

British Ice Skating

LIST OF ELEMENTS - SCALE OF VALUES

Ice Dance - Free Dance

| Element | Abbreviation | Abbr. without Level | Element Sort | Type | +5 | +4 | +3 | +2 | +1 | Base Value | -1 | -2 | -3 | -4 | -5 |
|--------------------------------|--------------|---------------------|--------------|------|------|------|------|------|------|------------|------|------|------|------|------|
| Dance Spin | DSp | DSp | IB01 | O | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dance Spin B | DSpB | DSp | IB02 | O | 1.35 | 1.08 | 0.81 | 0.54 | 0.27 | 1.80 | 0.27 | 0.54 | 0.81 | 1.08 | 1.35 |
| Dance Spin 1 | DSp1 | DSp | IB03 | O | 2.81 | 2.25 | 1.69 | 1.13 | 0.56 | 3.75 | 0.56 | 1.13 | 1.69 | 2.25 | 2.81 |
| Dance Spin 2 | DSp2 | DSp | IB04 | O | 2.81 | 2.25 | 1.69 | 1.13 | 0.56 | 4.50 | 0.56 | 1.13 | 1.69 | 2.25 | 2.81 |
| Dance Spin 3 | DSp3 | DSp | IB05 | O | 2.81 | 2.25 | 1.69 | 1.13 | 0.56 | 5.25 | 0.56 | 1.13 | 1.69 | 2.25 | 2.81 |
| Dance Spin 4 | DSp4 | DSp | IB06 | O | 2.81 | 2.25 | 1.69 | 1.13 | 0.56 | 6.00 | 0.56 | 1.13 | 1.69 | 2.25 | 2.81 |
| Diagonal Step Sequence | DiSt | DiSt | IC001 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Diagonal Step Sequence Woman | DiStW | DiStW | IC002 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Diagonal Step Sequence Woman B | DiStWB | DiStW | IC003 | S | 1.69 | 1.35 | 1.01 | 0.68 | 0.34 | 2.25 | 0.34 | 0.68 | 1.01 | 1.35 | 1.69 |
| Diagonal Step Sequence Woman 1 | DiStW1 | DiStW | IC004 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Diagonal Step Sequence Woman 2 | DiStW2 | DiStW | IC005 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.73 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Diagonal Step Sequence Woman 3 | DiStW3 | DiStW | IC006 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.10 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Diagonal Step Sequence Woman 4 | DiStW4 | DiStW | IC007 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Diagonal Step Sequence Man | DiStM | DiStM | IC008 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Diagonal Step Sequence Man B | DiStMB | DiStM | IC009 | S | 1.69 | 1.35 | 1.01 | 0.68 | 0.34 | 2.25 | 0.34 | 0.68 | 1.01 | 1.35 | 1.69 |
| Diagonal Step Sequence Man 1 | DiStM1 | DiStM | IC010 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Diagonal Step Sequence Man 2 | DiStM2 | DiStM | IC011 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.73 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Diagonal Step Sequence Man 3 | DiStM3 | DiStM | IC012 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.10 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Diagonal Step Sequence Man 4 | DiStM4 | DiStM | IC013 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Midline Step Sequence | MiSt | MiSt | IC014 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Midline Step Sequence Woman | MiStW | MiStW | IC015 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Midline Step Sequence Woman B | MiStWB | MiStW | IC016 | S | 1.69 | 1.35 | 1.01 | 0.68 | 0.34 | 2.25 | 0.34 | 0.68 | 1.01 | 1.35 | 1.69 |
| Midline Step Sequence Woman 1 | MiStW1 | MiStW | IC017 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Midline Step Sequence Woman 2 | MiStW2 | MiStW | IC018 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.73 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Midline Step Sequence Woman 3 | MiStW3 | MiStW | IC019 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.10 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Midline Step Sequence Woman 4 | MiStW4 | MiStW | IC020 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Midline Step Sequence Man | MiStM | MiStM | IC021 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Midline Step Sequence Man B | MiStMB | MiStM | IC022 | S | 1.69 | 1.35 | 1.01 | 0.68 | 0.34 | 2.25 | 0.34 | 0.68 | 1.01 | 1.35 | 1.69 |
| Midline Step Sequence Man 1 | MiStM1 | MiStM | IC023 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Midline Step Sequence Man 2 | MiStM2 | MiStM | IC024 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.73 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Midline Step Sequence Man 3 | MiStM3 | MiStM | IC025 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.10 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Midline Step Sequence Man 4 | MiStM4 | MiStM | IC026 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Circular Step Sequence | CiSt | CiSt | IC027 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Circular Step Sequence Woman | CiStW | CiStW | IC028 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Circular Step Sequence Woman B | CiStWB | CiStW | IC029 | S | 1.69 | 1.35 | 1.01 | 0.68 | 0.34 | 2.25 | 0.34 | 0.68 | 1.01 | 1.35 | 1.69 |
| Circular Step Sequence Woman 1 | CiStW1 | CiStW | IC030 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Circular Step Sequence Woman 2 | CiStW2 | CiStW | IC031 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.73 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Circular Step Sequence Woman 3 | CiStW3 | CiStW | IC032 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.10 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Circular Step Sequence Woman 4 | CiStW4 | CiStW | IC033 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Circular Step Sequence Man | CiStM | CiStM | IC034 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Circular Step Sequence Man B | CiStMB | CiStM | IC035 | S | 1.69 | 1.35 | 1.01 | 0.68 | 0.34 | 2.25 | 0.34 | 0.68 | 1.01 | 1.35 | 1.69 |
| Circular Step Sequence Man 1 | CiStM1 | CiStM | IC036 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |

British Ice Skating

LIST OF ELEMENTS - SCALE OF VALUES

Ice Dance - Free Dance

| Element | Abbreviation | Abbr. without Level | Element Sort | Type | +5 | +4 | +3 | +2 | +1 | Base Value | -1 | -2 | -3 | -4 | -5 |
|----------------------------------|--------------|---------------------|--------------|------|------|------|------|------|------|------------|------|------|------|------|------|
| Circular Step Sequence Man 2 | CiStM2 | CiStM | IC037 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.73 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Circular Step Sequence Man 3 | CiStM3 | CiStM | IC038 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.10 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Circular Step Sequence Man 4 | CiStM4 | CiStM | IC039 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Serpentine Step Sequence | SeSt | SeSt | IC040 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Serpentine Step Sequence Woman | SeStW | SeStW | IC041 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Serpentine Step Sequence Woman B | SeStWB | SeStW | IC042 | S | 1.69 | 1.35 | 1.01 | 0.68 | 0.34 | 2.25 | 0.34 | 0.68 | 1.01 | 1.35 | 1.69 |
| Serpentine Step Sequence Woman 1 | SeStW1 | SeStW | IC043 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Serpentine Step Sequence Woman 2 | SeStW2 | SeStW | IC044 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.73 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Serpentine Step Sequence Woman 3 | SeStW3 | SeStW | IC045 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.10 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Serpentine Step Sequence Woman 4 | SeStW4 | SeStW | IC046 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Serpentine Step Sequence Man | SeStM | SeStM | IC047 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Serpentine Step Sequence Man B | SeStMB | SeStM | IC048 | S | 1.69 | 1.35 | 1.01 | 0.68 | 0.34 | 2.25 | 0.34 | 0.68 | 1.01 | 1.35 | 1.69 |
| Serpentine Step Sequence Man 1 | SeStM1 | SeStM | IC049 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Serpentine Step Sequence Man 2 | SeStM2 | SeStM | IC050 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 3.73 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Serpentine Step Sequence Man 3 | SeStM3 | SeStM | IC051 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.10 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| Serpentine Step Sequence Man 4 | SeStM4 | SeStM | IC052 | S | 2.61 | 2.09 | 1.57 | 1.04 | 0.52 | 4.48 | 0.52 | 1.04 | 1.57 | 2.09 | 2.61 |
| One Foot Turns Sequence | OFT | OFT | IC061 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| One Foot Turns Sequence Woman | OFTW | OFTW | IC062 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| One Foot Turns Sequence Woman B | OFTWB | OFTW | IC063 | S | 0.60 | 0.48 | 0.36 | 0.24 | 0.12 | 0.80 | 0.12 | 0.24 | 0.36 | 0.48 | 0.60 |
| One Foot Turns Sequence Woman 1 | OFTW1 | OFTW | IC064 | S | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 2.42 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| One Foot Turns Sequence Woman 2 | OFTW2 | OFTW | IC065 | S | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 2.67 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| One Foot Turns Sequence Woman 3 | OFTW3 | OFTW | IC066 | S | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 3.05 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| One Foot Turns Sequence Woman 4 | OFTW4 | OFTW | IC067 | S | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 3.42 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| One Foot Turns Sequence Man | OFTM | OFTM | IC068 | S | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| One Foot Turns Sequence Man B | OFTMB | OFTM | IC069 | S | 0.60 | 0.48 | 0.36 | 0.24 | 0.12 | 0.80 | 0.12 | 0.24 | 0.36 | 0.48 | 0.60 |
| One Foot Turns Sequence Man 1 | OFTM1 | OFTM | IC070 | S | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 2.42 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| One Foot Turns Sequence Man 2 | OFTM2 | OFTM | IC071 | S | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 2.67 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| One Foot Turns Sequence Man 3 | OFTM3 | OFTM | IC072 | S | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 3.05 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| One Foot Turns Sequence Man 4 | OFTM4 | OFTM | IC073 | S | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 3.42 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| Lift | Li | Li | ID00 | M | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Combo Lift | CoLi | CoLi | ID00 | M | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Stationary Lift | StaLi | StaLi | ID01 | M | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Stationary Lift B | StaLiB | StaLi | ID02 | M | 0.86 | 0.69 | 0.52 | 0.35 | 0.17 | 1.15 | 0.17 | 0.35 | 0.52 | 0.69 | 0.86 |
| Stationary Lift 1 | StaLi1 | StaLi | ID03 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 3.20 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Stationary Lift 2 | StaLi2 | StaLi | ID04 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 3.95 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Stationary Lift 3 | StaLi3 | StaLi | ID05 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 4.70 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Stationary Lift 4 | StaLi4 | StaLi | ID06 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 5.45 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Straight Line Lift | SILi | SILi | ID11 | M | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Straight Line Lift B | SILiB | SILi | ID12 | M | 0.86 | 0.69 | 0.52 | 0.35 | 0.17 | 1.15 | 0.17 | 0.35 | 0.52 | 0.69 | 0.86 |
| Straight Line Lift 1 | SILi1 | SILi | ID13 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 3.20 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Straight Line Lift 2 | SILi2 | SILi | ID14 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 3.95 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Straight Line Lift 3 | SILi3 | SILi | ID15 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 4.70 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |

British Ice Skating

LIST OF ELEMENTS - SCALE OF VALUES

Ice Dance - Free Dance

| Element | Abbreviation | Abbr. without Level | Element Sort | Type | +5 | +4 | +3 | +2 | +1 | Base Value | -1 | -2 | -3 | -4 | -5 |
|---|--------------|---------------------|--------------|------|------|------|------|------|------|------------|------|------|------|------|------|
| Straight Line Lift 4 | SILi4 | SILi | ID16 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 5.45 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Curve Lift | CuLi | CuLi | ID21 | M | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Curve Lift B | CuLiB | CuLi | ID22 | M | 0.86 | 0.69 | 0.52 | 0.35 | 0.17 | 1.15 | 0.17 | 0.35 | 0.52 | 0.69 | 0.86 |
| Curve Lift 1 | CuLi1 | CuLi | ID23 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 3.20 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Curve Lift 2 | CuLi2 | CuLi | ID24 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 3.95 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Curve Lift 3 | CuLi3 | CuLi | ID25 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 4.70 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Curve Lift 4 | CuLi4 | CuLi | ID26 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 5.45 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Rotational Lift | RoLi | RoLi | ID31 | M | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rotational Lift B | RoLiB | RoLi | ID32 | M | 0.86 | 0.69 | 0.52 | 0.35 | 0.17 | 1.15 | 0.17 | 0.35 | 0.52 | 0.69 | 0.86 |
| Rotational Lift 1 | RoLi1 | RoLi | ID33 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 3.20 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Rotational Lift 2 | RoLi2 | RoLi | ID34 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 3.95 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Rotational Lift 3 | RoLi3 | RoLi | ID35 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 4.70 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Rotational Lift 4 | RoLi4 | RoLi | ID36 | M | 2.40 | 1.92 | 1.44 | 0.96 | 0.48 | 5.45 | 0.48 | 0.96 | 1.44 | 1.92 | 2.40 |
| Long Lift | LoLi | LoLi | ID61 | M | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Long Lift 1 | LoLi1 | LoLi | ID62 | M | 2.25 | 1.80 | 1.35 | 0.90 | 0.45 | 3.00 | 0.45 | 0.90 | 1.35 | 1.80 | 2.25 |
| Long Lift 2 | LoLi2 | LoLi | ID63 | M | 2.25 | 1.80 | 1.35 | 0.90 | 0.45 | 5.00 | 0.45 | 0.90 | 1.35 | 1.80 | 2.25 |
| Long Lift 3 | LoLi3 | LoLi | ID64 | M | 2.25 | 1.80 | 1.35 | 0.90 | 0.45 | 7.00 | 0.45 | 0.90 | 1.35 | 1.80 | 2.25 |
| Long Lift 4 | LoLi4 | LoLi | ID65 | M | 2.25 | 1.80 | 1.35 | 0.90 | 0.45 | 8.00 | 0.45 | 0.90 | 1.35 | 1.80 | 2.25 |
| Choreographic Dance Lift | ChLi | ChLi | ID66 | w | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Choreographic Dance Lift 1 | ChLi1 | ChLi | ID67 | w | 4.15 | 3.32 | 2.49 | 1.66 | 0.83 | 1.10 | 0.22 | 0.44 | 0.66 | 0.88 | 1.10 |
