



Scale of Values - Pair

Version 8.01

Code	Description	Minus 3	Minus 2	Minus 1	Base	Plus 1	Plus 2	Plus 3
<b>Jumps</b>								
1S	Salchow	-0.3	-0.2	-0.1	0.4	0.3	0.6	1.0
1S<	Salchow-cheat	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1T	Toeloop	-0.3	-0.2	-0.1	0.4	0.3	0.6	1.0
1T<	Toeloop-cheat	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1Lo	Loop	-0.3	-0.2	-0.1	0.5	0.3	0.6	1.0
1Lo<	Loop-cheat	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1F	Flip	-0.3	-0.2	-0.1	0.5	0.3	0.6	1.0
1F<	Flip-cheat	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1Lz	Lutz	-0.3	-0.2	-0.1	0.6	0.3	0.6	1.0
1Lz<	Lutz-cheat	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1A	Axel	-0.5	-0.4	-0.2	0.8	0.5	1.0	1.5
1A<	Axel-cheat	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2S	Double-Salchow	-1.0	-0.6	-0.3	1.3	0.5	1.0	1.5
2S<	Double-Salchow-cheat	-0.3	-0.2	-0.1	0.4	0.3	0.6	1.0
2T	Double-Toeloop	-1.0	-0.6	-0.3	1.3	0.5	1.0	1.5
2T<	Double-Toeloop-cheat	-0.3	-0.2	-0.1	0.4	0.3	0.6	1.0
2Lo	Double-Loop	-1.0	-0.6	-0.3	1.5	0.5	1.0	1.5
2Lo<	Double-Loop-cheat	-0.3	-0.2	-0.1	0.5	0.3	0.6	1.0
2F	Double-Flip	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
2F<	Double-Flip-cheat	-0.3	-0.2	-0.1	0.5	0.3	0.6	1.0
2Lz	Double-Lutz	-1.0	-0.6	-0.3	1.9	0.5	1.0	1.5
2Lz<	Double-Lutz-cheat	-0.3	-0.2	-0.1	0.6	0.3	0.6	1.0
2A	Double-Axel	-2.5	-1.6	-0.8	3.5	1.0	2.0	3.0
2A<	Double-Axel-cheat	-0.5	-0.4	-0.2	0.8	0.5	1.0	1.5
3S	Triple-Salchow	-3.0	-2.0	-1.0	4.5	1.0	2.0	3.0
3S<	Triple-Salchow-cheat	-1.0	-0.6	-0.3	1.3	0.5	1.0	1.5
3T	Triple-Toeloop	-3.0	-2.0	-1.0	4.0	1.0	2.0	3.0
3T<	Triple-Toeloop-cheat	-1.0	-0.6	-0.3	1.3	0.5	1.0	1.5
3Lo	Triple-Loop	-3.0	-2.0	-1.0	5.0	1.0	2.0	3.0
3Lo<	Triple-Loop-cheat	-1.0	-0.6	-0.3	1.5	0.5	1.0	1.5
3F	Triple-Flip	-3.0	-2.0	-1.0	5.5	1.0	2.0	3.0
3F<	Triple-Flip-cheat	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
3Lz	Triple-Lutz	-3.0	-2.0	-1.0	6.0	1.0	2.0	3.0
3Lz<	Triple-Lutz-cheat	-1.0	-0.6	-0.3	1.9	0.5	1.0	1.5
3A	Triple-Axel	-4.2	-2.8	-1.4	8.2	1.0	2.0	3.0
3A<	Triple-Axel-cheat	-2.5	-1.6	-0.8	3.5	1.0	2.0	3.0
4S	Quad.-Salchow	-4.8	-3.2	-1.6	10.3	1.0	2.0	3.0
4S<	Quad.-Salchow-cheat	-3.0	-2.0	-1.0	4.5	1.0	2.0	3.0
4T	Quad.-Toeloop	-4.8	-3.2	-1.6	9.8	1.0	2.0	3.0
4T<	Quad.-Toeloop-cheat	-3.0	-2.0	-1.0	4.0	1.0	2.0	3.0
4Lo	Quad.-Loop	-4.8	-3.2	-1.6	10.8	1.0	2.0	3.0
4Lo<	Quad.-Loop-cheat	-3.0	-2.0	-1.0	5.0	1.0	2.0	3.0
4F	Quad.-Flip	-4.8	-3.2	-1.6	11.3	1.0	2.0	3.0
4F<	Quad.-Flip-cheat	-3.0	-2.0	-1.0	5.5	1.0	2.0	3.0
4Lz	Quad.-Lutz	-4.8	-3.2	-1.6	11.8	1.0	2.0	3.0
4Lz<	Quad.-Lutz-cheat	-3.0	-2.0	-1.0	6.0	1.0	2.0	3.0
4A	Quad. Axel	-4.8	-3.2	-1.6	13.3	1.0	2.0	3.0
4A<	Quad.-Axel-cheat	-4.2	-2.8	-1.4	8.2	1.0	2.0	3.0

<b>Lifts</b>								
1Li	Lift Group 1 Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1Li1	Lift Group 1 Level 1	-1.0	-0.6	-0.3	1.1	0.3	0.6	1.0
1Li2	Lift Group 1 Level 2	-1.0	-0.6	-0.3	1.3	0.3	0.6	1.0
1Li3	Lift Group 1 Level 3	-1.0	-0.6	-0.3	1.5	0.3	0.6	1.0
1Li4	Lift Group 1 Level 4	-1.0	-0.6	-0.3	1.7	0.3	0.6	1.0
2Li	Lift Group 2 Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2Li1	Lift Group 2 Level 1	-1.0	-0.6	-0.3	1.3	0.3	0.6	1.0
2Li2	Lift Group 2 Level 2	-1.0	-0.6	-0.3	1.7	0.3	0.6	1.0
2Li3	Lift Group 2 Level 3	-1.0	-0.6	-0.3	2.4	0.3	0.6	1.0
2Li4	Lift Group 2 Level 4	-1.0	-0.6	-0.3	3.0	0.3	0.6	1.0
3Li	Lift Group 3 Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3Li1	Lift Group 3 Level 1	-1.5	-1.0	-0.5	2.5	0.5	1.0	1.5
