INTERNATIONAL SKATING UNION

Communication No. 1400

ICE DANCING
Scale of Values

The following are revisions to Scale of Value Charts to be used with the ISU Judging System in Ice Dancing.

1. COMPULSORY DANCES - SCALE OF VALUES FOR REQUIRED SECTIONS

REQUIRED SECTIONS	+ + +	+ +	+	BASE	-	- -	- - -
1. FOURTEENSTEP							
1st Sequence Steps 1 – 14	2.0	1.3	0.6	**3.2**	-0.6	-1.3	-2.0
2nd Sequence Steps 1 – 14	2.5	1.6	0.8	**3.7**	-0.8	-1.6	-2.5
3rd Sequence Steps 1 - 14	3.0	2.0	1.0	**4.2**	-1.0	-2.0	-3.0
4th Sequence Steps 1 – 14	3.5	2.5	1.5	**4.9**	-1.5	-2.5	-3.5
2. FOXTROT							
1st Sequence							
Steps 1 – 8	1.0	0.7	0.3	**1.4**	-0.3	-0.7	-1.0
Steps 9 – 14	1.0	0.7	0.3	**1.8**	- 0.3	-0.7	-1.0
2nd Sequence							
Steps 1 – 8	1.0	0.7	0.3	**1.6**	-0.3	-0.7	-1.3
Steps 9 – 14	1.5	1.0	0.5	**2.0**	-0.5	-1.0	-1.5
3rd Sequence							
Steps 1 – 8	1.0	0.7	0.3	**1.8**	-0.3	-0.7	-1.0
Steps 9 – 14	2.0	1.3	0.5	**2.2**	-0.5	-1.3	-2.0
4th Sequence							
Steps 1 – 8	1.5	1.0	0.5	**2.1**	-0.5	-1.0	-1.5
Steps 9 – 14	2.5	1.5	0.7	**2.6**	-0.7	-1.5	-2.5
3. ROCKER FOXTROT							
1st Sequence							
Steps 1 – 7	1.0	0.7	0.3	**1.4**	-0.3	-0.7	-1.0
Steps 8 – 14	1.0	0.7	0.3	**1.8**	- 0.3	-0.7	-1.0
2nd Sequence							
Steps 1 – 7	1.0	0.7	0.3	**1.6**	-0.3	-0.7	-1.3
Steps 8 – 14	1.5	1.0	0.5	**2.0**	-0.5	-1.0	-1.5
3rd Sequence							
Steps 1 – 7	1.0	0.7	0.3	**1.8**	-0.3	-0.7	-1.0
Steps 8 – 14	2.0	1.3	0.5	**2.2**	-0.5	-1.3	-2.0
4th Sequence							
Steps 1 – 7	1.5	1.0	0.5	**2.1**	-0.5	-1.0	-1.5
Steps 8 – 14	2.5	1.5	0.7	**2.6**	-0.7	-1.5	-2.5
4. EUROPEAN WALTZ							
1. Steps 1 – 9 *1st side*	2.4	1.5	0.7	**3.4**	-0.7	-1.5	-2.4
2. Steps 10 – 18 *1st end*	2.6	1.6	0.8	**3.8**	- 0.8	-1.6	-2.6
2nd Sequence							
1. Steps 1-9 *2nd side*	2.8	1.8	0.9	**4.2**	-0.9	-1.8	-2.8
2. Steps 10 – 18 2nd end	3.2	2.0	1.0	**4.6**	-1.0	-2.0	-3.2
* Note change to Rule 540 para e) –dance to be skated for 2 sequences							