| Choreographic Spinning Movement | ChSp | ChSp | ID68 | w | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Choreographic Spinning Movement 1 | ChSp1 | ChSp | ID69 | w | 4.15 | 3.32 | 2.49 | 1.66 | 0.83 | 1.10 | 0.22 | 0.44 | 0.66 | 0.88 | 1.10 |
| Choreographic Twizzling Movement | ChTw | ChTw | ID70 | w | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Choreographic Twizzling Movement 1 | ChTw1 | ChTw | ID71 | w | 4.15 | 3.32 | 2.49 | 1.66 | 0.83 | 1.10 | 0.22 | 0.44 | 0.66 | 0.88 | 1.10 |
| Choreographic Sliding Movement | ChSl | ChSl | ID72 | w | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Choreographic Sliding Movement 1 | ChSl1 | ChSl | ID73 | w | 4.15 | 3.32 | 2.49 | 1.66 | 0.83 | 1.10 | 0.22 | 0.44 | 0.66 | 0.88 | 1.10 |
| Choreographic Character Step Sequence | ChSt | ChSt | ID74 | w | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Choreographic Character Step Sequence 1 | ChSt1 | ChSt | ID75 | w | 4.15 | 3.32 | 2.49 | 1.66 | 0.83 | 1.10 | 0.22 | 0.44 | 0.66 | 0.88 | 1.10 |
| Choreographic Assisted Jump | ChAJ | ChAJ | ID76 | w | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Choreographic Assisted Jump 1 | ChAJ1 | ChAJ | ID77 | w | 4.15 | 3.32 | 2.49 | 1.66 | 0.83 | 1.10 | 0.22 | 0.44 | 0.66 | 0.88 | 1.10 |
| Choreographic Hydroblading Movement | ChHy | ChHy | ID78 | w | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Choreographic Hydroblading Movement 1 | ChHy1 | ChHy | ID79 | w | 4.15 | 3.32 | 2.49 | 1.66 | 0.83 | 1.10 | 0.22 | 0.44 | 0.66 | 0.88 | 1.10 |
| Choreographic Rhythm Sequence | ChRS | ChRS | ID80 | w | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Choreographic Rhythm Sequence 1 | ChRS1 | ChRS | ID81 | w | 7.50 | 6.00 | 4.50 | 3.00 | 1.50 | 2.00 | 0.40 | 0.80 | 1.20 | 1.60 | 2.00 |
| Synchronized Twizzles | SyTw | SyTw | IE68 | T | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Synchronized Twizzles Woman | SyTwW | SyTwW | IE69 | T | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Synchronized Twizzles Woman B | SyTwWB | SyTwW | IE70 | T | 0.60 | 0.48 | 0.36 | 0.24 | 0.12 | 0.80 | 0.12 | 0.24 | 0.36 | 0.48 | 0.60 |
| Synchronized Twizzles Woman 1 | SyTwW1 | SyTwW | IE71 | T | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 2.42 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| Synchronized Twizzles Woman 2 | SyTwW2 | SyTwW | IE72 | T | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 2.67 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| Synchronized Twizzles Woman 3 | SyTwW3 | SyTwW | IE73 | T | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 3.05 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| Synchronized Twizzles Woman 4 | SyTwW4 | SyTwW | IE74 | T | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 3.42 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| Synchronized Twizzles Man | SyTwM | SyTwM | IE75 | T | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

