Change Combo Spin, Level 4 (two positions)	-0.9	-0.6	-0.3	3	0.5	1	1.5
FCCoSp2pB	Fly Change Combo Level B (two positions)	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
FCCoSp2p1	Fly Change Combo Level 1 (two positions)	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FCCoSp2p2	Fly Change Combo Level 2 (two positions)	-0.9	-0.6	-0.3	2	0.5	1	1.5
FCCoSp2p3	Fly Change Combo Level 3 (two positions)	-0.9	-0.6	-0.3	2.5	0.5	1	1.5
FCCoSp2p4	Fly Change Combo Level 4 (two positions)	-0.9	-0.6	-0.3	3	0.5	1	1.5
FCCoSp2pBV	Fly Change Combo Level B (two positions) - V	-0.9	-0.6	-0.3	1.1	0.5	1	1.5
FCCoSp2p1V	Fly Change Combo Level 1 (two positions) - V	-0.9	-0.6	-0.3	1.2	0.5	1	1.5
FCCoSp2p2V	Fly Change Combo Level 2 (two positions) - V	-0.9	-0.6	-0.3	1.4	0.5	1	1.5
FCCoSp2p3V	Fly Change Combo Level 3 (two positions) - V	-0.9	-0.6	-0.3	1.8	0.5	1	1.5
FCCoSp2p4V	Fly Change Combo Level 4 (two positions) - V	-0.9	-0.6	-0.3	2.1	0.5	1	1.5



(July 18, 2016)

July 1, 2016 - June 30, 2017

Spins		minus3	minus2	minus1	base	plus1	plus2	plus3
CCoSp3pB	Change Combo Spin, Level B (three positions)	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
CCoSp3p1	Change Combo Spin, Level 1 (three positions)	-0.9	-0.6	-0.3	2	0.5	1	1.5
CCoSp3p2	Change Combo Spin, Level 2 (three positions)	-0.9	-0.6	-0.3	2.5	0.5	1	1.5
CCoSp3p3	Change Combo Spin, Level 3 (three positions)	-0.9	-0.6	-0.3	3	0.5	1	1.5
CCoSp3p4	Change Combo Spin, Level 4 (three positions)	-0.9	-0.6	-0.3	3.5	0.5	1	1.5
FCCoSp3pB	Fly Change Combo Level B (three positions)	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
FCCoSp3p1	Fly Change Combo Level 1 (three positions)	-0.9	-0.6	-0.3	2	0.5	1	1.5
FCCoSp3p2	Fly Change Combo Level 2 (three positions)	-0.9	-0.6	-0.3	2.5	0.5	1	1.5
FCCoSp3p3	Fly Change Combo Level 3 (three positions)	-0.9	-0.6	-0.3	3	0.5	1	1.5
FCCoSp3p4	Fly Change Combo Level 4 (three positions)	-0.9	-0.6	-0.3	3.5	0.5	1	1.5
<u>CCoSpB V</u>	<u>Change Combo Spin, Level B -V</u>	-0.9	-0.6	-0.3	<u>1.5</u>	0.5	1	1.5
<u>CCoSp1 V</u>	<u>Change Combo Spin, Level 1 -V</u>	-0.9	-0.6	-0.3	<u>1.7</u>	0.5	1	1.5
<u>CCoSp2 V</u>	<u>Change Combo Spin, Level 2 -V</u>	-0.9	-0.6	-0.3	<u>2</u>	0.5	1	1.5
<u>CCoSp3 V</u>	<u>Change Combo Spin, Level 3 -V</u>	-0.9	-0.6	-0.3	<u>2.5</u>	0.5	1	1.5
<u>CCoSp4 V</u>	<u>Change Combo Spin, Level 4 -V</u>	-0.9	-0.6	-0.3	<u>3</u>	0.5	1	1.5
<u>FCCoSpB V</u>	<u>Fly Change Combo Level B -V</u>	-0.9	-0.6	-0.3	<u>1.5</u>	0.5	1	1.5
<u>FCCoSp1 V</u>	<u>Fly Change Combo Level 1 -V</u>	-0.9	-0.6	-0.3	<u>1.7</u>	0.5	1	1.5
<u>FCCoSp2 V</u>	<u>Fly Change Combo Level 2 -V</u>	-0.9	-0.6	-0.3	<u>2</u>	0.5	1	1.5
<u>FCCoSp3 V</u>	<u>Fly Change Combo Level 3 -V</u>	-0.9	-0.6	-0.3	<u>2.5</u>	0.5	1	1.5
<u>FCCoSp4 V</u>	<u>Fly Change Combo Level 4 -V</u>	-0.9	-0.6	-0.3	<u>3</u>	0.5	1	1.5
Step and Spiral sequences		minus3	minus2	minus1	base	plus1	plus2	plus3
StSqB	Step Sequence Level B	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
StSq1	Step Sequence Level 1	-0.9	-0.6	-0.3	1.8	0.5	1	1.5
StSq2	Step Sequence Level 2	-1.5	-1	-0.5	2.6	0.5	1	1.5
StSq3	Step Sequence Level 3	-2.1	-1.4	-0.7	3.3	0.5	1	1.5
StSq4	Step Sequence Level 4	-2.1	-1.4	-0.7	3.9	0.7	1.4	2.1
ChSqB	Choreographic Sequence Level B	-1.5	-1	-0.5	2	0.7	1.4	2.1
SpSqB	Spiral Sequence Level B	-0.6	-0.4	-0.2	1	0.2	0.4	0.6

Additional STARSkate/Adult SOV elements

Jumps		minus3	minus2	minus1	base	plus1	plus2	plus3
1W	Waltz Jump	-0.2	-0.1	-0.1	0.3	0.2	0.4	0.6
1W<	Waltz Jump-underrotate	0	0	0	0	0	0	0

Creative Skating Skills		minus3	minus2	minus1	base	plus1	plus2	plus3
CrCiSt1	Creative Circular Step Sequence 1	-3	-2	-1	4	1	2	3
CrFMSq1	Creative Field Moves Sequence 1	-3	-2	-1	4.4	1	2	3
CrLo1	Creative Loops 1	-3	-2	-1	3.5	1	2	3
CrSeSt1	Creative Serpentine Step Sequence 1	-3	-2	-1	4	1	2	3
CrSlSt1	Creative Straight Line Step Sequence 1	-3	-2	-1	3.5	1	2	3
CrTw1	Creative Twizzles 1 Skills	-3	-2	-1	4.5	1	2	3

Step and Spiral sequences		minus3	minus2	minus1	base	plus1	plus2	plus3
STSqSB	Step Sequence Level B (STARSkate)	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
ChSqSB	Choreographic Sequence Level B (STARSkate)	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
SpSqSB	Spiral Sequence Level B (STARSkate)	-0.9	-0.6	-0.3	1.5	0.5	1	1.5