3Li2	Lift Group 3 Level 2	-1.5	-1.0	-0.5	3.0	0.5	1.0	1.5
3Li3	Lift Group 3 Level 3	-1.5	-1.0	-0.5	3.5	0.5	1.0	1.5
3Li4	Lift Group 3 Level 4	-1.5	-1.0	-0.5	4.0	0.5	1.0	1.5
4Li	Lift Group 4 Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4Li1	Lift Group 4 Level 1	-1.5	-1.0	-0.5	2.5	0.5	1.0	1.5
4Li2	Lift Group 4 Level 2	-1.5	-1.0	-0.5	3.0	0.5	1.0	1.5
4Li3	Lift Group 4 Level 3	-1.5	-1.0	-0.5	3.5	0.5	1.0	1.5
4Li4	Lift Group 4 Level 4	-1.5	-1.0	-0.5	4.0	0.5	1.0	1.5
5ALi	Lift Group 5, Axel lasso, Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5ALi1	Lift Group 5, Axel lasso, Level 1	-2.0	-1.4	-0.7	5.0	0.7	1.4	2.0
5ALi2	Lift Group 5, Axel lasso, Level 2	-2.0	-1.4	-0.7	5.5	0.7	1.4	2.0
5ALi3	Lift Group 5, Axel Lasso, Level 3	-2.0	-1.4	-0.7	6.0	1.0	2.0	3.0
5ALi4	Lift Group 5, Axel Lasso, Level 4	-2.0	-1.4	-0.7	6.5	1.0	2.0	3.0
5RLi	Lift Group 5, Reverse, Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5RLi1	Lift Group 5, Reverse, Level 1	-2.0	-1.4	-0.7	5.0	0.7	1.4	2.0
5RLi2	Lift Group 5, Reverse, Level 2	-2.0	-1.4	-0.7	5.5	0.7	1.4	2.0
5RLi3	Lift Group 5, Reverse, Level 3	-2.0	-1.4	-0.7	6.0	1.0	2.0	3.0
5RLi4	Lift Group 5, Reverse, Level 4	-2.0	-1.4	-0.7	6.5	1.0	2.0	3.0
5SLi	Lift Group 5, Step lasso, Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5SLi1	Lift Group 5, Step lasso, Level 1	-1.5	-1.0	-0.5	4.5	0.5	1.0	1.5
5SLi2	Lift Group 5, Step lasso, Level 2	-1.5	-1.0	-0.5	5.0	0.5	1.0	1.5
5SLi3	Lift Group 5, Step lasso, Level 3	-1.5	-1.0	-0.5	5.5	0.5	1.0	1.5
5SLi4	Lift Group 5, Step lasso, Level 4	-1.5	-1.0	-0.5	6.0	0.5	1.0	1.5
5TLi	Lift Group 5, Toe lasso, Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5TLi1	Lift Group 5, Toe lasso, Level 1	-1.5	-1.0	-0.5	4.5	0.5	1.0	1.5
5TLi2	Lift Group 5, Toe lasso, Level 2	-1.5	-1.0	-0.5	5.0	0.5	1.0	1.5
5TLi3	Lift Group 5, Toe lasso, Level 3	-1.5	-1.0	-0.5	5.5	0.5	1.0	1.5
5TLi4	Lift Group 5, Toe lasso, Level 4	-1.5	-1.0	-0.5	6.0	0.5	1.0	1.5
<b>Solo Spins</b> <i>Spin in one position, no change of foot</i>								
LSp	Layback Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
LSp1	Layback Spin Level 1	-1.0	-0.6	-0.3	1.5	0.5	1.0	1.5
LSp2	Layback Spin Level 2	-1.0	-0.6	-0.3	1.9	0.5	1.0	1.5
LSp3	Layback Spin Level 3	-1.0	-0.6	-0.3	2.4	0.5	1.0	1.5
LSp4	Layback Spin Level 4	-1.0	-0.6	-0.3	2.7	0.5	1.0	1.5
SSp	Sit Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
SSp1	Sit Spin Level 1	-1.0	-0.6	-0.3	1.3	0.5	1.0	1.5
SSp2	Sit Spin Level 2	-1.0	-0.6	-0.3	1.6	0.5	1.0	1.5
SSp3	Sit Spin Level 3	-1.0	-0.6	-0.3	2.1	0.5	1.0	1.5
SSp4	Sit Spin Level 4	-1.0	-0.6	-0.3	2.5	0.5	1.0	1.5

USp	Upright Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
USp1	Upright Spin Level 1	-1.0	-0.6	-0.3	1.2	0.5	1.0	1.5
USp2	Upright Spin Level 2	-1.0	-0.6	-0.3	1.5	0.5	1.0	1.5
USp3	Upright Spin Level 3	-1.0	-0.6	-0.3	1.9	0.5	1.0	1.5
USp4	Upright Spin Level 4	-1.0	-0.6	-0.3	2.4	0.5	1.0	1.5
<b>Spin in one position with change of foot</b>								
CSp	Camel Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
CSp1	Camel Spin Level 1	-1.0	-0.6	-0.3	1.4	0.5	1.0	1.5
CSp2	Camel Spin Level 2	-1.0	-0.6	-0.3	1.8	0.5	1.0	1.5
CSp3	Camel Spin Level 3	-1.0	-0.6	-0.3	2.3	0.5	1.0	1.5
CSp4	Camel Spin Level 4	-1.0	-0.6	-0.3	2.6	0.5	1.0	1.5
<b>Spin in one position with change of foot</b>								
CLSp	Change Layback Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