British Ice Skating

LIST OF ELEMENTS - SCALE OF VALUES

Ice Dance - Free Dance

| Element | Abbreviation | Abbr. without Level | Element Sort | Type | +5 | +4 | +3 | +2 | +1 | Base Value | -1 | -2 | -3 | -4 | -5 |
|-----------------------------|--------------|---------------------|--------------|------|------|------|------|------|------|------------|------|------|------|------|------|
| Synchronized Twizzles Man B | SyTwMB | SyTwM | IE76 | T | 0.60 | 0.48 | 0.36 | 0.24 | 0.12 | 0.80 | 0.12 | 0.24 | 0.36 | 0.48 | 0.60 |
| Synchronized Twizzles Man 1 | SyTwM1 | SyTwM | IE77 | T | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 2.42 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| Synchronized Twizzles Man 2 | SyTwM2 | SyTwM | IE78 | T | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 2.67 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| Synchronized Twizzles Man 3 | SyTwM3 | SyTwM | IE79 | T | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 3.05 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| Synchronized Twizzles Man 4 | SyTwM4 | SyTwM | IE80 | T | 1.82 | 1.45 | 1.09 | 0.73 | 0.36 | 3.42 | 0.36 | 0.73 | 1.09 | 1.45 | 1.82 |
| Sequential Twizzles | SqTw | SqTw | IE81 | T | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sequential Twizzles Woman | SqTwW | SqTwW | IE82 | T | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sequential Twizzles Woman B | SqTwWB | SqTwW | IE83 | T | 0.79 | 0.63 | 0.47 | 0.32 | 0.16 | 1.05 | 0.16 | 0.32 | 0.47 | 0.63 | 0.79 |
| Sequential Twizzles Woman 1 | SqTwW1 | SqTwW | IE84 | T | 2.00 | 1.60 | 1.20 | 0.80 | 0.40 | 2.67 | 0.40 | 0.80 | 1.20 | 1.60 | 2.00 |
| Sequential Twizzles Woman 2 | SqTwW2 | SqTwW | IE85 | T | 2.00 | 1.60 | 1.20 | 0.80 | 0.40 | 2.92 | 0.40 | 0.80 | 1.20 | 1.60 | 2.00 |
| Sequential Twizzles Woman 3 | SqTwW3 | SqTwW | IE86 | T | 2.00 | 1.60 | 1.20 | 0.80 | 0.40 | 3.30 | 0.40 | 0.80 | 1.20 | 1.60 | 2.00 |
| Sequential Twizzles Woman 4 | SqTwW4 | SqTwW | IE87 | T | 2.00 | 1.60 | 1.20 | 0.80 | 0.40 | 3.67 | 0.40 | 0.80 | 1.20 | 1.60 | 2.00 |
| Sequential Twizzles Man | SqTwM | SqTwM | IE88 | T | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sequential Twizzles Man B | SqTwMB | SqTwM | IE89 | T | 0.79 | 0.63 | 0.47 | 0.32 | 0.16 | 1.05 | 0.16 | 0.32 | 0.47 | 0.63 | 0.79 |
| Sequential Twizzles Man 1 | SqTwM1 | SqTwM | IE90 | T | 2.00 | 1.60 | 1.20 | 0.80 | 0.40 | 2.67 | 0.40 | 0.80 | 1.20 | 1.60 | 2.00 |
| Sequential Twizzles Man 2 | SqTwM2 | SqTwM | IE91 | T | 2.00 | 1.60 | 1.20 | 0.80 | 0.40 | 2.92 | 0.40 | 0.80 | 1.20 | 1.60 | 2.00 |
| Sequential Twizzles Man 3 | SqTwM3 | SqTwM | IE92 | T | 2.00 | 1.60 | 1.20 | 0.80 | 0.40 | 3.30 | 0.40 | 0.80 | 1.20 | 1.60 | 2.00 |
| Sequential Twizzles Man 4 | SqTwM4 | SqTwM | IE93 | T | 2.00 | 1.60 | 1.20 | 0.80 | 0.40 | 3.67 | 0.40 | 0.80 | 1.20 | 1.60 | 2.00 |
| COMBO | COMBO | COMBO | IZZZ0 | J | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Transition | TRANS | TRANS | IZZZ1 | | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Extra Element | EXEL | EXEL | IZZZ2 | | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |