

Determination of Grades of Execution – Singles Skating – Free Program

INSTRUCTION SHEET FOR JUDGES

The following guidelines are provided to judges when using these GOE Charts:

- 1. These charts describe the performance expectations for skaters for each element included in a well balanced program for Singles Free Skating. Marks are to be awarded by each judge for each element ranging from –3 through 0 to +3, depending on the quality of the skating of that element.**
- 2. First a judge evaluates the quality of an element (e.g. +1), then deducts for errors (e.g. -3) to obtain the final grade (e.g. +1-3= -2)**
- 3. If an element has one of the described errors (see charts), the GOE can not be higher than Base Value (“0”)**
- 4. The assessment of each element is done by phases – each phase of the element (noted in the left margin for each element on the chart) contributes to the overall assessment.**
- 5. When an error occurs in an element, the error must be penalized according to the severity of the error. When several errors occur on the same element, all must be considered until the minimum assessment of –3 is reached. Two errors on the same phase of an element is the same as one error on two different phases of the same element in terms of reductions.**
- 6. The trimmed mean GOE awarded by the judges for each of the elements will be added to the total score for that skater.**

Element	-3	-2	-1	Base Value	+1	+2	+3
<p>Jumps</p> <p>Four Phases: (a) preparation (b) take-off (c) rotation (flight) (d) landing</p>	<p>Minor problems in three or more phases described in (-1) or major problems in two or more phases described in (-2) or any of the following individual errors: - fall; - severe change of edge on take-off of flip or lutz;</p>	<p>Minor problems in two phases described in (- 1) or major problem in one phase of the jump eg. - slightly under-rotated either on take-off or landing (1/4 turn or less); - moderate change of edge on take-off of flip or lutz; - touch with two hands; - step out of landing; - land on two feet</p>	<p>Minor problem in one phase of the jump eg. - touch down with one foot or one hand; - long entry phase (telegraphed); - short change of edge in take-off of flip or lutz; - weak landing (land on wrong edge or toe, etc.)</p>	<p>All jump phases completed satisfactorily; ie. average length preparation phase; adequate height and distance; organized/ vertical air position, completed revolution; clean landing; sufficient flow in and out</p>	<p>Good technique on at least three phases of the jump described in base value or - a jump of base value with varied position in the air or delay in rotation</p>	<p>Good or very good technique and execution in all phases of the jump</p>	<p>Superior in all jump phases (eg. unexpected or difficult entry phase, great height/distance, strong flow in and out and superior extension on landing)</p>

Element	-3	-2	-1	Base Value	+1	+2	+3
<p>Jump Combination or Sequence</p> <p>8 or 12 Phases (2 or 3 jumps):</p> <p>(a) preparation (b) take-off (c) rotation (flight) (d) landing (e) transition into second jump (f) take-off (g) rotation (flight) (h) landing of second jump (i) Transition into third jump (j) Take-off (k) Rotation (flight) (l) Landing of third jump</p> <p>Or for sequence Phases according to the number of jumps</p> <p>a) Preparation b) Take-off c) Rotation (flight) d) Landing e) Transition into next jump</p>	<p>Minor problems in three or more phases or major problems in two or more phases of the combination / sequence or any of the individual errors noted above in -3 on two or more jumps</p>	<p>Minor problems in two phases or major problem in one phase of any jump as noted In jumps (-2) or fall after the second or later jump</p>	<p>Minor problem in one phase of any jump as noted in jumps (-1) or hesitation or loss of flow between the jumps or turn one foot in between the jumps</p>	<p>All jumps completed as Noted in jumps (base value) with rhythmic timing between jumps</p>	<p>Good technique in the majority of phases of all jumps or very good in one jump and other jump(s) completed at base value with no loss of flow between jumps</p>	<p>Superior in one jump and good in other or very good in all jump phases of all of the jumps</p>	<p>Superior quality technique and execution in all phases of all of the jumps</p>

Element	-3	-2	-1	Base Value	+1	+2	+3
<p>Spins/ Spin Combination</p> <p>Four Phases: (a) preparation (b) entry (c) rotation (d) exit</p>	<p>Spin contains two or more major errors or one of the following individual errors: - spin is incomplete (missing more than three revolutions or position not executed); - fall in any segment</p> <p>In the flying spin - very poor position in the air</p> <p>In the spin with change of foot or spin combination - spin completely re-centers or travels</p>	<p>Spin contains two minor errors or one of the following major errors: - poor positions; - travels moderately; - short by more than one revolution; - spinning on incorrect edges by reason of technical inability; - touch down free foot with weight transfer.</p> <p>In the flying spin - rotation prior to take-off or position in the air not attained</p> <p>In the spin with change of foot or spin combination - moderate re-centering</p>	<p>Spin contains one of the following minor errors: - weak or inconsistent quality of positions; - inconsistent speed of rotation (eg. slows down); - travels slightly; - short by one revolution or less; - touch down with free foot or hand (no weight transfer);</p> <p>In the flying spin - slight rotation prior to take-off or position in the air not fully attained</p> <p>In the spin with change of foot or spin combination - slight re-centering</p>	<p>All phases of the spin completed satisfactorily ie. controlled entry and exit, distinct positions, balanced rotations done with consistent speed;</p> <p>- the spin meets requirements for number of rotations/positions: six in spins and flying spins; ten with one change of foot in spin combinations</p>	<p>Good technique and execution of at least three phases of spin described in the base value</p>	<p>Good or very good technique and execution of all phases of spin, may demonstrate one superior phase combined with good and/ or very good in other phases and</p> <p>- executes more than required revolutions</p>	<p>Superior technique and execution in all phases of spin eg. may demonstrate exceptional positions, ability to maintain speed or accelerate during spin and</p> <p>- executes more than required revolutions</p>
Remark:	<ul style="list-style-type: none"> If a skater falls in the entrance of a spin, this attempt to a spin occupies a spot, no base value is given and any GOE will not count and, if that fall is immediately followed by a simple spin or a spinning movement (for filling time purpose) this will receive no value and will not occupy another spot. 						

Element	-3	-2	-1	Base Value	+1	+2	+3
Step/Spiral Step Sequences	Step sequence contains three or more minor, two or more major or one of the following individual errors: - very few steps included - looks like skaters just save energy for later elements; - incorrect pattern; -fall	Step sequence contains two minor errors described in (-1) or one of the following major errors: - incomplete pattern; - part consisting of crossovers, not steps; - for spirals – only one spiral position included	Step sequence contains one of the following minor errors: - slow / lacks power or acceleration (walks); - small pattern; - stumble;	Step sequence meets minimum requirements as per regulations and is executed satisfactorily ie - adequate pattern size and shape; - adequate energy and focus in execution; - moderate speed and flow; - adequate control and commitment of whole body to accuracy of steps - adequate extension and flexibility demonstrated	Step sequence is good or very good on three aspects described in base value	Step sequence is good or very good in all of the features described in base value	Step sequence is superior in all phases of execution, highlights the skater's skating ability and is an integral part of the content of the program