

# British Ice Skating

## LIST OF ELEMENTS - SCALE OF VALUES

### Singles

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Single Axel (Half Bonus)	1Ah	1Ah	BISF001	J	0.55	0.44	0.33	0.22	0.11	1.60	0.11	0.22	0.33	0.44	0.55
Double Toeloop (Half Bonus)	2Th	2Th	BISF002	V	0.65	0.52	0.39	0.26	0.13	1.80	0.13	0.26	0.39	0.52	0.65
Double Salchow (Half Bonus)	2Sh	2Sh	BISF003	J	0.65	0.52	0.39	0.26	0.13	1.80	0.13	0.26	0.39	0.52	0.65
Double Loop (Half Bonus)	2Loh	2Loh	BISF004	J	0.85	0.68	0.51	0.34	0.17	2.20	0.17	0.34	0.51	0.68	0.85
Double Flip (Half Bonus)	2Fh	2Fh	BISF005	J	0.90	0.72	0.54	0.36	0.18	2.30	0.18	0.36	0.54	0.72	0.90
Double Lutz (Half Bonus)	2Luh	2Luh	BISF006	J	1.05	0.84	0.63	0.42	0.21	2.60	0.21	0.42	0.63	0.84	1.05
Double Axel (Half Bonus)	2Ah	2Ah	BISF007	J	1.65	1.32	0.99	0.66	0.33	3.80	0.33	0.66	0.99	1.32	1.65
Single Axel (Quarter, Half Bonus)	1Aqh	1Aqh	BISF008	J	0.55	0.44	0.33	0.22	0.11	1.60	0.11	0.22	0.33	0.44	0.55
Double Toeloop (Quarter, Half Bonus)	2Tqh	2Tqh	BISF009	J	0.65	0.52	0.39	0.26	0.13	1.80	0.13	0.26	0.39	0.52	0.65
Double Salchow (Quarter, Half Bonus)	2Sqh	2Sqh	BISF010	J	0.65	0.52	0.39	0.26	0.13	1.80	0.13	0.26	0.39	0.52	0.65
Double Loop (Quarter, Half Bonus)	2Loqh	2Loqh	BISF011	J	0.85	0.68	0.51	0.34	0.17	2.20	0.17	0.34	0.51	0.68	0.85
Double Flip (Quarter, Half Bonus)	2Fqh	2Fqh	BISF012	J	0.90	0.72	0.54	0.36	0.18	2.30	0.18	0.36	0.54	0.72	0.90
Double Lutz (Quarter, Half Bonus)	2Luqh	2Luqh	BISF013	J	1.05	0.84	0.63	0.42	0.21	2.60	0.21	0.42	0.63	0.84	1.05
Double Axel (Quarter, Half Bonus)	2Aqh	2Aqh	BISF014	J	1.65	1.32	0.99	0.66	0.33	3.80	0.33	0.66	0.99	1.32	1.65
Double Flip (Half Bonus)	2F!h	2Fh2F!h	BISF015	J	0.90	0.72	0.54	0.36	0.18	2.30	0.18	0.36	0.54	0.72	0.90
Double Lutz (Half Bonus)	2Lu!h	2Luh2Lu!h	BISF016	J	1.05	0.84	0.63	0.42	0.21	2.60	0.21	0.42	0.63	0.84	1.05
Double Flip (Quarter, Half Bonus)	2F!qh	2Fqh2F!qh	BISF017	J	0.90	0.72	0.54	0.36	0.18	2.30	0.18	0.36	0.54	0.72	0.90
Double Lutz (Quarter, Half Bonus)	2Lu!qh	2Luqh2Lu!qh	BISF018	J	1.05	0.84	0.63	0.42	0.21	2.60	0.21	0.42	0.63	0.84	1.05
Combination Spin B (Half Bonus)	CoSpBh	CoSpBh	BISF020	O	0.75	0.60	0.45	0.30	0.15	2.00	0.15	0.30	0.45	0.60	0.75
Combination Spin 1 (Half Bonus)	CoSp1h	CoSp1h	BISF021	O	0.85	0.68	0.51	0.34	0.17	2.20	0.17	0.34	0.51	0.68	0.85
Combination Spin 2 (Half Bonus)	CoSp2h	CoSp2h	BISF022	O	1.00	0.80	0.60	0.40	0.20	2.50	0.20	0.40	0.60	0.80	1.00
Change Foot Combination Spin B (Half Bonus)	CCoSpBh	CCoSpBh	BISF026	O	0.85	0.68	0.51	0.34	0.17	2.20	0.17	0.34	0.51	0.68	0.85
Change Foot Combination Spin 1 (Half Bonus)	CCoSp1h	CCoSp1h	BISF027	O	1.00	0.80	0.60	0.40	0.20	2.50	0.20	0.40	0.60	0.80	1.00
Change Foot Combination Spin 2 (Half Bonus)	CCoSp2h	CCoSp2h	BISF028	O	1.25	1.00	0.75	0.50	0.25	3.00	0.25	0.50	0.75	1.00	1.25
Choreography Sequence Lower Level	ChSqL	ChSqL	BISF031	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Choreography Sequence Lower Level 1	ChSqL1	ChSqL	BISF032	S	1.25	1.00	0.75	0.50	0.25	1.50	0.25	0.50	0.75	1.00	1.25
Flying Change Foot Combination Spin B (Half Bonus)	FCCoSpBh	FCCoSpBh	BISF034	O	0.85	0.68	0.51	0.34	0.17	2.20	0.17	0.34	0.51	0.68	0.85
Flying Change Foot Combination Spin 1 (Half Bonus)	FCCoSp1h	FCCoSp1h	BISF035	O	1.00	0.80	0.60	0.40	0.20	2.50	0.20	0.40	0.60	0.80	1.00
Flying Change Foot Combination Spin 2 (Half Bonus)	FCCoSp2h	FCCoSp2h	BISF036	O	1.25	1.00	0.75	0.50	0.25	3.00	0.25	0.50	0.75	1.00	1.25
Flying Combination Spin B (Half Bonus)	FCoSpBh	FCoSpBh	BISF038	O	0.75	0.60	0.45	0.30	0.15	2.00	0.15	0.30	0.45	0.60	0.75
Flying Combination Spin 1 (Half Bonus)	FCoSp1h	FCoSp1h	BISF039	O	0.85	0.68	0.51	0.34	0.17	2.20	0.17	0.34	0.51	0.68	0.85
Flying Combination Spin 2 (Half Bonus)	FCoSp2h	FCoSp2h	BISF040	O	1.00	0.80	0.60	0.40	0.20	2.50	0.20	0.40	0.60	0.80	1.00
Toeloop	T	T	SA001	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salchow	S	S	SA002	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Loop	Lo	Lo	SA003	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Flip	F	F	SA004	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Euler	Eu	Eu	SA005	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Lutz	Lz	Lz	SA006	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Axel	A	A	SA007	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Single Toeloop	1T	1T	SA008	J	0.20	0.16	0.12	0.08	0.04	0.40	0.04	0.08	0.12	0.16	0.20
Single Toeloop	1Tq	1Tq	SA009	J	0.20	0.16	0.12	0.08	0.04	0.40	0.04	0.08	0.12	0.16	0.20
Single Salchow	1S	1S	SA010	J	0.20	0.16	0.12	0.08	0.04	0.40	0.04	0.08	0.12	0.16	0.20

