



(July 18, 2016)

July 1, 2016 - June 30, 2017

## 2016-2017 Skate Canada Scale of Values SOV

### Pair

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

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	-3	-2	-1	4.3	0.7	1.4	2.1
4S<<	Quad.-Salchow-downgrade	-3	-2	-1	4.4	0.7	1.4	2.1
4Lo<<	Quad.-Loop-downgrade	-3	-2	-1	5.1	0.7	1.4	2.1
4F<<	Quad.-Flip-downgrade	-3	-2	-1	5.3	0.7	1.4	2.1
4Lz<<	Quad.-Lutz-downgrade	-3	-2	-1	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
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

Jumps		minus3	minus2	minus1	base	plus1	plus2	plus3
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
Lifts		minus3	minus2	minus1	base	plus1	plus2	plus3
1LiB	Lift Group 1 Level B	-0.9	-0.6	-0.3	1	0.3	0.6	0.9
1Li1	Lift Group 1 Level 1	-0.9	-0.6	-0.3	1.1	0.3	0.6	0.9
1Li2	Lift Group 1 Level 2	-0.9	-0.6	-0.3	1.3	0.3	0.6	0.9
1Li3	Lift Group 1 Level 3	-0.9	-0.6	-0.3	1.5	0.3	0.6	0.9
1Li4	Lift Group 1 Level 4	-0.9	-0.6	-0.3	1.7	0.3	0.6	0.9
2LiB	Lift Group 2 Level B	-0.9	-0.6	-0.3	1.1	0.3	0.6	0.9
2Li1	Lift Group 2 Level 1	-0.9	-0.6	-0.3	1.6	0.3	0.6	0.9
2Li2	Lift Group 2 Level 2	-0.9	-0.6	-0.3	1.9	0.3	0.6	0.9
2Li3	Lift Group 2 Level 3	-0.9	-0.6	-0.3	2.4	0.3	0.6	0.9
2Li4	Lift Group 2 Level 4	-0.9	-0.6	-0.3	3	0.3	0.6	0.9
3LiB	Lift Group 3 Level B	-1.5	-1	-0.5	2.5	0.5	1	1.5
3Li1	Lift Group 3 Level 1	-1.5	-1	-0.5	3	0.5	1	1.5
3Li2	Lift Group 3 Level 2	-1.5	-1	-0.5	3.5	0.5	1	1.5
3Li3	Lift Group 3 Level 3	-1.5	-1	-0.5	4	0.5	1	1.5
3Li4	Lift Group 3 Level 4	-1.5	-1	-0.5	4.5	0.5	1	1.5