CLSp1	Change Layback Spin Level 1	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
CLSp2	Change Layback Spin Level 2	-1.0	-0.6	-0.3	2.4	0.5	1.0	1.5
CLSp3	Change Layback Spin Level 3	-1.0	-0.6	-0.3	2.9	0.5	1.0	1.5
CLSp4	Change Layback Spin Level 4	-1.0	-0.6	-0.3	3.2	0.5	1.0	1.5
<b>Spin in one position with change of foot</b>								
CSSp	Change Foot Sit Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
CSSp1	Change Foot Sit Spin Level 1	-1.0	-0.6	-0.3	1.9	0.5	1.0	1.5
CSSp2	Change Foot Sit Spin Level 2	-1.0	-0.6	-0.3	2.3	0.5	1.0	1.5
CSSp3	Change Foot Sit Spin Level 3	-1.0	-0.6	-0.3	2.6	0.5	1.0	1.5
CSSp4	Change Foot Sit Spin Level 4	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
<b>Spin in one position with change of foot</b>								
CUSp	Change Foot Upright Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
CUSp1	Change Foot Upright Spin Level 1	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
CUSp2	Change Foot Upright Spin Level 2	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
CUSp3	Change Foot Upright Spin Level 3	-1.0	-0.6	-0.3	2.4	0.5	1.0	1.5
CUSp4	Change Foot Upright Spin Level 4	-1.0	-0.6	-0.3	2.9	0.5	1.0	1.5
<b>Spin in one position with change of foot</b>								
CCSp	Change Camel Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
CCSp1	Change Camel Spin Level 1	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
CCSp2	Change Camel Spin Level 2	-1.0	-0.6	-0.3	2.3	0.5	1.0	1.5
CCSp3	Change Camel Spin Level 3	-1.0	-0.6	-0.3	2.8	0.5	1.0	1.5
CCSp4	Change Camel Spin Level 4	-1.0	-0.6	-0.3	3.2	0.5	1.0	1.5
<b>Flying spin in one position, no change of foot</b>								
FLSp	Flying Layback Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FLSp1	Flying Layback Spin Level 1	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
FLSp2	Flying Layback Spin Level 2	-1.0	-0.6	-0.3	2.4	0.5	1.0	1.5
FLSp3	Flying Layback Spin Level 3	-1.0	-0.6	-0.3	2.9	0.5	1.0	1.5
FLSp4	Flying Layback Spin Level 4	-1.0	-0.6	-0.3	3.2	0.5	1.0	1.5
<b>Flying spin in one position, no change of foot</b>								
FSSp	Flying Sit Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FSSp1	Flying Sit Spin Level 1	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
FSSp2	Flying Sit Spin Level 2	-1.0	-0.6	-0.3	2.3	0.5	1.0	1.5
FSSp3	Flying Sit Spin Level 3	-1.0	-0.6	-0.3	2.6	0.5	1.0	1.5
FSSp4	Flying Sit Spin Level 4	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
<b>Flying spin in one position, no change of foot</b>								
FUSp	Flying Upright Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FUSp1	Flying Upright Spin Level 1	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
FUSp2	Flying Upright Spin Level 2	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
FUSp3	Flying Upright Spin Level 3	-1.0	-0.6	-0.3	2.4	0.5	1.0	1.5
FUSp4	Flying Upright Spin Level 4	-1.0	-0.6	-0.3	2.9	0.5	1.0	1.5
<b>Flying spin in one position, no change of foot</b>								
FCSp	Flying Camel Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FCSp1	Flying Camel Spin Level 1	-1.0	-0.6	-0.3	1.9	0.5	1.0	1.5
FCSp2	Flying Camel Spin Level 2	-1.0	-0.6	-0.3	2.3	0.5	1.0	1.5
FCSp3	Flying Camel Spin Level 3	-1.0	-0.6	-0.3	2.8	0.5	1.0	1.5
FCSp4	Flying Camel Spin Level 4	-1.0	-0.6	-0.3	3.2	0.5	1.0	1.5

<b>Flying spin in one position with change of foot</b>								