# British Ice Skating

## LIST OF ELEMENTS - SCALE OF VALUES

### Singles

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Single Salchow	1Sq	1Sq	SA011	J	0.20	0.16	0.12	0.08	0.04	0.40	0.04	0.08	0.12	0.16	0.20
Single Loop	1Lo	1Lo	SA012	J	0.25	0.20	0.15	0.10	0.05	0.50	0.05	0.10	0.15	0.20	0.25
Single Loop	1Loq	1Loq	SA013	J	0.25	0.20	0.15	0.10	0.05	0.50	0.05	0.10	0.15	0.20	0.25
Single Flip	1F	1F	SA014	J	0.25	0.20	0.15	0.10	0.05	0.50	0.05	0.10	0.15	0.20	0.25
Single Flip	1Fq	1Fq	SA015	J	0.25	0.20	0.15	0.10	0.05	0.50	0.05	0.10	0.15	0.20	0.25
Single Flip	1F!	1F!	SA016	J	0.25	0.20	0.15	0.10	0.05	0.50	0.05	0.10	0.15	0.20	0.25
Single Flip	1F!q	1F!q	SA017	J	0.25	0.20	0.15	0.10	0.05	0.50	0.05	0.10	0.15	0.20	0.25
Single Flip (edge)	1Fe	1Fe	SA018	J	0.20	0.16	0.12	0.08	0.04	0.40	0.04	0.08	0.12	0.16	0.20
Single Flip (edge)	1Feq	1Feq	SA019	J	0.20	0.16	0.12	0.08	0.04	0.40	0.04	0.08	0.12	0.16	0.20
Single Euler	1Eu	1Eu	SA020	J	0.25	0.20	0.15	0.10	0.05	0.50	0.05	0.10	0.15	0.20	0.25
Single Lutz	1Lz	1Lz	SA021	J	0.30	0.24	0.18	0.12	0.06	0.60	0.06	0.12	0.18	0.24	0.30
Single Lutz	1Lzq	1Lzq	SA022	J	0.30	0.24	0.18	0.12	0.06	0.60	0.06	0.12	0.18	0.24	0.30
Single Lutz	1Lz!	1Lz!	SA023	J	0.30	0.24	0.18	0.12	0.06	0.60	0.06	0.12	0.18	0.24	0.30
Single Lutz	1Lz!q	1Lz!q	SA024	J	0.30	0.24	0.18	0.12	0.06	0.60	0.06	0.12	0.18	0.24	0.30
Single Lutz (edge)	1Lze	1Lze	SA025	J	0.24	0.19	0.14	0.10	0.05	0.48	0.05	0.10	0.14	0.19	0.24
Single Lutz (edge)	1Lzeq	1Lzeq	SA026	J	0.24	0.19	0.14	0.10	0.05	0.48	0.05	0.10	0.14	0.19	0.24
Single Axel	1A	1A	SA027	J	0.55	0.44	0.33	0.22	0.11	1.10	0.11	0.22	0.33	0.44	0.55
Single Axel	1Aq	1Aq	SA028	J	0.55	0.44	0.33	0.22	0.11	1.10	0.11	0.22	0.33	0.44	0.55
Double Toeloop	2T	2T	SA029	J	0.65	0.52	0.39	0.26	0.13	1.30	0.13	0.26	0.39	0.52	0.65
Double Toeloop	2Tq	2Tq	SA030	J	0.65	0.52	0.39	0.26	0.13	1.30	0.13	0.26	0.39	0.52	0.65
Double Salchow	2S	2S	SA031	J	0.65	0.52	0.39	0.26	0.13	1.30	0.13	0.26	0.39	0.52	0.65
Double Salchow	2Sq	2Sq	SA032	J	0.65	0.52	0.39	0.26	0.13	1.30	0.13	0.26	0.39	0.52	0.65
Double Loop	2Lo	2Lo	SA033	J	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Double Loop	2Loq	2Loq	SA034	J	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Double Flip	2F	2F	SA035	J	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Double Flip	2Fq	2Fq	SA036	J	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Double Flip	2F!	2F!	SA037	J	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Double Flip	2F!q	2F!q	SA038	J	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Double Flip (edge)	2Fe	2Fe	SA039	J	0.72	0.58	0.43	0.29	0.14	1.44	0.14	0.29	0.43	0.58	0.72
Double Flip (edge)	2Feq	2Feq	SA040	J	0.72	0.58	0.43	0.29	0.14	1.44	0.14	0.29	0.43	0.58	0.72
Double Lutz	2Lz	2Lz	SA041	J	1.05	0.84	0.63	0.42	0.21	2.10	0.21	0.42	0.63	0.84	1.05
Double Lutz	2Lzq	2Lzq	SA042	J	1.05	0.84	0.63	0.42	0.21	2.10	0.21	0.42	0.63	0.84	1.05
Double Lutz	2Lz!	2Lz!	SA043	J	1.05	0.84	0.63	0.42	0.21	2.10	0.21	0.42	0.63	0.84	1.05
Double Lutz	2Lz!q	2Lz!q	SA044	J	1.05	0.84	0.63	0.42	0.21	2.10	0.21	0.42	0.63	0.84	1.05
Double Lutz (edge)	2Lze	2Lze	SA045	J	0.84	0.67	0.50	0.34	0.17	1.68	0.17	0.34	0.50	0.67	0.84
Double Lutz (edge)	2Lzeq	2Lzeq	SA046	J	0.84	0.67	0.50	0.34	0.17	1.68	0.17	0.34	0.50	0.67	0.84
Double Axel	2A	2A	SA047	J	1.65	1.32	0.99	0.66	0.33	3.30	0.33	0.66	0.99	1.32	1.65
Double Axel	2Aq	2Aq	SA048	J	1.65	1.32	0.99	0.66	0.33	3.30	0.33	0.66	0.99	1.32	1.65
Double Axel	2Ab	2Ab	SA049	J	1.65	1.32	0.99	0.66	0.33	3.30	0.33	0.66	0.99	1.32	1.65
Double Axel	2Aqb	2Aqb	SA050	J	1.65	1.32	0.99	0.66	0.33	3.30	0.33	0.66	0.99	1.32	1.65
Triple Toeloop	3T	3T	SA051	J	2.10	1.68	1.26	0.84	0.42	4.20	0.42	0.84	1.26	1.68	2.10
Triple Toeloop	3Tq	3Tq	SA052	J	2.10	1.68	1.26	0.84	0.42	4.20	0.42	0.84	1.26	1.68	2.10

# British Ice Skating

## LIST OF ELEMENTS - SCALE OF VALUES

### Singles

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Triple Toeloop	3Tb	3Tb	SA053	J	2.10	1.68	1.26	0.84	0.42	4.20	0.42	0.84	1.26	1.68	2.10
Triple Toeloop	3Tqb	3Tqb	SA054	J	2.10	1.68	1.26	0.84	0.42	4.20	0.42	0.84	1.26	1.68	2.10
Triple Salchow	3S	3S	SA055	J	2.15	1.72	1.29	0.86	0.43	4.30	0.43	0.86	1.29	1.72	2.15
Triple Salchow	3Sq	3Sq	SA056	J	2.15	1.72	1.29	0.86	0.43	4.30	0.43	0.86	1.29	1.72	2.15
Triple Salchow	3Sb	3Sb	SA057	J	2.15	1.72	1.29	0.86	0.43	4.30	0.43	0.86	1.29	1.72	2.15
Triple Salchow	3Sq <b>b</b>	3Sq <b>b</b>	SA058	J	2.15	1.72	1.29	0.86	0.43	4.30	0.43	0.86	1.29	1.72	2.15
Triple Loop	3Lo	3Lo	SA059	J	2.45	1.96	1.47	0.98	0.49	4.90	0.49	0.98	1.47	1.96	2.45
Triple Loop	3Loq	3Loq	SA060	J	2.45	1.96	1.47	0.98	0.49	4.90	0.49	0.98	1.47	1.96	2.45
Triple Loop	3Lob	3Lob	SA061	J	2.45	1.96	1.47	0.98	0.49	4.90	0.49	0.98	1.47	1.96	2.45
Triple Loop	3Loq <b>b</b>	3Loq <b>b</b>	SA062	J	2.45	1.96	1.47	0.98	0.49	4.90	0.49	0.98	1.47	1.96	2.45
Triple Flip	3F	3F	SA063	J	2.65	2.12	1.59	1.06	0.53	5.30	0.53	1.06	1.59	2.12	2.65
Triple Flip	3Fq	3Fq	SA064	J	2.65	2.12	1.59	1.06	0.53	5.30	0.53	1.06	1.59	2.12	2.65
Triple Flip	3Fb	3Fb	SA065	J	2.65	2.12	1.59	1.06	0.53	5.30	0.53	1.06	1.59	2.12	2.65
Triple Flip	3Fq <b>b</b>	3Fq <b>b</b>	SA066	J	2.65	2.12	1.59	1.06	0.53	5.30	0.53	1.06	1.59	2.12	2.65
Triple Flip	3F!	3F!	SA067	J	2.65	2.12	1.59	1.06	0.53	5.30	0.53	1.06	1.59	2.12	2.65
Triple Flip	3F!b	3F!b	SA068	J	2.65	2.12	1.59	1.06	0.53	5.30	0.53	1.06	1.59	2.12	2.65
Triple Flip	3F!q	3F!q	SA069	J	2.65	2.12	1.59	1.06	0.53	5.30	0.53	1.06	1.59	2.12	2.65
Triple Flip	3F!q <b>b</b>	3F!q <b>b</b>	SA070	J	2.65	2.12	1.59	1.06	0.53	5.30	0.53	1.06	1.59	2.12	2.65
Triple Flip (edge)	3Fe	3Fe	SA071	J	2.12	1.70	1.27	0.85	0.42	4.24	0.42	0.85	1.27	1.70	2.12
Triple Flip (edge)	3Feq	3Feq	SA072	J	2.12	1.70	1.27	0.85	0.42	4.24	0.42	0.85	1.27	1.70	2.12
Triple Lutz	3Lz	3Lz	SA073	J	2.95	2.36	1.77	1.18	0.59	5.90	0.59	1.18	1.77	2.36	2.95
Triple Lutz	3Lzq	3Lzq	SA074	J	2.95	2.36	1.77	1.18	0.59	5.90	0.59	1.18	1.77	2.36	2.95
Triple Lutz	3Lzb	3Lzb	SA075	J	2.95	2.36	1.77	1.18	0.59	5.90	0.59	1.18	1.77	2.36	2.95
Triple Lutz	3Lzq <b>b</b>	3Lzq <b>b</b>	SA076	J	2.95	2.36	1.77	1.18	0.59	5.90	0.59	1.18	1.77	2.36	2.95
Triple Lutz	3Lz!	3Lz!	SA077	J	2.95	2.36	1.77	1.18	0.59	5.90	0.59	1.18	1.77	2.36	2.95
Triple Lutz	3Lz!b	3Lz!b	SA078	J	2.95	2.36	1.77	1.18	0.59	5.90	0.59	1.18	1.77	2.36	2.95
Triple Lutz	3Lz!q	3Lz!q	SA079	J	2.95	2.36	1.77	1.18	0.59	5.90	0.59	1.18	1.77	2.36	2.95
Triple Lutz	3Lz!q <b>b</b>	3Lz!q <b>b</b>	SA080	J	2.95	2.36	1.77	1.18	0.59	5.90	0.59	1.18	1.77	2.36	2.95
Triple Lutz (edge)	3Lze	3Lze	SA081	J	2.36	1.89	1.42	0.94	0.47	4.72	0.47	0.94	1.42	1.89	2.36
Triple Lutz (edge)	3Lzeq	3Lzeq	SA082	J	2.36	1.89	1.42	0.94	0.47	4.72	0.47	0.94	1.42	1.89	2.36
Triple Axel	3A	3A	SA083	J	4.00	3.20	2.40	1.60	0.80	8.00	0.80	1.60	2.40	3.20	4.00
Triple Axel	3Aq	3Aq	SA084	J	4.00	3.20	2.40	1.60	0.80	8.00	0.80	1.60	2.40	3.20	4.00
Triple Axel	3Ab	3Ab	SA085	J	4.00	3.20	2.40	1.60	0.80	8.00	0.80	1.60	2.40	3.20	4.00
Triple Axel	3Aq <b>b</b>	3Aq <b>b</b>	SA086	J	4.00	3.20	2.40	1.60	0.80	8.00	0.80	1.60	2.40	3.20	4.00
Quad Toeloop	4T	4T	SA087	J	4.75	3.80	2.85	1.90	0.95	9.50	0.95	1.90	2.85	3.80	4.75
Quad Toeloop	4Tq	4Tq	SA088	J	4.75	3.80	2.85	1.90	0.95	9.50	0.95	1.90	2.85	3.80	4.75
Quad Salchow	4S	4S	SA089	J	4.85	3.88	2.91	1.94	0.97	9.70	0.97	1.94	2.91	3.88	4.85
Quad Salchow	4Sq	4Sq	SA090	J	4.85	3.88	2.91	1.94	0.97	9.70	0.97	1.94	2.91	3.88	4.85
Quad Loop	4Lo	4Lo	SA091	J	5.25	4.20	3.15	2.10	1.05	10.50	1.05	2.10	3.15	4.20	5.25
Quad Loop	4Loq	4Loq	SA092	J	5.25	4.20	3.15	2.10	1.05	10.50	1.05	2.10	3.15	4.20	5.25
Quad Flip	4F	4F	SA093	J	5.50	4.40	3.30	2.20	1.10	11.00	1.10	2.20	3.30	4.40	5.50
Quad Flip	4Fq	4Fq	SA094	J	5.50	4.40	3.30	2.20	1.10	11.00	1.10	2.20	3.30	4.40	5.50