Lifts		minus3	minus2	minus1	base	plus1	plus2	plus3
4LiB	Lift Group 4 Level B	-1.5	-1	-0.5	2.5	0.5	1	1.5
4Li1	Lift Group 4 Level 1	-1.5	-1	-0.5	3	0.5	1	1.5
4Li2	Lift Group 4 Level 2	-1.5	-1	-0.5	3.5	0.5	1	1.5
4Li3	Lift Group 4 Level 3	-1.5	-1	-0.5	4	0.5	1	1.5
4Li4	Lift Group 4 Level 4	-1.5	-1	-0.5	4.5	0.5	1	1.5
5SLiB	Lift Group 5, Step lasso, Level B	-1.5	-1	-0.5	4.5	0.5	1	1.5
5SLi1	Lift Group 5, Step lasso, Level 1	-1.5	-1	-0.5	5	0.5	1	1.5
5SLi2	Lift Group 5, Step lasso, Level 2	-1.5	-1	-0.5	5.5	0.5	1	1.5
5SLi3	Lift Group 5, Step lasso, Level 3	-1.5	-1	-0.5	6	0.5	1	1.5
5SLi4	Lift Group 5, Step lasso, Level 4	-1.5	-1	-0.5	6.5	0.5	1	1.5
5TLiB	Lift Group 5, Toe lasso, Level B	-1.5	-1	-0.5	4.5	0.5	1	1.5
5TLi1	Lift Group 5, Toe lasso, Level 1	-1.5	-1	-0.5	5	0.5	1	1.5
5TLi2	Lift Group 5, Toe lasso, Level 2	-1.5	-1	-0.5	5.5	0.5	1	1.5
5TLi3	Lift Group 5, Toe lasso, Level 3	-1.5	-1	-0.5	6	0.5	1	1.5
5TLi4	Lift Group 5, Toe lasso, Level 4	-1.5	-1	-0.5	6.5	0.5	1	1.5
5ALiB	Lift Group 5, Axel lasso, Level B	-2.1	-1.4	-0.7	5.5	0.7	1.4	2.1
5ALi1	Lift Group 5, Axel lasso, Level 1	-2.1	-1.4	-0.7	6	0.7	1.4	2.1
5ALi2	Lift Group 5, Axel lasso, Level 2	-2.1	-1.4	-0.7	6.5	0.7	1.4	2.1
5ALi3	Lift Group 5, Axel Lasso, Level 3	-2.1	-1.4	-0.7	7	0.7	1.4	2.1
5ALi4	Lift Group 5, Axel Lasso, Level 4	-2.1	-1.4	-0.7	7.5	0.7	1.4	2.1
5BLiB	Lift Group 5, Backward lasso, Level B	-2.1	-1.4	-0.7	5	0.7	1.4	2.1
5BLi1	Lift Group 5, Backward lasso, Level 1	-2.1	-1.4	-0.7	5.5	0.7	1.4	2.1
5BLi2	Lift Group 5, Backward lasso, Level 2	-2.1	-1.4	-0.7	6	0.7	1.4	2.1
5BLi3	Lift Group 5, Backward Lasso, Level 3	-2.1	-1.4	-0.7	6.5	0.7	1.4	2.1
5BLi4	Lift Group 5, Backward Lasso, Level 4	-2.1	-1.4	-0.7	7	0.7	1.4	2.1
5RLiB	Lift Group 5, Reverse, Level B	-2.1	-1.4	-0.7	5.5	0.7	1.4	2.1
5RLi1	Lift Group 5, Reverse, Level 1	-2.1	-1.4	-0.7	6	0.7	1.4	2.1
5RLi2	Lift Group 5, Reverse, Level 2	-2.1	-1.4	-0.7	6.5	0.7	1.4	2.1
5RLi3	Lift Group 5, Reverse, Level 3	-2.1	-1.4	-0.7	7	0.7	1.4	2.1
5RLi4	Lift Group 5, Reverse, Level 4	-2.1	-1.4	-0.7	7.5	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 Upright Spin Level B	-0.9	-0.6	-0.3	1.5	0.5	1	1.5
CUSp1	Change Upright Spin Level 1	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
CUSp2	Change Upright Spin Level 2	-0.9	-0.6	-0.3	2	0.5	1	1.5
CUSp3	Change Upright Spin Level 3	-0.9	-0.6	-0.3	2.4	0.5	1	1.5
CUSp4	Change Upright Spin Level 4	-0.9	-0.6	-0.3	2.9	0.5	1	1.5
CSSpB	Change Sit Spin Level B	-0.9	-0.6	-0.3	1.6	0.5	1	1.5
CSSp1	Change Sit Spin Level 1	-0.9	-0.6	-0.3	1.9	0.5	1	1.5
CSSp2	Change Sit Spin Level 2	-0.9	-0.6	-0.3	2.3	0.5	1	1.5
CSSp3	Change Sit Spin Level 3	-0.9	-0.6	-0.3	2.6	0.5	1	1.5
CSSp4	Change 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
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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
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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
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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
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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
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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
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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
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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