FCLSp	Fly Change Foot Layback Spin 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FCLSp1	Fly Change Foot Layback Spin 1	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
FCLSp2	Fly Change Foot Layback Spin 2	-1.0	-0.6	-0.3	2.4	0.5	1.0	1.5
FCLSp3	Fly Change Foot Layback Spin 3	-1.0	-0.6	-0.3	2.9	0.5	1.0	1.5
FCLSp4	Fly Change Foot Layback Spin 4	-1.0	-0.6	-0.3	3.2	0.5	1.0	1.5
FCSSp	Fly Change Foot Sit Spin Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FCSSp1	Fly Change Foot Sit Spin Level 1	-1.0	-0.6	-0.3	1.9	0.5	1.0	1.5
FCSSp2	Fly Change Foot Sit Spin Level 2	-1.0	-0.6	-0.3	2.3	0.5	1.0	1.5
FCSSp3	Fly Change Foot Sit Spin Level 3	-1.0	-0.6	-0.3	2.6	0.5	1.0	1.5
FCSSp4	Fly Change Foot Sit Spin Level 4	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
FCUSp	Fly Change Foot Upright Spin Level	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FCUSp1	Fly Change Foot Upright Spin Level	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
FCUSp2	Fly Change Foot Upright Spin Level	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
FCUSp3	Fly Change Foot Upright Spin Level	-1.0	-0.6	-0.3	2.4	0.5	1.0	1.5
FCUSp4	Fly Change Foot Upright Spin Level	-1.0	-0.6	-0.3	2.9	0.5	1.0	1.5
FCCSp	Fly Change Foot Camel Spin Level	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FCCSp1	Fly Change Foot Camel Spin Level	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
FCCSp2	Fly Change Foot Camel Spin Level	-1.0	-0.6	-0.3	2.3	0.5	1.0	1.5
FCCSp3	Fly Change Foot Camel Spin Level	-1.0	-0.6	-0.3	2.8	0.5	1.0	1.5
FCCSp4	Fly Change Foot Camel Spin Level	-1.0	-0.6	-0.3	3.2	0.5	1.0	1.5
<b>Combination spin with no change of foot</b>								
CoSp	Combo Spin, Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
CoSp1	Combo Spin, Level 1	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
CoSp2	Combo Spin, Level 2	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
CoSp3	Combo Spin, Level 3	-1.0	-0.6	-0.3	2.5	0.5	1.0	1.5
CoSp4	Combo Spin, Level 4	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
FCoSp	Fly Combo Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FCoSp1	Fly Combo Level 1	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
FCoSp2	Fly Combo Level 2	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
FCoSp3	Fly Combo Level 3	-1.0	-0.6	-0.3	2.5	0.5	1.0	1.5
FCoSp4	Fly Combo Level 4	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
<b>Combination spin with change of foot</b>								
CCoSp	Change Combo Spin, Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
CCoSp1	Change Combo Spin, Level 1	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
CCoSp2	Change Combo Spin, Level 2	-1.0	-0.6	-0.3	2.5	0.5	1.0	1.5
CCoSp3	Change Combo Spin, Level 3	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
CCoSp4	Change Combo Spin, Level 4	-1.0	-0.6	-0.3	3.5	0.5	1.0	1.5
FCCoSp	Fly Change Combo Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FCCoSp1	Fly Change Combo Level 1	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
FCCoSp2	Fly Change Combo Level 2	-1.0	-0.6	-0.3	2.5	0.5	1.0	1.5
FCCoSp3	Fly Change Combo Level 3	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
FCCoSp4	Fly Change Combo Level 4	-1.0	-0.6	-0.3	3.5	0.5	1.0	1.5
<b>Pair Spins</b>								
PSp	Pair Spin - Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
PSp1	Pair Spin - Level 1	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
PSp2	Pair Spin - Level 2	-1.0	-0.6	-0.3	2.5	0.5	1.0	1.5
PSp3	Pair Spin - Level 3	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
PSp4	Pair Spin - Level 4	-1.0	-0.6	-0.3	3.5	0.5	1.0	1.5
PCoSp	Pair Combination Spin - Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
PCoSp1	Pair Combination Spin - Level 1	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
PCoSp2	Pair Combination Spin - Level 2	-1.0	-0.6	-0.3	3.5	0.5	1.0	1.5
PCoSp3	Pair Combination Spin - Level 3	-1.0	-0.6	-0.3	4.0	0.5	1.0	1.5
PCoSp4	Pair Combination Spin - Level 4	-1.0	-0.6	-0.3	4.5	0.5	1.0	1.5

<b>Death Spirals</b>								
SpFi	Spiral Figure (any edge)	-2.0	-1.4	-0.7	2.2	0.7	1.4	2.0
FiDs	Forward inside Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FiDs1	Forward inside Level 1	-2.0	-1.4	-0.7	2.8	0.7	1.4	2.0
FiDs2	Forward inside Level 2	-2.0	-1.4	-0.7	3.0	0.7	1.4	2.0
FiDs3	Forward inside Level 3	-2.0	-1.4	-0.7	3.2	0.7	1.4	2.0
FiDs4	Forward inside Level 4	-2.0	-1.4	-0.7	3.5	0.7	1.4	2.0
BiDs	B.I. Death Spiral Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
BiDs1	B.I. Death Spiral Level 1	-2.0	-1.4	-0.7	2.8	0.7	1.4	2.0
BiDs2	B.I. Death Spiral Level 2	-2.0	-1.4	-0.7	3.0	0.7	1.4	2.0
BiDs3	B.I. Death Spiral Level 3	-2.0	-1.4	-0.7	3.2	0.7	1.4	2.0
BiDs4	B.I. Death Spiral Level 4	-2.0	-1.4	-0.7	3.5	0.7	1.4	2.0
FoDs	Forward outside Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FoDs1	Forward outside Level 1	-2.0	-1.4	-0.7	3.0	0.7	1.4	2.0
FoDs2	Forward outside Level 2	-2.0	-1.4	-0.7	3.5	0.7	1.4	2.0
FoDs3	Forward outside Level 3	-2.0	-1.4	-0.7	4.0	0.7	1.4	2.0
FoDs4	Forward outside Level 4	-2.0	-1.4	-0.7	4.5	0.7	1.4	2.0
BoDs	B.O. Death Spiral Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
BoDs1	B.O. Death Spiral Level 1	-2.0	-1.4	-0.7	3.0	0.7	1.4	2.0
BoDs2	B.O. Death Spiral Level 2	-2.0	-1.4	-0.7	3.5	0.7	1.4	2.0
BoDs3	B.O. Death Spiral Level 3	-2.0	-1.4	-0.7	4.0	0.7	1.4	2.0
BoDs4	B.O. Death Spiral Level 4	-2.0	-1.4	-0.7	4.5	0.7	1.4	2.0
<b>Throws</b>								
1STh	Throw Salchow	-1.0	-0.6	-0.3	1.2	0.3	0.6	1.0
1STh<	Throw Salchow-cheat	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1TTh	Throw ToeLoop	-1.0	-0.6	-0.3	1.2	0.3	0.6	1.0
1TTh<	Throw ToeLoop-cheat	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1LoTh	Throw Loop	-1.0	-0.6	-0.3	1.5	0.3	0.6	1.0
1LoTh<	Throw Loop-cheat	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1FTh	Throw Flip	-1.0	-0.6	-0.3	1.5	0.3	0.6	1.0
1FTh<	Throw Flip-cheat	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1LzTh	Throw Lutz	-1.0	-0.6	-0.3	1.5	0.3	0.6	1.0
1LzTh<	Throw Lutz-cheat	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1ATh	Throw Axel	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
1ATh<	Throw Axel-cheat	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2STh	Throw Double Salchow	-1.0	-0.6	-0.3	2.5	0.5	1.0	1.5
2STh<	Throw Double Salchow-cheat	-1.0	-0.6	-0.3	1.2	0.3	0.6	1.0
2TTh	Throw Double ToeLoop	-1.0	-0.6	-0.3	2.5	0.5	1.0	1.5
2TTh<	Throw Double ToeLoop-cheat	-1.0	-0.6	-0.3	1.2	0.3	0.6	1.0
2LoTh	Throw Double Loop	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
2LoTh<	Throw Double Loop-cheat	-1.0	-0.6	-0.3	1.5	0.3	0.6	1.0
2FTh	Throw Double Flip	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
2FTh<	Throw Double Flip-cheat	-1.0	-0.6	-0.3	1.5	0.3	0.6	1.0
2LzTh	Throw Double Lutz	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
2LzTh<	Throw Double Lutz-cheat	-1.0	-0.6	-0.3	1.5	0.3	0.6	1.0
2ATh	Throw Double Axel	-2.0	-1.4	-0.7	4.0	0.7	1.4	2.0
2ATh<	Throw Double Axel-cheat	-1.0	-0.6	-0.3	2.0	0.5	1.0	1.5
3STh	Throw Triple Salchow	-2.0	-1.4	-0.7	4.5	0.7	1.4	2.0
3STh<	Throw Triple Salchow-cheat	-1.0	-0.6	-0.3	2.5	0.5	1.0	1.5
3TTh	Throw Triple ToeLoop	-2.0	-1.4	-0.7	4.5	0.7	1.4	2.0
3TTh<	Throw Triple ToeLoop-cheat	-1.0	-0.6	-0.3	2.5	0.5	1.0	1.5
3LoTh	Throw Triple Loop	-2.0	-1.4	-0.7	5.0	0.7	1.4	2.0
3LoTh<	Throw Triple Loop-cheat	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
3FTh	Throw Triple Flip	-2.0	-1.4	-0.7	5.5	0.7	1.4	2.0
3FTh<	Throw Triple Flip-cheat	-1.0	-0.6	0.3	3.0	0.5	1.0	1.5
3LzTh	Throw Triple Lutz	-2.0	-1.4	-0.7	5.5	0.7	1.4	2.0
3LzTh<	Throw Triple Lutz-cheat	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5

3ATh	Throw Triple Axel	-3.0	-2.0	-1.0	7.5	1.0	2.0	3.0
3ATh<	Throw Triple Axel-cheat	-2.0	-1.4	-0.7	4.0	0.7	1.4	2.0
4STh	Throw Quad. Salchow	-3.0	-2.0	-1.0	8.0	1.0	2.0	3.0
4STh<	Throw Quad. Salchow-cheat	-2.0	-1.4	-0.7	4.5	0.7	1.4	2.0
4TTh	Throw Quad. Toeloop	-3.0	-2.0	-1.0	8.0	1.0	2.0	3.0
4TTh<	Throw Quad. Toeloop-cheat	-2.0	-1.4	-0.7	4.5	0.7	1.4	2.0
4LoTh	Throw Quad. Loop	-3.0	-2.0	-1.0	8.5	1.0	2.0	3.0
4LoTh<	Throw Quad. Loop-cheat	-2.0	-1.4	-0.7	5.0	0.7	1.4	2.0
4FTh	Quad. Flip	-3.0	-2.0	-1.0	9.0	1.0	2.0	3.0
4FTh<	Quad. Flip Throw-cheat	-2.0	-1.4	-0.7	5.5	0.7	1.4	2.0
4LzTh	Throw Quad. Lutz	-3.0	-2.0	-1.0	9.0	1.0	2.0	3.0
4LzTh<	Throw Quad. Lutz-cheat	-2.0	-1.4	-0.7	5.5	0.7	1.4	2.0
4ATh	Quad Axel Throw	-3.0	-2.0	-1.0	7.5	1.0	2.0	3.0
4ATh<	Quad Axel Throw - Cheat	-3.0	-2.0	-1.0	7.5	1.0	2.0	3.0
<b>Twists</b>								
1TTw	Single Toeloop Twist Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1TTw1	Single Toeloop Twist Level 1	-1.0	-0.6	-0.3	1.1	0.5	1.0	1.5
1TTw2	Single Toeloop Twist Level 2	-1.0	-0.6	-0.3	1.3	0.5	1.0	1.5
1TTw3	Single Toeloop Twist Level 3	-1.0	-0.6	-0.3	1.5	0.5	1.0	1.5
1TTw4	Single Toeloop Twist Level 4	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
1TTw<	Single Toeloop Twist Level 0<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1TTw1<	Single Toeloop Twist Level 1<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1TTw2<	Single Toeloop Twist Level 2<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1TTw3<	Single Toeloop Twist Level 3<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1TTw4<	Single Toeloop Twist Level 4<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2TTw1	Double Toeloop Twist Level 1	-1.0	-0.6	-0.3	2.7	0.5	1.0	1.5
2TTw2	Double Toeloop Twist Level 2	-1.0	-0.6	-0.3	3.2	0.5	1.0	1.5
2TTw3	Double Toeloop Twist Level 3	-1.0	-0.6	-0.3	3.7	0.5	1.0	1.5
2TTw4	Double Toeloop Twist Level 4	-1.0	-0.6	-0.3	4.2	0.5	1.0	1.5
2TTw1<	Double Toeloop Twist Level 1<	-1.0	-0.6	-0.3	1.1	0.5	1.0	1.5
2TTw2<	Double Toeloop Twist Level 2<	-1.0	-0.6	-0.3	1.3	0.5	1.0	1.5
2TTw3<	Double Toeloop Twist Level 3<	-1.0	-0.6	-0.3	1.5	0.5	1.0	1.5
2TTw4<	Double Toeloop Twist Level 4<	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
3TTw1	Triple Toeloop Twist Level 1	-2.0	-1.4	-0.7	4.7	0.7	1.4	2.0
3TTw2	Triple Toeloop Twist Level 2	-2.0	-1.4	-0.7	5.2	0.7	1.4	2.0
3TTw3	Triple Toeloop Twist Level 3	-2.0	-1.4	-0.7	5.7	0.7	1.4	2.0
3TTw4	Triple Toeloop Twist Level 4	-2.0	-1.4	-0.7	6.2	0.7	1.4	2.0
3TTw1<	Triple Toeloop Twist Level 1<	-1.0	-0.6	-0.3	2.7	0.5	1.0	1.5
3TTw2<	Triple Toeloop Twist Level 2<	-1.0	-0.6	-0.3	3.2	0.5	1.0	1.5
3TTw3<	Triple Toeloop Twist Level 3<	-1.0	-0.6	-0.3	3.7	0.5	1.0	1.5
3TTw4<	Triple Toeloop Twist Level 4<	-1.0	-0.6	-0.3	4.2	0.5	1.0	1.5
4TTw1	Quad Toeloop Twist Level 1	-3.0	-2.0	-1.0	6.2	0.7	1.4	2.0
4TTw2	Quad Toeloop Twist Level 2	-3.0	-2.0	-1.0	6.7	0.7	1.4	2.0
4TTw3	Quad Toeloop Twist Level 3	-3.0	-2.0	-1.0	7.2	0.7	1.4	2.0
4TTw4	Quad Toeloop Twist Level 4	-3.0	-2.0	-1.0	7.7	0.7	1.4	2.0
4TTw1<	Quad Toeloop Twist Level 1	-2.0	-1.4	-0.7	4.7	0.7	1.4	2.0
4TTw2<	Quad Toeloop Twist Level 2	-2.0	-1.4	-0.7	5.2	0.7	1.4	2.0
4TTw3<	Quad Toeloop Twist Level 3	-2.0	-1.4	-0.7	5.7	0.7	1.4	2.0
4TTw4<	Quad Toeloop Twist Level 4	-2.0	-1.4	-0.7	6.2	0.7	1.4	2.0
1LzTw	Single Lutz Twist Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1LzTw1	Single Lutz Twist Level 1	-1.0	-0.6	-0.3	1.3	0.5	1.0	1.5
1LzTw2	Single Lutz Twist Level 2	-1.0	-0.6	-0.3	1.5	0.5	1.0	1.5
1LzTw3	Single Lutz Twist Level 3	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
1LzTw4	Single Lutz Twist Level 4	-1.0	-0.6	-0.3	1.9	0.5	1.0	1.5

1LzTw<	Single Lutz Twist Level 0<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1LzTw1<	Single Lutz Twist Level 1<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1LzTw2<	Single Lutz Twist Level 2<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1LzTw3<	Single Lutz Twist Level 3<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1LzTw4<	Single Lutz Twist Level 4<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2LzTw1	Double Lutz Twist Level 1	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
2LzTw2	Double Lutz Twist Level 2	-1.0	-0.6	-0.3	3.5	0.5	1.0	1.5
2LzTw3	Double Lutz Twist Level 3	-1.0	-0.6	-0.3	4.0	0.5	1.0	1.5
2LzTw4	Double Lutz Twist Level 4	-1.0	-0.6	-0.3	4.5	0.5	1.0	1.5
2LzTw1<	Double Lutz Twist Level 1<	-1.0	-0.6	-0.3	1.3	0.5	1.0	1.5
2LzTw2<	Double Lutz Twist Level 2<	-1.0	-0.6	-0.3	1.5	0.5	1.0	1.5
2LzTw3<	Double Lutz Twist Level 3<	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
2LzTw4<	Double Lutz Twist Level 4<	-1.0	-0.6	-0.3	1.9	0.5	1.0	1.5
3LzTw1	Triple Lutz Twist Level 1	-2.0	-1.4	-0.7	5.0	0.7	1.4	2.0
3LzTw2	Triple Lutz Twist Level 2	-2.0	-1.4	-0.7	5.5	0.7	1.4	2.0
3LzTw3	Triple Lutz Twist Level 3	-2.0	-1.4	-0.7	6.0	0.7	1.4	2.0
3LzTw4	Triple Lutz Twist Level 4	-2.0	-1.4	-0.7	6.5	0.7	1.4	2.0
3LzTw1<	Triple Lutz Twist Level 1<	-1.0	-0.6	-0.3	3.0	0.5	1.0	1.5
3LzTw2<	Triple Lutz Twist Level 2<	-1.0	-0.6	-0.3	3.5	0.5	1.0	1.5
3LzTw3<	Triple Lutz Twist Level 3<	-1.0	-0.6	-0.3	4.0	0.5	1.0	1.5
3LzTw4<	Triple Lutz Twist Level 4<	-1.0	-0.6	-0.3	4.5	0.5	1.0	1.5
4LzTw1	Quad Lutz Twist Level 1	-3.0	-2.0	-1.0	6.5	0.7	1.4	2.0
4LzTw2	Quad Lutz Twist Level 2	-3.0	-2.0	-1.0	7.0	0.7	1.4	2.0
4LzTw3	Quad Lutz Twist Level 3	-3.0	-2.0	-1.0	7.5	0.7	1.4	2.0
4LzTw4	Quad Lutz Twist Level 4	-3.0	-2.0	-1.0	8.0	0.7	1.4	2.0
4LzTw1<	Quad Lutz Twist Level 1<	-2.0	-1.4	-0.7	5.0	0.7	1.4	2.0
4LzTw2<	Quad Lutz Twist Level 2<	-2.0	-1.4	-0.7	5.5	0.7	1.4	2.0
4LzTw3<	Quad Lutz Twist Level 3<	-2.0	-1.4	-0.7	6.0	0.7	1.4	2.0
4LzTw4<	Quad Lutz Twist Level 4<	-2.0	-1.4	-0.7	6.5	0.7	1.4	2.0
1ATw	Single Axel Twist Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1ATw1	Single Axel Twist Level 1	-1.0	-0.6	-0.3	1.3	0.5	1.0	1.5
1ATw2	Single Axel Twist Level 2	-1.0	-0.6	-0.3	1.5	0.5	1.0	1.5
1ATw3	Single Axel Twist Level 3	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
1ATw4	Single Axel Twist Level 4	-1.0	-0.6	-0.3	1.9	0.5	1.0	1.5
1ATw<	Single Axel Twist Level 0<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1ATw1<	Single Axel Twist Level 1<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1ATw2<	Single Axel Twist Level 2<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1ATw3<	Single Axel Twist Level 3<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1ATw4<	Single Axel Twist Level 4<	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2ATw1	Double Axel Twist Level 1	-1.0	-0.6	-0.3	3.3	0.5	1.0	1.5
2ATw2	Double Axel Twist Level 2	-1.0	-0.6	-0.3	3.8	0.5	1.0	1.5
2ATw3	Double Axel Twist Level 3	-1.0	-0.6	-0.3	4.3	0.5	1.0	1.5
2ATw4	Double Axel Twist Level 4	-1.0	-0.6	-0.3	4.8	0.5	1.0	1.5
2ATw1<	Double Axel Twist Level 1<	-1.0	-0.6	-0.3	1.3	0.5	1.0	1.5
2ATw2<	Double Axel Twist Level 2<	-1.0	-0.6	-0.3	1.5	0.5	1.0	1.5
2ATw3<	Double Axel Twist Level 3<	-1.0	-0.6	-0.3	1.7	0.5	1.0	1.5
2ATw4<	Double Axel Twist Level 4<	-1.0	-0.6	-0.3	1.9	0.5	1.0	1.5
3ATw1	Triple Axel Twist Level 1	-2.0	-1.4	-0.7	5.3	0.7	1.4	2.0
3ATw2	Triple Axel Twist Level 2	-2.0	-1.4	-0.7	5.8	0.7	1.4	2.0
3ATw3	Triple Axel Twist Level 3	-2.0	-1.4	-0.7	6.3	0.7	1.4	2.0
3ATw4	Triple Axel Twist Level 4	-2.0	-1.4	-0.7	6.8	0.7	1.4	2.0

3ATw1<	Triple Axel Twist Level 1<	-1.0	-0.6	-0.3	3.3	0.5	1.0	1.5
3ATw2<	Triple Axel Twist Level 2<	-1.0	-0.6	-0.3	3.8	0.5	1.0	1.5
3ATw3<	Triple Axel Twist Level 3<	-1.0	-0.6	-0.3	4.3	0.5	1.0	1.5
3ATw4<	Triple Axel Twist Level 4<	-1.0	-0.6	-0.3	4.8	0.5	1.0	1.5
4ATw1	Quad Axel Twist Level 1	-3.0	-2.0	-1.0	6.8	0.7	1.4	2.0
4ATw2	Quad Axel Twist Level 2	-3.0	-2.0	-1.0	7.3	0.7	1.4	2.0
4ATw3	Quad Axel Twist Level 3	-3.0	-2.0	-1.0	7.8	0.7	1.4	2.0
4ATw4	Quad Axel Twist Level 4	-3.0	-2.0	-1.0	8.3	0.7	1.4	2.0
4ATw1<	Quad Axel Twist Level 1<	-2.0	-1.4	-0.7	5.3	0.7	1.4	2.0
4ATw2<	Quad Axel Twist Level 2<	-2.0	-1.4	-0.7	5.8	0.7	1.4	2.0
4ATw3<	Quad Axel Twist Level 3<	-2.0	-1.4	-0.7	6.3	0.7	1.4	2.0
4ATw4<	Quad Axel Twist Level 4<	-2.0	-1.4	-0.7	6.8	0.7	1.4	2.0
<b>Step and Spiral sequences</b>								
CiSt	Circular Step Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
CiSt1	Circular Step Level 1	-1.0	-0.6	-0.3	1.8	0.5	1.0	1.5
CiSt2	Circular Step Level 2	-1.0	-0.6	-0.3	2.3	0.5	1.0	1.5
CiSt3	Circular Step Level 3	-2.1	-1.4	-0.7	3.1	0.5	1.0	1.5
CiSt4	Circular Step Level 4	-2.1	-1.4	-0.7	3.4	1.0	2.0	3.0
SeSt	Serpentine Step Sequence 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
SeSt1	Serpentine Step Sequence 1	-1.0	-0.6	-0.3	1.8	0.5	1.0	1.5
SeSt2	Serpentine Step Sequence 2	-1.0	-0.6	-0.3	2.3	0.5	1.0	1.5
SeSt3	Serpentine Step Sequence 3	-2.1	-1.4	-0.7	3.1	0.5	1.0	1.5
SeSt4	Serpentine Step Sequence 4	-2.1	-1.4	-0.7	3.4	1.0	2.0	3.0
SiSt	Straight Line Step Sequence 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
SiSt1	Straight Line Step Sequence 1	-1.0	-0.6	-0.3	1.8	0.5	1.0	1.5
SiSt2	Straight Line Step Sequence 2	-1.0	-0.6	-0.3	2.3	0.5	1.0	1.5
SiSt3	Straight Line Step Sequence 3	-2.1	-1.4	-0.7	3.1	0.5	1.0	1.5
SiSt4	Straight Line Step Sequence 4	-2.1	-1.4	-0.7	3.4	1.0	2.0	3.0
SpSq	Spiral Sequence Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
SpSq1	Spiral Sequence Level 1	-1.0	-0.6	-0.3	1.8	0.5	1.0	1.5
SpSq2	Spiral Sequence Level 2	-1.0	-0.6	-0.3	2.3	0.5	1.0	1.5
SpSq3	Spiral Sequence Level 3	-2.1	-1.4	-0.7	3.1	0.5	1.0	1.5
SpSq4	Spiral Sequence Level 4	-2.1	-1.4	-0.7	3.4	1.0	2.0	3.0