# British Ice Skating

## LIST OF ELEMENTS - SCALE OF VALUES

### Singles

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Quad Flip	4F!	4F!	SA095	J	5.50	4.40	3.30	2.20	1.10	11.00	1.10	2.20	3.30	4.40	5.50
Quad Flip	4Flq	4Flq	SA096	J	5.50	4.40	3.30	2.20	1.10	11.00	1.10	2.20	3.30	4.40	5.50
Quad Flip (edge)	4Fe	4Fe	SA097	J	4.40	3.52	2.64	1.76	0.88	8.80	0.88	1.76	2.64	3.52	4.40
Quad Flip (edge)	4Feq	4Feq	SA098	J	4.40	3.52	2.64	1.76	0.88	8.80	0.88	1.76	2.64	3.52	4.40
Quad Lutz	4Lz	4Lz	SA099	J	5.75	4.60	3.45	2.30	1.15	11.50	1.15	2.30	3.45	4.60	5.75
Quad Lutz	4Lzq	4Lzq	SA100	J	5.75	4.60	3.45	2.30	1.15	11.50	1.15	2.30	3.45	4.60	5.75
Quad Lutz	4Lz!	4Lz!	SA101	J	5.75	4.60	3.45	2.30	1.15	11.50	1.15	2.30	3.45	4.60	5.75
Quad Lutz	4Lz!q	4Lz!q	SA102	J	5.75	4.60	3.45	2.30	1.15	11.50	1.15	2.30	3.45	4.60	5.75
Quad Lutz (edge)	4Lze	4Lze	SA103	J	4.60	3.68	2.76	1.84	0.92	9.20	0.92	1.84	2.76	3.68	4.60
Quad Lutz (edge)	4Lzeq	4Lzeq	SA104	J	4.60	3.68	2.76	1.84	0.92	9.20	0.92	1.84	2.76	3.68	4.60
Quad Axel	4A	4A	SA105	J	6.25	5.00	3.75	2.50	1.25	12.50	1.25	2.50	3.75	5.00	6.25
Quad Axel	4Aq	4Aq	SA106	J	6.25	5.00	3.75	2.50	1.25	12.50	1.25	2.50	3.75	5.00	6.25
Quint Toeloop	5T	5T	SA107	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Toeloop	5Tq	5Tq	SA108	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Salchow	5S	5S	SA109	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Salchow	5Sq	5Sq	SA110	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Loop	5Lo	5Lo	SA111	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Loop	5Loq	5Loq	SA112	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Flip	5F	5F	SA113	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Flip	5Fq	5Fq	SA114	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Flip	5F!	5F!	SA115	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Flip	5F!q	5F!q	SA116	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Flip (edge)	5Fe	5Fe	SA117	J	5.60	4.48	3.36	2.24	1.12	11.20	1.12	2.24	3.36	4.48	5.60
Quint Flip (edge)	5Feq	5Feq	SA118	J	5.60	4.48	3.36	2.24	1.12	11.20	1.12	2.24	3.36	4.48	5.60
Quint Lutz	5Lz	5Lz	SA119	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Lutz	5Lzq	5Lzq	SA120	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Lutz	5Lz!	5Lz!	SA121	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Lutz	5Lz!q	5Lz!q	SA122	J	7.00	5.60	4.20	2.80	1.40	14.00	1.40	2.80	4.20	5.60	7.00
Quint Lutz (edge)	5Lze	5Lze	SA123	J	5.60	4.48	3.36	2.24	1.12	11.20	1.12	2.24	3.36	4.48	5.60
Quint Lutz (edge)	5Lzeq	5Lzeq	SA124	J	5.60	4.48	3.36	2.24	1.12	11.20	1.12	2.24	3.36	4.48	5.60
Single Toeloop (under-rotated)	1T<	1T<	SA125	J	0.16	0.13	0.10	0.06	0.03	0.32	0.03	0.06	0.10	0.13	0.16
Single Salchow (under-rotated)	1S<	1S<	SA126	J	0.16	0.13	0.10	0.06	0.03	0.32	0.03	0.06	0.10	0.13	0.16
Single Loop (under-rotated)	1Lo<	1Lo<	SA127	J	0.20	0.16	0.12	0.08	0.04	0.40	0.04	0.08	0.12	0.16	0.20
Single Flip (under-rotated)	1F<	1F<	SA128	J	0.20	0.16	0.12	0.08	0.04	0.40	0.04	0.08	0.12	0.16	0.20
Single Flip (under-rotated)	1F!<	1F!<	SA129	J	0.20	0.16	0.12	0.08	0.04	0.40	0.04	0.08	0.12	0.16	0.20
Single Flip (edge under-rotated)	1Fe<	1Fe<	SA130	J	0.15	0.12	0.09	0.06	0.03	0.30	0.03	0.06	0.09	0.12	0.15
Single Lutz (under-rotated)	1Lz<	1Lz<	SA131	J	0.24	0.19	0.14	0.10	0.05	0.48	0.05	0.10	0.14	0.19	0.24
Single Lutz (under-rotated)	1Lz!<	1Lz!<	SA132	J	0.24	0.19	0.14	0.10	0.05	0.48	0.05	0.10	0.14	0.19	0.24
Single Lutz (edge under-rotated)	1Lze<	1Lze<	SA133	J	0.18	0.14	0.11	0.07	0.04	0.36	0.04	0.07	0.11	0.14	0.18
Single Axel (under-rotated)	1A<	1A<	SA134	J	0.44	0.35	0.26	0.18	0.09	0.88	0.09	0.18	0.26	0.35	0.44
Double Toeloop (under-rotated)	2T<	2T<	SA135	J	0.52	0.42	0.31	0.21	0.10	1.04	0.10	0.21	0.31	0.42	0.52
Double Salchow (under-rotated)	2S<	2S<	SA136	J	0.52	0.42	0.31	0.21	0.10	1.04	0.10	0.21	0.31	0.42	0.52