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Spins		minus3	minus2	minus1	base	plus1	plus2	plus3
CoSp2pB V	Combo Spin, Level B ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	1.1	0.5	1	1.5
CoSp2p1 V	Combo Spin, Level 1 ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	<u>1.3</u>	0.5	1	1.5
CoSp2p2 V	Combo Spin, Level 2 ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	<u>1.5</u>	0.5	1	1.5
CoSp2p3 V	Combo Spin, Level 3 ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	1.8	0.5	1	1.5
CoSp2p4 V	Combo Spin, Level 4 ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	2.1	0.5	1	1.5
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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	<u>1.3</u>	0.5	1	1.5
FCoSp2 V	Fly Combo Level 2 - V	-0.9	-0.6	-0.3	<u>1.5</u>	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
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CCoSp2pB	Fly Change Combo Spin, Level B ( <del>two positions</del> )	-0.9	-0.6	-0.3	<u>1.5</u>	0.5	1	1.5
CCoSp2p1	Fly Change Combo Spin, Level 1 ( <del>two positions</del> )	-0.9	-0.6	-0.3	<u>1.7</u>	0.5	1	1.5
CCoSp2p2	Fly Change Combo Spin, Level 2 ( <del>two positions</del> )	-0.9	-0.6	-0.3	<u>2</u>	0.5	1	1.5
CCoSp2p3	Fly Change Combo Spin, Level 3 ( <del>two positions</del> )	-0.9	-0.6	-0.3	<u>2.5</u>	0.5	1	1.5
CCoSp2p4	Fly Change Combo Spin, Level 4 ( <del>two positions</del> )	-0.9	-0.6	-0.3	<u>3</u>	0.5	1	1.5
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FCCoSp2pBV+A	Fly Change Combo Level B ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	<u>1.1</u>	0.5	1	1.5
Change Combo	Fly Change Combo Level 1 ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	<u>1.2</u>	0.5	1	1.5
FCCoSp2p2V	Fly Change Combo Level 2 ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	<u>1.4</u>	0.5	1	1.5
FCCoSp2p3V	Fly Change Combo Level 3 ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	<u>1.8</u>	0.5	1	1.5
FCCoSp2p4V	Fly Change Combo Level 4 ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	<u>2.1</u>	0.5	1	1.5
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CCoSp3pB	Change Combo Spin, Level B ( <del>three positions</del> )	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
CCoSp3p1	Change Combo Spin, Level 1 ( <del>three positions</del> )	-0.9	-0.6	-0.3	2	0.5	1	1.5
CCoSp3p2	Change Combo Spin, Level 2 ( <del>three positions</del> )	-0.9	-0.6	-0.3	2.5	0.5	1	1.5
CCoSp3p3	Change Combo Spin, Level 3 ( <del>three positions</del> )	-0.9	-0.6	-0.3	3	0.5	1	1.5
CCoSp3p4	Change Combo Spin, Level 4 ( <del>three positions</del> )	-0.9	-0.6	-0.3	3.5	0.5	1	1.5
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CCoSp3pB	Fly Change Combo Spin, Level B ( <del>three positions</del> )	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
CCoSp3p1	Fly Change Combo Spin, Level 1 ( <del>three positions</del> )	-0.9	-0.6	-0.3	2	0.5	1	1.5
CCoSp3p2	Fly Change Combo Spin, Level 2 ( <del>three positions</del> )	-0.9	-0.6	-0.3	2.5	0.5	1	1.5
CCoSp3p3	Fly Change Combo Spin, Level 3 ( <del>three positions</del> )	-0.9	-0.6	-0.3	3	0.5	1	1.5
CCoSp3p4	Fly Change Combo Spin, Level 4 ( <del>three positions</del> )	-0.9	-0.6	-0.3	3.5	0.5	1	1.5
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CCoSp2pBV	Change Combo Spin, Level B ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	<u>1.5</u>	0.5	1	1.5
CCoSp2p1V	Change Combo Spin, Level 1 ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	<u>1.7</u>	0.5	1	1.5
CCoSp2p2V	Change Combo Spin, Level 2 ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	<u>2</u>	0.5	1	1.5
CCoSp2p3V	Change Combo Spin, Level 3 ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	<u>2.5</u>	0.5	1	1.5
CCoSp2p4V	Change Combo Spin, Level 4 ( <del>two positions</del> ) - V	-0.9	-0.6	-0.3	<u>3</u>	0.5	1	1.5
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FCCoSpB V	Fly Change Combo Level B - V	-0.9	-0.6	-0.3	<u>1.5</u>	0.5	1	1.5
FCCoSp1 V	Fly Change Combo Level 1 - V	-0.9	-0.6	-0.3	<u>1.7</u>	0.5	1	1.5
FCCoSp2 V	Fly Change Combo Level 2 - V	-0.9	-0.6	-0.3	<u>2</u>	0.5	1	1.5
FCCoSp3 V	Fly Change Combo Level 3 - V	-0.9	-0.6	-0.3	<u>2.5</u>	0.5	1	1.5
FCCoSp4 V	Fly Change Combo Level 4 - V	-0.9	-0.6	-0.3	<u>3</u>	0.5	1	1.5



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Spins		minus3	minus2	minus1	base	plus1	plus2	plus3
PSpB	Pair Spin - Level B	-0.9	-0.6	-0.3	1.7	0.5	1	1.5
PSp1	Pair Spin - Level 1	-0.9	-0.6	-0.3	2	0.5	1	1.5
PSp2	Pair Spin - Level 2	-0.9	-0.6	-0.3	2.5	0.5	1	1.5
PSp3	Pair Spin - Level 3	-0.9	-0.6	-0.3	3	0.5	1	1.5
PSp4	Pair Spin - Level 4	-0.9	-0.6	-0.3	3.5	0.5	1	1.5
PCoSp3pB	Pair Combination Spin - Level B ( <del>three positions</del> )	-0.9	-0.6	-0.3	2.5	0.5	1	1.5
PCoSp3p1	Pair Combination Spin - Level 1 ( <del>three positions</del> )	-0.9	-0.6	-0.3	3	0.5	1	1.5
PCoSp3p2	Pair Combination Spin - Level 2 ( <del>three positions</del> )	-0.9	-0.6	-0.3	3.5	0.5	1	1.5
PCoSp3p3	Pair Combination Spin - Level 3 ( <del>three positions</del> )	-0.9	-0.6	-0.3	4	0.5	1	1.5
PCoSp3p4	Pair Combination Spin - Level 4 ( <del>three positions</del> )	-0.9	-0.6	-0.3	4.5	0.5	1	1.5
PCoSp2pBV	Pair Combination Spin - Level B ( <del>two positions</del> )-V	-0.9	-0.6	-0.3	<u>1.8</u>	0.5	1	1.5
PCoSp2p1V	Pair Combination Spin - Level 1 ( <del>two positions</del> )-V	-0.9	-0.6	-0.3	<u>2.1</u>	0.5	1	1.5
PCoSp2p2V	Pair Combination Spin - Level 2 ( <del>two positions</del> )-V	-0.9	-0.6	-0.3	<u>2.5</u>	0.5	1	1.5
PCoSp2p3V	Pair Combination Spin - Level 3 ( <del>two positions</del> )-V	-0.9	-0.6	-0.3	<u>3</u>	0.5	1	1.5
PCoSp2p4V	Pair Combination Spin - Level 4 ( <del>two positions</del> )-V	-0.9	-0.6	-0.3	<u>3.5</u>	0.5	1	1.5
Death Spirals		minus3	minus2	minus1	base	plus1	plus2	plus3
FiDsB	Forward inside Level B	-2.1	-1.4	-0.7	2.6	0.7	1.4	2.1
FiDs1	Forward inside Level 1	-2.1	-1.4	-0.7	2.8	0.7	1.4	2.1
FiDs2	Forward inside Level 2	-2.1	-1.4	-0.7	3	0.7	1.4	2.1
FiDs3	Forward inside Level 3	-2.1	-1.4	-0.7	3.2	0.7	1.4	2.1
FiDs4	Forward inside Level 4	-2.1	-1.4	-0.7	3.5	0.7	1.4	2.1
FoDsB	Forward outside Level B	-2.1	-1.4	-0.7	2.8	0.7	1.4	2.1
FoDs1	Forward outside Level 1	-2.1	-1.4	-0.7	3	0.7	1.4	2.1
FoDs2	Forward outside Level 2	-2.1	-1.4	-0.7	3.5	0.7	1.4	2.1
FoDs3	Forward outside Level 3	-2.1	-1.4	-0.7	4	0.7	1.4	2.1
FoDs4	Forward outside Level 4	-2.1	-1.4	-0.7	4.5	0.7	1.4	2.1
BiDsB	B.I. Death Spiral Level B	-2.1	-1.4	-0.7	2.6	0.7	1.4	2.1
BiDs1	B.I. Death Spiral Level 1	-2.1	-1.4	-0.7	2.8	0.7	1.4	2.1
BiDs2	B.I. Death Spiral Level 2	-2.1	-1.4	-0.7	3	0.7	1.4	2.1
BiDs3	B.I. Death Spiral Level 3	-2.1	-1.4	-0.7	3.2	0.7	1.4	2.1
BiDs4	B.I. Death Spiral Level 4	-2.1	-1.4	-0.7	3.5	0.7	1.4	2.1
BoDsB	B.O. Death Spiral Level B	-2.1	-1.4	-0.7	2.8	0.7	1.4	2.1
BoDs1	B.O. Death Spiral Level 1	-2.1	-1.4	-0.7	3	0.7	1.4	2.1
BoDs2	B.O. Death Spiral Level 2	-2.1	-1.4	-0.7	3.5	0.7	1.4	2.1
BoDs3	B.O. Death Spiral Level 3	-2.1	-1.4	-0.7	4	0.7	1.4	2.1
BoDs4	B.O. Death Spiral Level 4	-2.1	-1.4	-0.7	4.5	0.7	1.4	2.1
SpFiB	Spiral Figure any edge Level B	-2.1	-1.4	-0.7	2.2	0.7	1.4	2.1



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Throws		minus3	minus2	minus1	base	plus1	plus2	plus3
1TTh	Throw ToeLoop	-0.9	-0.6	-0.3	1.1	0.3	0.6	0.9
1STh	Throw Salchow	-0.9	-0.6	-0.3	1.1	0.3	0.6	0.9
1LoTh	Throw Loop	-0.9	-0.6	-0.3	1.4	0.3	0.6	0.9
1FTh	Throw Flip	-0.9	-0.6	-0.3	1.4	0.3	0.6	0.9
1LzTh	Throw Lutz	-0.9	-0.6	-0.3	1.4	0.3	0.6	0.9
1ATh	Throw Axel	-1.5	-1	-0.5	2.2	0.5	1	1.5
2TTh	Throw Double Toeloop	-1.5	-1	-0.5	2.5	0.5	1	1.5
2STh	Throw Double Salchow	-1.5	-1	-0.5	2.5	0.5	1	1.5
2LoTh	Throw Double Loop	-1.5	-1	-0.5	2.8	0.5	1	1.5
2FTh	Throw Double Flip	-1.5	-1	-0.5	3	0.5	1	1.5
2LzTh	Throw Double Lutz	-1.5	-1	-0.5	3	0.5	1	1.5
2ATh	Throw Double Axel	-2.1	-1.4	-0.7	4	0.7	1.4	2.1
3TTh	Throw Triple Toeloop	-2.1	-1.4	-0.7	4.5	0.7	1.4	2.1
3STh	Throw Triple Salchow	-2.1	-1.4	-0.7	4.5	0.7	1.4	2.1
3LoTh	Throw Triple Loop	-2.1	-1.4	-0.7	5	0.7	1.4	2.1
3FTh	Throw Triple Flip	-2.1	-1.4	-0.7	5.5	0.7	1.4	2.1
3LzTh	Throw Triple Lutz	-2.1	-1.4	-0.7	5.5	0.7	1.4	2.1
3ATh	Throw Triple Axel	-3	-2	-1	7.7	1	2	3
4TTh	Throw Quad. Toeloop	-3	-2	-1	8.2	1	2	3
4STh	Throw Quad. Salchow	-3	-2	-1	8.2	1	2	3
4LoTh	Throw Quad. Loop	-3	-2	-1	8.7	1	2	3
4FTh	Throw Quad. Flip	-3	-2	-1	9	1	2	3
4LzTh	Throw Quad. Lutz	-3	-2	-1	9	1	2	3
1TTh<	Throw Single ToeLoop-underrotate	-0.9	-0.6	-0.3	0.9	0.3	0.6	0.9
1STh<	Throw Single Salchow-underrotate	-0.9	-0.6	-0.3	0.9	0.3	0.6	0.9
1LoTh<	Throw Single Loop-underrotate	-0.9	-0.6	-0.3	1	0.3	0.6	0.9
1FTh<	Throw Single Flip-underrotate	-0.9	-0.6	-0.3	1	0.3	0.6	0.9
1LzTh<	Throw Single Lutz-underrotate	-0.9	-0.6	-0.3	1	0.3	0.6	0.9
1ATh<	Throw Single Axel-underrotate	-1.5	-1	-0.5	1.5	0.5	1	1.5
2TTh<	Throw Double Toeloop-underrotate	-1.5	-1	-0.5	1.8	0.5	1	1.5
2STh<	Throw Double Salchow-underrotate	-1.5	-1	-0.5	1.8	0.5	1	1.5
2LoTh<	Throw Double Loop-underrotate	-1.5	-1	-0.5	2	0.5	1	1.5
2FTh<	Throw Double Flip-underrotate	-1.5	-1	-0.5	2.1	0.5	1	1.5
2LzTh<	Throw Double Lutz-underrotate	-1.5	-1	-0.5	2.1	0.5	1	1.5
2ATh<	Throw Double Axel-underrotate	-2.1	-1.4	-0.7	2.8	0.7	1.4	2.1
3TTh<	Throw Triple Toeloop-underrotate	-2.1	-1.4	-0.7	3.2	0.7	1.4	2.1
3STh<	Throw Triple Salchow-underrotate	-2.1	-1.4	-0.7	3.2	0.7	1.4	2.1
3LoTh<	Throw Triple Loop-underrotate	-2.1	-1.4	-0.7	3.5	0.7	1.4	2.1
3FTh<	Throw Triple Flip-underrotate	-2.1	-1.4	-0.7	3.9	0.7	1.4	2.1
3LzTh<	Throw Triple Lutz-underrotate	-2.1	-1.4	-0.7	3.9	0.7	1.4	2.1
3ATh<	Throw Triple Axel-underrotate	-3	-2	-1	5.4	1	2	3



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Throws		minus3	minus2	minus1	base	plus1	plus2	plus3
4TTh<	Throw Quad. Toeloop-underrotate	-3	-2	-1	5.7	1	2	3
4STh<	Throw Quad. Salchow-underrotate	-3	-2	-1	5.7	1	2	3
4LoTh<	Throw Quad. Loop-underrotate	-3	-2	-1	6.1	1	2	3
4FTh<	Throw Quad. Flip-underrotate	-3	-2	-1	6.3	1	2	3
4LzTh<	Throw Quad. Lutz-underrotate	-3	-2	-1	6.3	1	2	3
1TTh<<	Throw ToeLoop-downgrade	0	0	0	0	0	0	0
1STh<<	Throw Salchow-downgrade	0	0	0	0	0	0	0
1LoTh<<	Throw Loop-downgrade	0	0	0	0	0	0	0
1FTh<<	Throw Flip-downgrade	0	0	0	0	0	0	0
1LzTh<<	Throw Lutz-downgrade	0	0	0	0	0	0	0
1ATh<<	Throw Axel-downgrade	0	0	0	0	0	0	0
2TTh<<	Throw Double Toeloop-downgrade	-0.9	-0.6	-0.3	1.1	0.3	0.6	0.9
2STh<<	Throw Double Salchow-downgrade	-0.9	-0.6	-0.3	1.1	0.3	0.6	0.9
2LoTh<<	Throw Double Loop-downgrade	-0.9	-0.6	-0.3	1.4	0.3	0.6	0.9
2FTh<<	Throw Double Flip-downgrade	-0.9	-0.6	-0.3	1.4	0.3	0.6	0.9
2LzTh<<	Throw Double Lutz-downgrade	-0.9	-0.6	-0.3	1.4	0.3	0.6	0.9
2ATh<<	Throw Double Axel-downgrade	-1.5	-1	-0.5	2.2	0.5	1	1.5
3TTh<<	Throw Triple Toeloop-downgrade	-1.5	-1	-0.5	2.5	0.5	1	1.5
3STh<<	Throw Triple Salchow-downgrade	-1.5	-1	-0.5	2.5	0.5	1	1.5
3LoTh<<	Throw Triple Loop-downgrade	-1.5	-1	-0.5	2.8	0.5	1	1.5
3FTh<<	Throw Triple Flip-downgrade	-1.5	-1	-0.5	3	0.5	1	1.5
3LzTh<<	Throw Triple Lutz-downgrade	-1.5	-1	-0.5	3	0.5	1	1.5
3ATh<<	Throw Triple Axel-downgrade	-2.1	-1.4	-0.7	4	0.7	1.4	2.1
4TTh<<	Throw Quad. Toeloop-downgrade	-2.1	-1.4	-0.7	4.5	0.7	1.4	2.1
4STh<<	Throw Quad. Salchow-downgrade	-2.1	-1.4	-0.7	4.5	0.7	1.4	2.1
4LoTh<<	Throw Quad. Loop-downgrade	-2.1	-1.4	-0.7	5	0.7	1.4	2.1
4FTh<<	Throw Quad. Flip-downgrade	-2.1	-1.4	-0.7	5.5	0.7	1.4	2.1
4LzTh<<	Throw Quad. Lutz-downgrade	-2.1	-1.4	-0.7	5.5	0.7	1.4	2.1



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Twist Lifts		minus3	minus2	minus1	base	plus1	plus2	plus3
1TwB	Single Twist Level B	-0.6	-0.4	-0.2	0.9	0.2	0.4	0.6
1Tw1	Single Twist Level 1	-0.6	-0.4	-0.2	1.1	0.2	0.4	0.6
1Tw2	Single Twist Level 2	-0.6	-0.4	-0.2	1.3	0.2	0.4	0.6
1Tw3	Single Twist Level 3	-0.6	-0.4	-0.2	1.5	0.2	0.4	0.6
1Tw4	Single Twist Level 4	-0.6	-0.4	-0.2	1.7	0.2	0.4	0.6
2TwB	Double Twist Level B	-0.9	-0.6	-0.3	2.9	0.3	0.6	0.9
2Tw1	Double Twist Level 1	-0.9	-0.6	-0.3	3.1	0.3	0.6	0.9
2Tw2	Double Twist Level 2	-0.9	-0.6	-0.3	3.4	0.3	0.6	0.9
2Tw3	Double Twist Level 3	-0.9	-0.6	-0.3	3.7	0.3	0.6	0.9
2Tw4	Double Twist Level 4	-0.9	-0.6	-0.3	4	0.3	0.6	0.9
3TwB	Triple Twist Level B	-2.1	-1.4	-0.7	5	0.7	1.4	2.1
3Tw1	Triple Twist Level 1	-2.1	-1.4	-0.7	5.4	0.7	1.4	2.1
3Tw2	Triple Twist Level 2	-2.1	-1.4	-0.7	5.8	0.7	1.4	2.1
3Tw3	Triple Twist Level 3	-2.1	-1.4	-0.7	6.2	0.7	1.4	2.1
3Tw4	Triple Twist Level 4	-2.1	-1.4	-0.7	6.6	0.7	1.4	2.1
4TwB	Quad Twist Level B	-3	-2	-1	7	1	2	3
4Tw1	Quad Twist Level 1	-3	-2	-1	7.5	1	2	3
4Tw2	Quad Twist Level 2	-3	-2	-1	8	1	2	3
4Tw3	Quad Twist Level 3	-3	-2	-1	8.6	1	2	3
4Tw4	Quad Twist Level 4	-3	-2	-1	9.1	1	2	3
1TwB<<	Single Twist Level B-downgrade	0	0	0	0	0	0	0
1Tw1<<	Single Twist Level 1-downgrade	0	0	0	0	0	0	0
1Tw2<<	Single Twist Level 2-downgrade	0	0	0	0	0	0	0
1Tw3<<	Single Twist Level 3-downgrade	0	0	0	0	0	0	0
1Tw4<<	Single Twist Level 4-downgrade	0	0	0	0	0	0	0
2TwB<<	Double Twist Level B-downgrade	-0.6	-0.4	-0.2	0.9	0.2	0.4	0.6
2Tw1<<	Double Twist Level 1-downgrade	-0.6	-0.4	-0.2	1.1	0.2	0.4	0.6
2Tw2<<	Double Twist Level 2-downgrade	-0.6	-0.4	-0.2	1.3	0.2	0.4	0.6
2Tw3<<	Double Twist Level 3-downgrade	-0.6	-0.4	-0.2	1.5	0.2	0.4	0.6
2Tw4<<	Double Twist Level 4-downgrade	-0.6	-0.4	-0.2	1.7	0.2	0.4	0.6
3TwB<<	Triple Twist Level B-downgrade	-0.9	-0.6	-0.3	2.9	0.3	0.6	0.9
3Tw1<<	Triple Twist Level 1-downgrade	-0.9	-0.6	-0.3	3.1	0.3	0.6	0.9
3Tw2<<	Triple Twist Level 2-downgrade	-0.9	-0.6	-0.3	3.4	0.3	0.6	0.9
3Tw3<<	Triple Twist Level 3-downgrade	-0.9	-0.6	-0.3	3.7	0.3	0.6	0.9
3Tw4<<	Triple Twist Level 4-downgrade	-0.9	-0.6	-0.3	4	0.3	0.6	0.9
4TwB<<	Quad Twist Level B-downgrade	-2.1	-1.4	-0.7	5	0.7	1.4	2.1
4Tw1<<	Quad Twist Level 1-downgrade	-2.1	-1.4	-0.7	5.4	0.7	1.4	2.1
4Tw2<<	Quad Twist Level 2-downgrade	-2.1	-1.4	-0.7	5.8	0.7	1.4	2.1
4Tw3<<	Quad Twist Level 3-downgrade	-2.1	-1.4	-0.7	6.2	0.7	1.4	2.1
4Tw4<<	Quad Twist Level 4-downgrade	-2.1	-1.4	-0.7	6.6	0.7	1.4	2.1



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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	-0.9	-0.6	-0.3	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

### STARSkate/Adult additional 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

Throws		minus3	minus2	minus1	base	plus1	plus2	plus3
1WTh	Throw Waltz Jump	-0.4	-0.2	-0.1	0.7	0.2	0.4	0.6
1WTh<	Throw Waltz Jump-underrotate	0	0	0	0	0	0	0