# British Ice Skating

## LIST OF ELEMENTS - SCALE OF VALUES

### Singles

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Double Loop (under-rotated)	2Lo<	2Lo<	SA137	J	0.68	0.54	0.41	0.27	0.14	1.36	0.14	0.27	0.41	0.54	0.68
Double Flip (under-rotated)	2F<	2F<	SA138	J	0.72	0.58	0.43	0.29	0.14	1.44	0.14	0.29	0.43	0.58	0.72
Double Flip (under-rotated)	2F!<	2F!<	SA139	J	0.72	0.58	0.43	0.29	0.14	1.44	0.14	0.29	0.43	0.58	0.72
Double Flip (edge under-rotated)	2Fe<	2Fe<	SA140	J	0.54	0.43	0.32	0.22	0.11	1.08	0.11	0.22	0.32	0.43	0.54
Double Lutz (under-rotated)	2Lz<	2Lz<	SA141	J	0.84	0.67	0.50	0.34	0.17	1.68	0.17	0.34	0.50	0.67	0.84
Double Lutz (under-rotated)	2Lz!<	2Lz!<	SA142	J	0.84	0.67	0.50	0.34	0.17	1.68	0.17	0.34	0.50	0.67	0.84
Double Lutz (edge under-rotated)	2Lze<	2Lze<	SA143	J	0.63	0.50	0.38	0.25	0.13	1.26	0.13	0.25	0.38	0.50	0.63
Double Axel (under-rotated)	2A<	2A<	SA144	J	1.32	1.06	0.79	0.53	0.26	2.64	0.26	0.53	0.79	1.06	1.32
Triple Toeloop (under-rotated)	3T<	3T<	SA145	J	1.68	1.34	1.01	0.67	0.34	3.36	0.34	0.67	1.01	1.34	1.68
Triple Salchow (under-rotated)	3S<	3S<	SA146	J	1.72	1.38	1.03	0.69	0.34	3.44	0.34	0.69	1.03	1.38	1.72
Triple Loop (under-rotated)	3Lo<	3Lo<	SA147	J	1.96	1.57	1.18	0.78	0.39	3.92	0.39	0.78	1.18	1.57	1.96
Triple Flip (under-rotated)	3F<	3F<	SA148	J	2.12	1.70	1.27	0.85	0.42	4.24	0.42	0.85	1.27	1.70	2.12
Triple Flip (under-rotated)	3F!<	3F!<	SA149	J	2.12	1.70	1.27	0.85	0.42	4.24	0.42	0.85	1.27	1.70	2.12
Triple Flip (edge under-rotated)	3Fe<	3Fe<	SA150	J	1.59	1.27	0.95	0.64	0.32	3.18	0.32	0.64	0.95	1.27	1.59
Triple Lutz (under-rotated)	3Lz<	3Lz<	SA151	J	2.36	1.89	1.42	0.94	0.47	4.72	0.47	0.94	1.42	1.89	2.36
Triple Lutz (under-rotated)	3Lz!<	3Lz!<	SA152	J	2.36	1.89	1.42	0.94	0.47	4.72	0.47	0.94	1.42	1.89	2.36
Triple Lutz (edge under-rotated)	3Lze<	3Lze<	SA153	J	1.77	1.42	1.06	0.71	0.35	3.54	0.35	0.71	1.06	1.42	1.77
Triple Axel (under-rotated)	3A<	3A<	SA154	J	3.20	2.56	1.92	1.28	0.64	6.40	0.64	1.28	1.92	2.56	3.20
Quad Toeloop (under-rotated)	4T<	4T<	SA155	J	3.80	3.04	2.28	1.52	0.76	7.60	0.76	1.52	2.28	3.04	3.80
Quad Salchow (under-rotated)	4S<	4S<	SA156	J	3.88	3.10	2.33	1.55	0.78	7.76	0.78	1.55	2.33	3.10	3.88
Quad Loop (under-rotated)	4Lo<	4Lo<	SA157	J	4.20	3.36	2.52	1.68	0.84	8.40	0.84	1.68	2.52	3.36	4.20
Quad Flip (under-rotated)	4F<	4F<	SA158	J	4.40	3.52	2.64	1.76	0.88	8.80	0.88	1.76	2.64	3.52	4.40
Quad Flip (under-rotated)	4F!<	4F!<	SA159	J	4.40	3.52	2.64	1.76	0.88	8.80	0.88	1.76	2.64	3.52	4.40
Quad Flip (edge under-rotated)	4Fe<	4Fe<	SA160	J	3.30	2.64	1.98	1.32	0.66	6.60	0.66	1.32	1.98	2.64	3.30
Quad Lutz (under-rotated)	4Lz<	4Lz<	SA161	J	4.60	3.68	2.76	1.84	0.92	9.20	0.92	1.84	2.76	3.68	4.60
Quad Lutz (under-rotated)	4Lz!<	4Lz!<	SA162	J	4.60	3.68	2.76	1.84	0.92	9.20	0.92	1.84	2.76	3.68	4.60
Quad Lutz (edge under-rotated)	4Lze<	4Lze<	SA163	J	3.45	2.76	2.07	1.38	0.69	6.90	0.69	1.38	2.07	2.76	3.45
Quad Axel (under-rotated)	4A<	4A<	SA164	J	5.00	4.00	3.00	2.00	1.00	10.00	1.00	2.00	3.00	4.00	5.00
Quint Toeloop (under-rotated)	5T<	5T<	SA165	J	5.60	4.48	3.36	2.24	1.12	11.20	1.12	2.24	3.36	4.48	5.60
Quint Salchow (under-rotated)	5S<	5S<	SA166	J	5.60	4.48	3.36	2.24	1.12	11.20	1.12	2.24	3.36	4.48	5.60
Quint Loop (under-rotated)	5Lo<	5Lo<	SA167	J	5.60	4.48	3.36	2.24	1.12	11.20	1.12	2.24	3.36	4.48	5.60
Quint Flip (under-rotated)	5F<	5F<	SA168	J	5.60	4.48	3.36	2.24	1.12	11.20	1.12	2.24	3.36	4.48	5.60
Quint Flip (under-rotated)	5F!<	5F!<	SA169	J	5.60	4.48	3.36	2.24	1.12	11.20	1.12	2.24	3.36	4.48	5.60
Quint Flip (edge under-rotated)	5Fe<	5Fe<	SA170	J	4.20	3.36	2.52	1.68	0.84	8.40	0.84	1.68	2.52	3.36	4.20
Quint Lutz (under-rotated)	5Lz<	5Lz<	SA171	J	5.60	4.48	3.36	2.24	1.12	11.20	1.12	2.24	3.36	4.48	5.60
Quint Lutz (under-rotated)	5Lz!<	5Lz!<	SA172	J	5.60	4.48	3.36	2.24	1.12	11.20	1.12	2.24	3.36	4.48	5.60
Quint Lutz (edge under-rotated)	5Lze<	5Lze<	SA173	J	4.20	3.36	2.52	1.68	0.84	8.40	0.84	1.68	2.52	3.36	4.20
Single Toeloop (downgraded)	1T<<	1T<<	SA174	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Single Salchow (downgraded)	1S<<	1S<<	SA175	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Single Loop (downgraded)	1Lo<<	1Lo<<	SA176	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Single Flip (downgraded)	1F<<	1F<<	SA177	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Single Flip (downgraded)	1F!<<	1F!<<	SA178	J	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

### Singles

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Single Flip (edge downgraded)	1Fe<<	1Fe<<	SA179	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Single Euler (downgraded)	1Eu<<	1Eu<<	SA180	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Single Lutz (downgraded)	1Lz<<	1Lz<<	SA181	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Single Lutz (downgraded)	1Lz!<<	1Lz!<<	SA182	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Single Lutz (edge downgraded)	1Lze<<	1Lze<<	SA183	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Single Axel (downgraded)	1A<<	1A<<	SA184	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Double Toeloop (downgraded)	2T<<	2T<<	SA185	J	0.20	0.16	0.12	0.08	0.04	0.40	0.04	0.08	0.12	0.16	0.20
Double Salchow (downgraded)	2S<<	2S<<	SA186	J	0.20	0.16	0.12	0.08	0.04	0.40	0.04	0.08	0.12	0.16	0.20
Double Loop (downgraded)	2Lo<<	2Lo<<	SA187	J	0.25	0.20	0.15	0.10	0.05	0.50	0.05	0.10	0.15	0.20	0.25
Double Flip (downgraded)	2F<<	2F<<	SA188	J	0.25	0.20	0.15	0.10	0.05	0.50	0.05	0.10	0.15	0.20	0.25
Double Flip (downgraded)	2F!<<	2F!<<	SA189	J	0.25	0.20	0.15	0.10	0.05	0.50	0.05	0.10	0.15	0.20	0.25
Double Flip (edge downgraded)	2Fe<<	2Fe<<	SA190	J	0.20	0.16	0.12	0.08	0.04	0.40	0.04	0.08	0.12	0.16	0.20
Double Lutz (downgraded)	2Lz<<	2Lz<<	SA191	J	0.30	0.24	0.18	0.12	0.06	0.60	0.06	0.12	0.18	0.24	0.30
Double Lutz (downgraded)	2Lz!<<	2Lz!<<	SA192	J	0.30	0.24	0.18	0.12	0.06	0.60	0.06	0.12	0.18	0.24	0.30
Double Lutz (edge downgraded)	2Lze<<	2Lze<<	SA193	J	0.24	0.19	0.14	0.10	0.05	0.48	0.05	0.10	0.14	0.19	0.24
Double Axel (downgraded)	2A<<	2A<<	SA194	J	0.55	0.44	0.33	0.22	0.11	1.10	0.11	0.22	0.33	0.44	0.55
Triple Toeloop (downgraded)	3T<<	3T<<	SA195	J	0.65	0.52	0.39	0.26	0.13	1.30	0.13	0.26	0.39	0.52	0.65
Triple Salchow (downgraded)	3S<<	3S<<	SA196	J	0.65	0.52	0.39	0.26	0.13	1.30	0.13	0.26	0.39	0.52	0.65
Triple Loop (downgraded)	3Lo<<	3Lo<<	SA197	J	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Triple Flip (downgraded)	3F<<	3F<<	SA198	J	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Triple Flip (downgraded)	3F!<<	3F!<<	SA199	J	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Triple Flip (edge downgraded)	3Fe<<	3Fe<<	SA200	J	0.72	0.58	0.43	0.29	0.14	1.44	0.14	0.29	0.43	0.58	0.72
Triple Lutz (downgraded)	3Lz<<	3Lz<<	SA201	J	1.05	0.84	0.63	0.42	0.21	2.10	0.21	0.42	0.63	0.84	1.05
Triple Lutz (downgraded)	3Lz!<<	3Lz!<<	SA202	J	1.05	0.84	0.63	0.42	0.21	2.10	0.21	0.42	0.63	0.84	1.05
Triple Lutz (edge downgraded)	3Lze<<	3Lze<<	SA203	J	0.84	0.67	0.50	0.34	0.17	1.68	0.17	0.34	0.50	0.67	0.84
Triple Axel (downgraded)	3A<<	3A<<	SA204	J	1.65	1.32	0.99	0.66	0.33	3.30	0.33	0.66	0.99	1.32	1.65
Quad Toeloop (downgraded)	4T<<	4T<<	SA205	J	2.10	1.68	1.26	0.84	0.42	4.20	0.42	0.84	1.26	1.68	2.10
Quad Salchow (downgraded)	4S<<	4S<<	SA206	J	2.15	1.72	1.29	0.86	0.43	4.30	0.43	0.86	1.29	1.72	2.15
Quad Loop (downgraded)	4Lo<<	4Lo<<	SA207	J	2.45	1.96	1.47	0.98	0.49	4.90	0.49	0.98	1.47	1.96	2.45
Quad Flip (downgraded)	4F<<	4F<<	SA208	J	2.65	2.12	1.59	1.06	0.53	5.30	0.53	1.06	1.59	2.12	2.65
Quad Flip (downgraded)	4F!<<	4F!<<	SA209	J	2.65	2.12	1.59	1.06	0.53	5.30	0.53	1.06	1.59	2.12	2.65
Quad Flip (edge downgraded)	4Fe<<	4Fe<<	SA210	J	2.12	1.70	1.27	0.85	0.42	4.24	0.42	0.85	1.27	1.70	2.12
Quad Lutz (downgraded)	4Lz<<	4Lz<<	SA211	J	2.95	2.36	1.77	1.18	0.59	5.90	0.59	1.18	1.77	2.36	2.95
Quad Lutz (downgraded)	4Lz!<<	4Lz!<<	SA212	J	2.95	2.36	1.77	1.18	0.59	5.90	0.59	1.18	1.77	2.36	2.95
Quad Lutz (edge downgraded)	4Lze<<	4Lze<<	SA213	J	2.36	1.89	1.42	0.94	0.47	4.72	0.47	0.94	1.42	1.89	2.36
Quad Axel (downgraded)	4A<<	4A<<	SA214	J	4.00	3.20	2.40	1.60	0.80	8.00	0.80	1.60	2.40	3.20	4.00
Quint Toeloop (downgraded)	5T<<	5T<<	SA215	J	4.75	3.80	2.85	1.90	0.95	9.50	0.95	1.90	2.85	3.80	4.75
Quint Salchow (downgraded)	5S<<	5S<<	SA216	J	4.75	3.80	2.85	1.90	0.95	9.50	0.95	1.90	2.85	3.80	4.75
Quint Loop (downgraded)	5Lo<<	5Lo<<	SA217	J	4.75	3.80	2.85	1.90	0.95	9.50	0.95	1.90	2.85	3.80	4.75
Quint Flip (downgraded)	5F<<	5F<<	SA218	J	4.75	3.80	2.85	1.90	0.95	9.50	0.95	1.90	2.85	3.80	4.75
Quint Flip (downgraded)	5F!<<	5F!<<	SA219	J	4.75	3.80	2.85	1.90	0.95	9.50	0.95	1.90	2.85	3.80	4.75
Quint Flip (edge downgraded)	5Fe<<	5Fe<<	SA220	J	3.80	3.04	2.28	1.52	0.76	7.60	0.76	1.52	2.28	3.04	3.80

# British Ice Skating

## LIST OF ELEMENTS - SCALE OF VALUES

### Singles

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Quint Lutz (downgraded)	5Lz<<	5Lz<<	SA221	J	4.75	3.80	2.85	1.90	0.95	9.50	0.95	1.90	2.85	3.80	4.75
Quint Lutz (downgraded)	5Lz!<<	5Lz!<<	SA222	J	4.75	3.80	2.85	1.90	0.95	9.50	0.95	1.90	2.85	3.80	4.75
Quint Lutz (edge downgraded)	5Lze<<	5Lze<<	SA223	J	3.80	3.04	2.28	1.52	0.76	7.60	0.76	1.52	2.28	3.04	3.80
Spin	Sp	Sp	SB000	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Spin	FSp	FSp	SB001	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Upright Spin	USp	USp	SB009	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Upright Spin B	USpB	USp	SB010	O	0.50	0.40	0.30	0.20	0.10	1.00	0.10	0.20	0.30	0.40	0.50
Upright Spin 1	USp1	USp	SB011	O	0.60	0.48	0.36	0.24	0.12	1.20	0.12	0.24	0.36	0.48	0.60
Upright Spin 2	USp2	USp	SB012	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Upright Spin 3	USp3	USp	SB013	O	0.95	0.76	0.57	0.38	0.19	1.90	0.19	0.38	0.57	0.76	0.95
Upright Spin 4	USp4	USp	SB014	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Layback Spin	LSp	LSp	SB019	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Layback Spin B	LSpB	LSp	SB020	O	0.60	0.48	0.36	0.24	0.12	1.20	0.12	0.24	0.36	0.48	0.60
Layback Spin 1	LSp1	LSp	SB021	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Layback Spin 2	LSp2	LSp	SB022	O	0.95	0.76	0.57	0.38	0.19	1.90	0.19	0.38	0.57	0.76	0.95
Layback Spin 3	LSp3	LSp	SB023	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Layback Spin 4	LSp4	LSp	SB024	O	1.35	1.08	0.81	0.54	0.27	2.70	0.27	0.54	0.81	1.08	1.35
Camel Spin	CSp	CSp	SB029	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Camel Spin B	CSpB	CSp	SB030	O	0.55	0.44	0.33	0.22	0.11	1.10	0.11	0.22	0.33	0.44	0.55
Camel Spin 1	CSp1	CSp	SB031	O	0.70	0.56	0.42	0.28	0.14	1.40	0.14	0.28	0.42	0.56	0.70
Camel Spin 2	CSp2	CSp	SB032	O	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Camel Spin 3	CSp3	CSp	SB033	O	1.15	0.92	0.69	0.46	0.23	2.30	0.23	0.46	0.69	0.92	1.15
Camel Spin 4	CSp4	CSp	SB034	O	1.30	1.04	0.78	0.52	0.26	2.60	0.26	0.52	0.78	1.04	1.30
Sit Spin	SSp	SSp	SB039	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sit Spin B	SSpB	SSp	SB040	O	0.55	0.44	0.33	0.22	0.11	1.10	0.11	0.22	0.33	0.44	0.55
Sit Spin 1	SSp1	SSp	SB041	O	0.65	0.52	0.39	0.26	0.13	1.30	0.13	0.26	0.39	0.52	0.65
Sit Spin 2	SSp2	SSp	SB042	O	0.80	0.64	0.48	0.32	0.16	1.60	0.16	0.32	0.48	0.64	0.80
Sit Spin 3	SSp3	SSp	SB043	O	1.05	0.84	0.63	0.42	0.21	2.10	0.21	0.42	0.63	0.84	1.05
Sit Spin 4	SSp4	SSp	SB044	O	1.25	1.00	0.75	0.50	0.25	2.50	0.25	0.50	0.75	1.00	1.25
Fly. Upright Spin	FUSp	FUSp	SB049	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Upright Spin B	FUSpB	FUSp	SB050	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Fly. Upright Spin 1	FUSp1	FUSp	SB051	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Fly. Upright Spin 2	FUSp2	FUSp	SB052	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Fly. Upright Spin 3	FUSp3	FUSp	SB053	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Fly. Upright Spin 4	FUSp4	FUSp	SB054	O	1.45	1.16	0.87	0.58	0.29	2.90	0.29	0.58	0.87	1.16	1.45
Fly. Layback Spin	FLSp	FLSp	SB059	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Layback Spin B	FLSpB	FLSp	SB060	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Fly. Layback Spin 1	FLSp1	FLSp	SB061	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Fly. Layback Spin 2	FLSp2	FLSp	SB062	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Fly. Layback Spin 3	FLSp3	FLSp	SB063	O	1.45	1.16	0.87	0.58	0.29	2.90	0.29	0.58	0.87	1.16	1.45
Fly. Layback Spin 4	FLSp4	FLSp	SB064	O	1.60	1.28	0.96	0.64	0.32	3.20	0.32	0.64	0.96	1.28	1.60
Fly. Camel Spin	FCSp	FCSp	SB069	O	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

### Singles

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Fly. Camel Spin B	FCSpB	FCSp	SB070	O	0.80	0.64	0.48	0.32	0.16	1.60	0.16	0.32	0.48	0.64	0.80
Fly. Camel Spin 1	FCSp1	FCSp	SB071	O	0.95	0.76	0.57	0.38	0.19	1.90	0.19	0.38	0.57	0.76	0.95
Fly. Camel Spin 2	FCSp2	FCSp	SB072	O	1.15	0.92	0.69	0.46	0.23	2.30	0.23	0.46	0.69	0.92	1.15
Fly. Camel Spin 3	FCSp3	FCSp	SB073	O	1.40	1.12	0.84	0.56	0.28	2.80	0.28	0.56	0.84	1.12	1.40
Fly. Camel Spin 4	FCSp4	FCSp	SB074	O	1.60	1.28	0.96	0.64	0.32	3.20	0.32	0.64	0.96	1.28	1.60
Fly. Sit Spin	FSSp	FSSp	SB079	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Sit Spin B	FSSpB	FSSp	SB080	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Fly. Sit Spin 1	FSSp1	FSSp	SB081	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Fly. Sit Spin 2	FSSp2	FSSp	SB082	O	1.15	0.92	0.69	0.46	0.23	2.30	0.23	0.46	0.69	0.92	1.15
Fly. Sit Spin 3	FSSp3	FSSp	SB083	O	1.30	1.04	0.78	0.52	0.26	2.60	0.26	0.52	0.78	1.04	1.30
Fly. Sit Spin 4	FSSp4	FSSp	SB084	O	1.50	1.20	0.90	0.60	0.30	3.00	0.30	0.60	0.90	1.20	1.50
Change Foot Upright Spin	CUSp	CUSp	SB089	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Change Foot Upright Spin B	CUSpB	CUSp	SB090	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Change Foot Upright Spin 1	CUSp1	CUSp	SB091	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Change Foot Upright Spin 2	CUSp2	CUSp	SB092	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Change Foot Upright Spin 3	CUSp3	CUSp	SB093	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Change Foot Upright Spin 4	CUSp4	CUSp	SB094	O	1.45	1.16	0.87	0.58	0.29	2.90	0.29	0.58	0.87	1.16	1.45
Change Foot Layback Spin	CLSp	CLSp	SB099	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Change Foot Layback Spin B	CLSpB	CLSp	SB100	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Change Foot Layback Spin 1	CLSp1	CLSp	SB101	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Change Foot Layback Spin 2	CLSp2	CLSp	SB102	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Change Foot Layback Spin 3	CLSp3	CLSp	SB103	O	1.45	1.16	0.87	0.58	0.29	2.90	0.29	0.58	0.87	1.16	1.45
Change Foot Layback Spin 4	CLSp4	CLSp	SB104	O	1.60	1.28	0.96	0.64	0.32	3.20	0.32	0.64	0.96	1.28	1.60
Change Foot Camel Spin	CCSp	CCSp	SB109	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Change Foot Camel Spin B	CCSpB	CCSp	SB110	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Change Foot Camel Spin 1	CCSp1	CCSp	SB111	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Change Foot Camel Spin 2	CCSp2	CCSp	SB112	O	1.15	0.92	0.69	0.46	0.23	2.30	0.23	0.46	0.69	0.92	1.15
Change Foot Camel Spin 3	CCSp3	CCSp	SB113	O	1.40	1.12	0.84	0.56	0.28	2.80	0.28	0.56	0.84	1.12	1.40
Change Foot Camel Spin 4	CCSp4	CCSp	SB114	O	1.60	1.28	0.96	0.64	0.32	3.20	0.32	0.64	0.96	1.28	1.60
Change Foot Sit Spin	CSSp	CSSp	SB119	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Change Foot Sit Spin B	CSSpB	CSSp	SB120	O	0.80	0.64	0.48	0.32	0.16	1.60	0.16	0.32	0.48	0.64	0.80
Change Foot Sit Spin 1	CSSp1	CSSp	SB121	O	0.95	0.76	0.57	0.38	0.19	1.90	0.19	0.38	0.57	0.76	0.95
Change Foot Sit Spin 2	CSSp2	CSSp	SB122	O	1.15	0.92	0.69	0.46	0.23	2.30	0.23	0.46	0.69	0.92	1.15
Change Foot Sit Spin 3	CSSp3	CSSp	SB123	O	1.30	1.04	0.78	0.52	0.26	2.60	0.26	0.52	0.78	1.04	1.30
Change Foot Sit Spin 4	CSSp4	CSSp	SB124	O	1.50	1.20	0.90	0.60	0.30	3.00	0.30	0.60	0.90	1.20	1.50
Fly. Change Foot Upright Spin	FCUSp	FCUSp	SB129	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Change Foot Upright Spin B	FCUSpB	FCUSp	SB130	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Fly. Change Foot Upright Spin 1	FCUSp1	FCUSp	SB131	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Fly. Change Foot Upright Spin 2	FCUSp2	FCUSp	SB132	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Fly. Change Foot Upright Spin 3	FCUSp3	FCUSp	SB133	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Fly. Change Foot Upright Spin 4	FCUSp4	FCUSp	SB134	O	1.45	1.16	0.87	0.58	0.29	2.90	0.29	0.58	0.87	1.16	1.45
Fly. Change Foot Layback Spin	FCLSp	FCLSp	SB139	O	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

### Singles

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Fly. Change Foot Layback Spin B	FCLSpB	FCLSp	SB140	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Fly. Change Foot Layback Spin 1	FCLSp1	FCLSp	SB141	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Fly. Change Foot Layback Spin 2	FCLSp2	FCLSp	SB142	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Fly. Change Foot Layback Spin 3	FCLSp3	FCLSp	SB143	O	1.45	1.16	0.87	0.58	0.29	2.90	0.29	0.58	0.87	1.16	1.45
Fly. Change Foot Layback Spin 4	FCLSp4	FCLSp	SB144	O	1.60	1.28	0.96	0.64	0.32	3.20	0.32	0.64	0.96	1.28	1.60
Fly. Change Foot Camel Spin	FCCSp	FCCSp	SB149	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Change Foot Camel Spin B	FCCSpB	FCCSp	SB150	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Fly. Change Foot Camel Spin 1	FCCSp1	FCCSp	SB151	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Fly. Change Foot Camel Spin 2	FCCSp2	FCCSp	SB152	O	1.15	0.92	0.69	0.46	0.23	2.30	0.23	0.46	0.69	0.92	1.15
Fly. Change Foot Camel Spin 3	FCCSp3	FCCSp	SB153	O	1.40	1.12	0.84	0.56	0.28	2.80	0.28	0.56	0.84	1.12	1.40
Fly. Change Foot Camel Spin 4	FCCSp4	FCCSp	SB154	O	1.60	1.28	0.96	0.64	0.32	3.20	0.32	0.64	0.96	1.28	1.60
Fly. Change Foot Sit Spin	FCSSp	FCSSp	SB159	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Change Foot Sit Spin B	FCSSpB	FCSSp	SB160	O	0.80	0.64	0.48	0.32	0.16	1.60	0.16	0.32	0.48	0.64	0.80
Fly. Change Foot Sit Spin 1	FCSSp1	FCSSp	SB161	O	0.95	0.76	0.57	0.38	0.19	1.90	0.19	0.38	0.57	0.76	0.95
Fly. Change Foot Sit Spin 2	FCSSp2	FCSSp	SB162	O	1.15	0.92	0.69	0.46	0.23	2.30	0.23	0.46	0.69	0.92	1.15
Fly. Change Foot Sit Spin 3	FCSSp3	FCSSp	SB163	O	1.30	1.04	0.78	0.52	0.26	2.60	0.26	0.52	0.78	1.04	1.30
Fly. Change Foot Sit Spin 4	FCSSp4	FCSSp	SB164	O	1.50	1.20	0.90	0.60	0.30	3.00	0.30	0.60	0.90	1.20	1.50
Combination Spin	CoSp	CoSp	SB169	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Combination Spin B	CoSpB	CoSp	SB170	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Combination Spin 1	CoSp1	CoSp	SB171	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Combination Spin 2	CoSp2	CoSp	SB172	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Combination Spin 3	CoSp3	CoSp	SB173	O	1.25	1.00	0.75	0.50	0.25	2.50	0.25	0.50	0.75	1.00	1.25
Combination Spin 4	CoSp4	CoSp	SB174	O	1.50	1.20	0.90	0.60	0.30	3.00	0.30	0.60	0.90	1.20	1.50
Fly. Combination Spin	FCoSp	FCoSp	SB179	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Combination Spin B	FCoSpB	FCoSp	SB180	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Fly. Combination Spin 1	FCoSp1	FCoSp	SB181	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Fly. Combination Spin 2	FCoSp2	FCoSp	SB182	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Fly. Combination Spin 3	FCoSp3	FCoSp	SB183	O	1.25	1.00	0.75	0.50	0.25	2.50	0.25	0.50	0.75	1.00	1.25
Fly. Combination Spin 4	FCoSp4	FCoSp	SB184	O	1.50	1.20	0.90	0.60	0.30	3.00	0.30	0.60	0.90	1.20	1.50
Change Foot Comb. Spin	CCoSp	CCoSp	SB189	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Change Foot Comb. Spin B	CCoSpB	CCoSp	SB190	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Change Foot Comb. Spin 1	CCoSp1	CCoSp	SB191	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Change Foot Comb. Spin 2	CCoSp2	CCoSp	SB192	O	1.25	1.00	0.75	0.50	0.25	2.50	0.25	0.50	0.75	1.00	1.25
Change Foot Comb. Spin 3	CCoSp3	CCoSp	SB193	O	1.50	1.20	0.90	0.60	0.30	3.00	0.30	0.60	0.90	1.20	1.50
Change Foot Comb. Spin 4	CCoSp4	CCoSp	SB194	O	1.75	1.40	1.05	0.70	0.35	3.50	0.35	0.70	1.05	1.40	1.75
Fly. Change Foot Comb. Spin	FCCoSp	FCCoSp	SB199	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Change Foot Comb. Spin B	FCCoSpB	FCCoSp	SB200	O	0.85	0.68	0.51	0.34	0.17	1.70	0.17	0.34	0.51	0.68	0.85
Fly. Change Foot Comb. Spin 1	FCCoSp1	FCCoSp	SB201	O	1.00	0.80	0.60	0.40	0.20	2.00	0.20	0.40	0.60	0.80	1.00
Fly. Change Foot Comb. Spin 2	FCCoSp2	FCCoSp	SB202	O	1.25	1.00	0.75	0.50	0.25	2.50	0.25	0.50	0.75	1.00	1.25
Fly. Change Foot Comb. Spin 3	FCCoSp3	FCCoSp	SB203	O	1.50	1.20	0.90	0.60	0.30	3.00	0.30	0.60	0.90	1.20	1.50
Fly. Change Foot Comb. Spin 4	FCCoSp4	FCCoSp	SB204	O	1.75	1.40	1.05	0.70	0.35	3.50	0.35	0.70	1.05	1.40	1.75
Fly. Upright Spin V	FUSpV	FUSp	SB253	O	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

### Singles

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Fly. Upright Spin B V	FUSpBV	FUSp	SB254	O	0.57	0.45	0.34	0.23	0.11	1.13	0.11	0.23	0.34	0.45	0.57
Fly. Upright Spin 1 V	FUSp1V	FUSp	SB255	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Fly. Upright Spin 2 V	FUSp2V	FUSp	SB256	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Fly. Upright Spin 3 V	FUSp3V	FUSp	SB257	O	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Fly. Upright Spin 4 V	FUSp4V	FUSp	SB258	O	1.09	0.87	0.65	0.44	0.22	2.18	0.22	0.44	0.65	0.87	1.09
Fly. Layback Spin V	FLSpV	FLSp	SB265	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Layback Spin B V	FLSpBV	FLSp	SB266	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Fly. Layback Spin 1 V	FLSp1V	FLSp	SB267	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Fly. Layback Spin 2 V	FLSp2V	FLSp	SB268	O	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Fly. Layback Spin 3 V	FLSp3V	FLSp	SB269	O	1.09	0.87	0.65	0.44	0.22	2.18	0.22	0.44	0.65	0.87	1.09
Fly. Layback Spin 4 V	FLSp4V	FLSp	SB270	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Fly. Camel Spin V	FCSpV	FCSp	SB277	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Camel Spin B V	FCSpBV	FCSp	SB278	O	0.60	0.48	0.36	0.24	0.12	1.20	0.12	0.24	0.36	0.48	0.60
Fly. Camel Spin 1 V	FCSp1V	FCSp	SB279	O	0.72	0.57	0.43	0.29	0.14	1.43	0.14	0.29	0.43	0.57	0.72
Fly. Camel Spin 2 V	FCSp2V	FCSp	SB280	O	0.87	0.69	0.52	0.35	0.17	1.73	0.17	0.35	0.52	0.69	0.87
Fly. Camel Spin 3 V	FCSp3V	FCSp	SB281	O	1.05	0.84	0.63	0.42	0.21	2.10	0.21	0.42	0.63	0.84	1.05
Fly. Camel Spin 4 V	FCSp4V	FCSp	SB282	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Fly. Sit Spin V	FSSpV	FSSp	SB289	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Sit Spin B V	FSSpBV	FSSp	SB290	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Fly. Sit Spin 1 V	FSSp1V	FSSp	SB291	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Fly. Sit Spin 2 V	FSSp2V	FSSp	SB292	O	0.87	0.69	0.52	0.35	0.17	1.73	0.17	0.35	0.52	0.69	0.87
Fly. Sit Spin 3 V	FSSp3V	FSSp	SB293	O	0.98	0.78	0.59	0.39	0.20	1.95	0.20	0.39	0.59	0.78	0.98
Fly. Sit Spin 4 V	FSSp4V	FSSp	SB294	O	1.13	0.90	0.68	0.45	0.23	2.25	0.23	0.45	0.68	0.90	1.13
Change Foot Comb. Spin V	CCoSpV	CCoSp	SB349	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Change Foot Comb. Spin B V	CCoSpBV	CCoSp	SB350	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Change Foot Comb. Spin 1 V	CCoSp1V	CCoSp	SB351	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Change Foot Comb. Spin 2 V	CCoSp2V	CCoSp	SB352	O	0.94	0.75	0.56	0.38	0.19	1.88	0.19	0.38	0.56	0.75	0.94
Change Foot Comb. Spin 3 V	CCoSp3V	CCoSp	SB353	O	1.13	0.90	0.68	0.45	0.23	2.25	0.23	0.45	0.68	0.90	1.13
Change Foot Comb. Spin 4 V	CCoSp4V	CCoSp	SB354	O	1.32	1.05	0.79	0.53	0.26	2.63	0.26	0.53	0.79	1.05	1.32
Fly. Change Foot Comb. Spin V	FCCoSpV	FCCoSp	SB355	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Change Foot Comb. Spin B V	FCCoSpBV	FCCoSp	SB356	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Fly. Change Foot Comb. Spin 1 V	FCCoSp1V	FCCoSp	SB357	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Fly. Change Foot Comb. Spin 2 V	FCCoSp2V	FCCoSp	SB358	O	0.94	0.75	0.56	0.38	0.19	1.88	0.19	0.38	0.56	0.75	0.94
Fly. Change Foot Comb. Spin 3 V	FCCoSp3V	FCCoSp	SB359	O	1.13	0.90	0.68	0.45	0.23	2.25	0.23	0.45	0.68	0.90	1.13
Fly. Change Foot Comb. Spin 4 V	FCCoSp4V	FCCoSp	SB360	O	1.32	1.05	0.79	0.53	0.26	2.63	0.26	0.53	0.79	1.05	1.32
Fly. Combination Spin V	FCoSpV	FCoSp	SB373	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Combination Spin B V	FCoSpBV	FCoSp	SB374	O	0.57	0.45	0.34	0.23	0.11	1.13	0.11	0.23	0.34	0.45	0.57
Fly. Combination Spin 1 V	FCoSp1V	FCoSp	SB375	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Fly. Combination Spin 2 V	FCoSp2V	FCoSp	SB376	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Fly. Combination Spin 3 V	FCoSp3V	FCoSp	SB377	O	0.94	0.75	0.56	0.38	0.19	1.88	0.19	0.38	0.56	0.75	0.94
Fly. Combination Spin 4 V	FCoSp4V	FCoSp	SB378	O	1.13	0.90	0.68	0.45	0.23	2.25	0.23	0.45	0.68	0.90	1.13
Combination Spin V	CoSpV	CoSp	SB397	O	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

### Singles

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Combination Spin B V	CoSpBV	CoSp	SB398	O	0.57	0.45	0.34	0.23	0.11	1.13	0.11	0.23	0.34	0.45	0.57
Combination Spin 1 V	CoSp1V	CoSp	SB399	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Combination Spin 2 V	CoSp2V	CoSp	SB400	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Combination Spin 3 V	CoSp3V	CoSp	SB401	O	0.94	0.75	0.56	0.38	0.19	1.88	0.19	0.38	0.56	0.75	0.94
Combination Spin 4 V	CoSp4V	CoSp	SB402	O	1.13	0.90	0.68	0.45	0.23	2.25	0.23	0.45	0.68	0.90	1.13
Change Foot Upright Spin V	CUSpV	CUSp	SB403	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Change Foot Upright Spin B V	CUSpBV	CUSp	SB404	O	0.57	0.45	0.34	0.23	0.11	1.13	0.11	0.23	0.34	0.45	0.57
Change Foot Upright Spin 1 V	CUSp1V	CUSp	SB405	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Change Foot Upright Spin 2 V	CUSp2V	CUSp	SB406	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Change Foot Upright Spin 3 V	CUSp3V	CUSp	SB407	O	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Change Foot Upright Spin 4 V	CUSp4V	CUSp	SB408	O	1.09	0.87	0.65	0.44	0.22	2.18	0.22	0.44	0.65	0.87	1.09
Change Foot Layback Spin V	CLSpV	CLSp	SB409	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Change Foot Layback Spin B V	CLSpBV	CLSp	SB410	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Change Foot Layback Spin 1 V	CLSp1V	CLSp	SB411	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Change Foot Layback Spin 2 V	CLSp2V	CLSp	SB412	O	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Change Foot Layback Spin 3 V	CLSp3V	CLSp	SB413	O	1.09	0.87	0.65	0.44	0.22	2.18	0.22	0.44	0.65	0.87	1.09
Change Foot Layback Spin 4 V	CLSp4V	CLSp	SB414	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Change Foot Camel Spin V	CCSpV	CCSp	SB415	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Change Foot Camel Spin B V	CCSpBV	CCSp	SB416	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Change Foot Camel Spin 1 V	CCSp1V	CCSp	SB417	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Change Foot Camel Spin 2 V	CCSp2V	CCSp	SB418	O	0.87	0.69	0.52	0.35	0.17	1.73	0.17	0.35	0.52	0.69	0.87
Change Foot Camel Spin 3 V	CCSp3V	CCSp	SB419	O	1.05	0.84	0.63	0.42	0.21	2.10	0.21	0.42	0.63	0.84	1.05
Change Foot Camel Spin 4 V	CCSp4V	CCSp	SB420	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Change Foot Sit Spin V	CSSpV	CSSp	SB421	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Change Foot Sit Spin B V	CSSpBV	CSSp	SB422	O	0.60	0.48	0.36	0.24	0.12	1.20	0.12	0.24	0.36	0.48	0.60
Change Foot Sit Spin 1 V	CSSp1V	CSSp	SB423	O	0.72	0.57	0.43	0.29	0.14	1.43	0.14	0.29	0.43	0.57	0.72
Change Foot Sit Spin 2 V	CSSp2V	CSSp	SB424	O	0.87	0.69	0.52	0.35	0.17	1.73	0.17	0.35	0.52	0.69	0.87
Change Foot Sit Spin 3 V	CSSp3V	CSSp	SB425	O	0.98	0.78	0.59	0.39	0.20	1.95	0.20	0.39	0.59	0.78	0.98
Change Foot Sit Spin 4 V	CSSp4V	CSSp	SB426	O	1.13	0.90	0.68	0.45	0.23	2.25	0.23	0.45	0.68	0.90	1.13
Fly. Change Foot Upright Spin V	FCUSpV	FCUSp	SB427	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Change Foot Upright Spin B V	FCUSpBV	FCUSp	SB428	O	0.57	0.45	0.34	0.23	0.11	1.13	0.11	0.23	0.34	0.45	0.57
Fly. Change Foot Upright Spin 1 V	FCUSp1V	FCUSp	SB429	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Fly. Change Foot Upright Spin 2 V	FCUSp2V	FCUSp	SB430	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Fly. Change Foot Upright Spin 3 V	FCUSp3V	FCUSp	SB431	O	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Fly. Change Foot Upright Spin 4 V	FCUSp4V	FCUSp	SB432	O	1.09	0.87	0.65	0.44	0.22	2.18	0.22	0.44	0.65	0.87	1.09
Fly. Change Foot Layback Spin V	FCLSpV	FCLSp	SB433	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Change Foot Layback Spin B V	FCLSpBV	FCLSp	SB434	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Fly. Change Foot Layback Spin 1 V	FCLSp1V	FCLSp	SB435	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Fly. Change Foot Layback Spin 2 V	FCLSp2V	FCLSp	SB436	O	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Fly. Change Foot Layback Spin 3 V	FCLSp3V	FCLSp	SB437	O	1.09	0.87	0.65	0.44	0.22	2.18	0.22	0.44	0.65	0.87	1.09
Fly. Change Foot Layback Spin 4 V	FCLSp4V	FCLSp	SB438	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Fly. Change Foot Camel Spin V	FCCSpV	FCCSp	SB439	O	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

### Singles

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Fly. Change Foot Camel Spin B V	FCCSpBV	FCCSp	SB440	O	0.64	0.51	0.38	0.26	0.13	1.28	0.13	0.26	0.38	0.51	0.64
Fly. Change Foot Camel Spin 1 V	FCCSp1V	FCCSp	SB441	O	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Fly. Change Foot Camel Spin 2 V	FCCSp2V	FCCSp	SB442	O	0.87	0.69	0.52	0.35	0.17	1.73	0.17	0.35	0.52	0.69	0.87
Fly. Change Foot Camel Spin 3 V	FCCSp3V	FCCSp	SB443	O	1.05	0.84	0.63	0.42	0.21	2.10	0.21	0.42	0.63	0.84	1.05
Fly. Change Foot Camel Spin 4 V	FCCSp4V	FCCSp	SB444	O	1.20	0.96	0.72	0.48	0.24	2.40	0.24	0.48	0.72	0.96	1.20
Fly. Change Foot Sit Spin V	FCSSpV	FCSSp	SB445	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fly. Change Foot Sit Spin B V	FCSSpBV	FCSSp	SB446	O	0.60	0.48	0.36	0.24	0.12	1.20	0.12	0.24	0.36	0.48	0.60
Fly. Change Foot Sit Spin 1 V	FCSSp1V	FCSSp	SB447	O	0.72	0.57	0.43	0.29	0.14	1.43	0.14	0.29	0.43	0.57	0.72
Fly. Change Foot Sit Spin 2 V	FCSSp2V	FCSSp	SB448	O	0.87	0.69	0.52	0.35	0.17	1.73	0.17	0.35	0.52	0.69	0.87
Fly. Change Foot Sit Spin 3 V	FCSSp3V	FCSSp	SB449	O	0.98	0.78	0.59	0.39	0.20	1.95	0.20	0.39	0.59	0.78	0.98
Fly. Change Foot Sit Spin 4 V	FCSSp4V	FCSSp	SB450	O	1.13	0.90	0.68	0.45	0.23	2.25	0.23	0.45	0.68	0.90	1.13
Steps	St	St	SC00	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Step Sequence	StSq	StSq	SC09	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Step Sequence B	StSqB	StSq	SC10	S	0.75	0.60	0.45	0.30	0.15	1.50	0.15	0.30	0.45	0.60	0.75
Step Sequence 1	StSq1	StSq	SC11	S	0.90	0.72	0.54	0.36	0.18	1.80	0.18	0.36	0.54	0.72	0.90
Step Sequence 2	StSq2	StSq	SC12	S	1.30	1.04	0.78	0.52	0.26	2.60	0.26	0.52	0.78	1.04	1.30
Step Sequence 3	StSq3	StSq	SC13	S	1.65	1.32	0.99	0.66	0.33	3.30	0.33	0.66	0.99	1.32	1.65
Step Sequence 4	StSq4	StSq	SC14	S	1.95	1.56	1.17	0.78	0.39	3.90	0.39	0.78	1.17	1.56	1.95
Choreo Sequence	ChSq	ChSq	SC48	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Choreo Sequence 1	ChSq1	ChSq	SC49	S	2.50	2.00	1.50	1.00	0.50	3.00	0.50	1.00	1.50	2.00	2.50
COMBO	COMBO	COMBO	SZZ0	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEQ	SEQ	SEQ	SZZ1	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
REP	REP	REP	SZZ2	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
to be clarified	TBC	TBC	SZZZ		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00