REQUIRED SECTIONS	+ + +	+ +	+	BASE	-	- -	- - -
5. AMERICAN WALTZ							
1st Sequence							
1. Steps 1 – 9 *1st side*	2.4	1.5	0.7	**3.4**	-0.7	-1.5	-2.4
2. Steps 10 – 16 *1st end*	2.6	1.6	0.8	**3.8**	-0.8	-1.6	-2.6
2nd Sequence							
1. Steps 1 – 9 *2nd side*	2.8	1.8	0.9	**4.2**	-0.9	-1.8	-2.8
2. Steps 10 – 16 *2nd end*	3.2	2.0	1.0	**4.6**	-1.0	-2.0	-3.2
* Note change to Rule 540 para e) – dance to be skated for 2 sequences							
6. WESTMINSTER WALTZ							
1st Sequence							
1. Steps 1 – 8	1.5	1.0	0.5	**2.0**	- 0.5	- 1.0	- 1.5
2. Steps 9 – 15	1.5	1.0	0.5	**2.6**	- 0.5	- 1.0	- 1.5
3. Steps 16 – 22	1.0	0.7	0.3	**1.6**	- 0.3	- 0.7	- 1.0
2nd Sequence							
1. Steps 1 – 8	2.5	1.5	0.7	**3.1**	-0.7	-1.5	-2.5
2. Steps 9 – 15	2.5	1.5	0.7	**3.6**	-0.7	-1.5	-2.5
3. Steps 16 – 22	2.5	1.5	0.7	**2.6**	-0.7	-1.5	-2.5
7. VIENNESE WALTZ							
1st Sequence							
1. Steps 1 – 12	1.5	1.0	0.5	**2.3**	-0.5	-1.0	-1.5
2. Steps 13 – 24	1.5	1.0	0.5	**1.7**	-0.5	-1.0	-1.5
2nd Sequence							
1. Steps 1 – 12	2.0	1.3	0.6	**2.8**	-0.6	-1.3	-2.0
2. Steps 13 – 24	2.0	1.3	0.6	**2.2**	-0.6	-1.3	-2.0
3rd Sequence							
1. Steps 1 – 12	2.5	1.5	0.7	**3.3**	-0.7	-1.5	-2.5
2. Steps 13 – 24	2.5	1.5	0.7	**2.7**	-0.7	-1.5	-2.5
8. AUSTRIAN WALTZ							
1st Sequence							
1. Steps 1 – 8	1.0	0.7	0.3	**1.4**	- 0.3	- 0.7	- 1.0
2. Steps 9 – 14	1.0	0.7	0.3	**1.4**	- 0.3	- 0.7	- 1.0
3. Steps 15 – 25	1.5	1.0	0.5	**2.0**	- 0.5	- 1.0	- 1.5
4. Steps 26 –36	1.5	1.0	0.5	**2.0**	- 0.5	- 1.0	- 1.5
2nd Sequence							
1. Steps 1 – 8	1.5	1.0	0.5	**1.6**	- 0.5	- 1.0	- 1.5
2. Steps 9 – 14	1.5	1.0	0.5	**1.6**	- 0.5	- 1.0	- 1.5
3. Steps 15 – 25	2.0	1.3	0.6	**2.5**	-0.6	-1.3	-2.0
4. Steps 26 –36	2.0	1.3	0.6	**2.5**	-0.6	-1.3	-2.0
9. STARLIGHT WALTZ (REVISED)							
1st Sequence							
1. Steps 1 – 10	1.0	0.7	0.3	**1.8**	-0.3	-0.7	-1.0
2. Steps 11 – 17	1.5	1.0	0.5	**2.4**	-0.5	-1.0	-1.5
3. Steps 18 – 32	1.5	1.0	0.5	**2.4**	-0.5	-1.0	-1.5
2nd Sequence							
1. Steps 1 – 10	2.5	1.5	0.7	**2.5**	-0.7	-1.5	-2.0
2. Steps 11 – 17	2.5	1.5	0.7	**3.2**	-0.7	-1.5	-2.5
3. Steps 18 – 32	2.5	1.5	0.7	**3.2**	-0.7	-1.5	-2.5

REQUIRED SECTIONS	+ + +	+ +	+	BASE	-	- -	- - -
10. RAVENSBURGER WALTZ							
1st Sequence							
1. Steps 1 – 8	1.0	0.7	0.3	**1.7**	-0.3	-0.7	-1.0
2. Steps 9- 27	1.5	1.0	0.5	**2.2**	- 0.5	- 1.0	- 1.5
3. Steps 28 – 41	1.5	1.0	0.5	**2.6**	- 0.5	- 1.0	- 1.5
2nd Sequence							
1. Steps 1 – 8	2.5	1.5	0.7	**2.5**	-0.7	-1.5	-2.5
2. Steps 9- 27	2.5	1.5	0.7	**3.0**	-0.7	-1.5	-2.5
3. Steps 28 – 41	2.5	1.5	0.7	**3.5**	-0.7	-1.5	-2.5
11. G OLDEN WALTZ (Note: step numbers refer to revised version 2006)							
1st Sequence							
1. Steps 1 – 14	1.0	0.7	0.3	**1.4**	-0.3	-0.7	-1.0
2. Steps 15 – 22	1.5	1.0	0.5	**1.9**	-0.5	-1.0	-1.5
3. Steps 23 – 31	1.5	1.0	0.5	**2.3**	-0.5	-1.0	-1.5
4. Steps 32 – 47	1.0	0.7	0.3	**1.4**	-0.3	-0.7	-1.0
2nd Sequence							
1. Steps 1 – 14	1.5	1.0	0.5	**1.6**	-0.5	-1.0	-1.5
2. Steps 15 – 22	2.0	1.3	0.7	**2.2**	-0.7	-1.3	-2.0
3. Steps 23 – 31	2.0	1.3	0.7	**2.6**	-0.7	-1.3	-2.0
4. Steps 32 – 47	1.5	1.0	0.5	**1.6**	-0.5	-1.0	-1.5
12. KILIAN							
1st Sequence	1.3	0.8	0.3	**1.9**	-0.3	-.8	-1.3
2nd Sequence	1.5	1.0	0.5	**2.1**	-0.5	-1.0	-1.5
3rd Sequence	1.8	1.2	0.7	**2.4**	-0.7	-1.2	-1.8
4th Sequence	2.0	1.4	0.9	**2.7**	-0.9	-1.4	-2.0
5th Sequence	2.3	1.6	1.1	**3.0**	-1.1	-1.6	-2.3
6th Sequence	2.6	1.9	1.3	**3.4**	-1.3	-1.9	-2.6
13. YANKEE POLKA							
1st Sequence							
1. Steps 1 – 13	1.5	1.0	0.5	**1.7**	- 0.5	- 1.0	- 1.5
2. Steps 14 – 25	1.5	1.0	0.5	**1.7**	- 0.5	- 1.0	- 1.5
3. Steps 26 – 38	1.5	1.0	0.5	**1.7**	- 0.5	- 1.0	- 1.5
4. Steps 39 – 52	1.0	0.7	0.3	**1.2**	-0.3	-0.7	-1.0
2nd Sequence							
1. Steps 1 – 13	2.0	1.3	0.6	**2.1**	-0.6	-1.3	-2.0
2. Steps 14 – 25	2.0	1.3	0.6	**2.1**	-0.6	-1.3	-2.0
3. Steps 26 – 38	2.0	1.3	0.6	**2.1**	-0.6	-1.3	-2.0
4. Steps 39 – 52	1.5	1.0	0.5	**1.4**	- 0.5	- 0.9	- 1.2
14. QUICKSTEP							
1st Sequence							
1. Steps 1 – 17	1.0	0.7	0.3	**1.8**	-0.3	-0.7	-1.0
2. Steps 18 – 28	1.5	1.0	0.5	**2.4**	-0.5	-1.0	-1.5
2nd Sequence							
1. Steps 1 – 17	2.0	1.3	0.6	**2.4**	-0.6	-1.3	-2.0
2. Steps 18 – 28	2.0	1.3	0.6	**2.8**	-0.6	-1.3	-2.0
3rd Sequence							
1. Steps 1 – 17	2.5	1.5	0.7	**2.8**	-0.7	-1.5	-2.5
2. Steps 18 – 28	2.5	1.5	0.7	**3.3**	-0.7	-1.5	-2.5
4th Sequence							
1. Steps 1 – 9	2.5	1.5	0.7	**2.6**	-0.7	-1.5	-2.5
2. Steps 10 – 18	1.5	1.0	0.5	**2.1**	- 0.5	- 1.0	- 1.5
15. New Quickstep - to be developed							

REQUIRED SECTIONS	+ + +	+ +	+	BASE	-	- -	- - -
16. PASO DOBLE							
1st Sequence							
Steps 1 – 16	1.0	0.7	0.3	**1.8**	-0.3	-0.7	-1.0
Steps 17 – 28	1.5	1.0	0.5	**2.4**	-0.5	-1.0	-1.5
2nd Sequence							
Steps 1 – 16	2.0	1.3	0.6	**2.4**	-0.6	-1.3	-2.0
Steps 17 – 28	2.0	1.3	0.6	**2.8**	-0.6	-1.3	-2.0
3rd Sequence							
Steps 1 – 16	2.5	1.5	0.7	**2.8**	-0.7	-1.5	-2.5
Steps 17 – 28	2.5	1.5	0.7	**3.3**	-0.7	-1.5	-2.5
17. RHUMBA							
1st Sequence							
1. Steps 1 – 8	1.0	0.7	0.3	**1.4**	-0.3	-0.7	-1.0
2. Steps 9 – 16	1.0	0.7	0.3	**1.7**	-0.3	-0.7	-1.0
2nd Sequence							
1. Steps 1 – 8	1.0	0.7	0.3	**1.5**	-0.3	-0.7	-1.0
2. Steps 9 – 16	1.5	1.0	0.5	**2.0**	-0.5	-1.0	-1.5
3rd Sequence							
1. Steps 1 – 8	1.0	0.7	0.3	**1.7**	-0.3	-0.7	-1.0
2. Steps 9 – 16	2.0	1.3	0.6	**2.3**	-0.6	-1.3	-2.0
4th Sequence							
1. Steps 1 – 8	2.0	1.3	0.6	**2.2**	-0.6	-1.3	-2.0
2. Steps 9 – 16	2.0	1.3	0.6	**2.7**	-0.6	-1.3	-2.0
18. RHUMBA D'AMOUR							
1. Steps 1 – 8	2.2	1.5	0.7	**2.6**	- 0.7	-1.5	-2.0
2. Steps 9 – 25	1.7	1.0	0.5	**2.1**	-0.5	-1.0	-1.5
3. Steps 26 – 31	2.2	1.5	0.7	**2.6**	- 0.7	-1.5	-2.0
4. Steps 32 – 43	1.0	0.7	0.3	**1.5**	-0.3	-0.7	-1.0
5. Steps 44 – 68b	2.2	1.5	0.7	**2.6**	- 0.7	-1.5	-2.0
6. Steps 68c – 73	1.0	0.7	0.3	**1.5**	-0.3	-0.7	-1.0
7. Steps 74 – 84	1.7	1.0	0.5	**2.1**	-0.5	-1.0	-1.5
19. CHA CHA CONGELADO							
1st Sequence							
1. Steps 1 – 12	1.5	1.0	0.5	**2.1**	-0.5	-1.0	-1.5
2. Steps 13 – 25	1.5	1.0	0.5	**2.6**	-0.5	-1.0	-1.5
3. Steps 26 – 38	1.0	0.7	0.3	**1.6**	-0.3	-0.7	-1.0
2nd Sequence							
1. Steps 1 – 12	2.5	1.5	0.7	**3.1**	-0.7	-1.5	-2.5
2. Steps 13 – 25	2.5	1.5	0.7	**3.5**	-0.7	-1.5	-2.5
3. Steps 26 – 38	2.5	1.5	0.7	**2.6**	-0.7	-1.5	-2.5
20. SILVER SAMBA (REVISED)							
1st Sequence							
1. Steps 1 – 17	1.0	0.7	0.3	**1.8**	-0.3	-0.7	-1.0
2. Steps 18 – 31	1.5	1.0	0.5	**2.4**	-0.5	-1.0	-1.5
3. Steps 32 – 49	1.5	1.0	0.5	**2.4**	-0.5	-1.0	-1.5
2nd Sequence							
1. Steps 1 – 17	2.5	1.5	0.7	**2.5**	-0.7	-1.5	-2.0
2. Steps 18 – 31	2.5	1.5	0.7	**3.2**	-0.7	-1.5	-2.5
3. Steps 32 – 49	2.5	1.5	0.7	**3.2**	-0.7	-1.5	-2.5

REQUIRED SECTIONS	+ + +	+ +	+	BASE	-	- -	- - -
21. TANGO							
1st Sequence							
Steps 1 – 7	1.5	1.0	0.5	**2.0**	-0.5	-1.0	-1.5
Steps 8 – 15	1.5	1.0	0.5	**2.0**	- 0.5	-1.0	-1.5
Steps 16 – 22	2.0	1.3	0.6	**3.0**	-0.6	-1.3	-2.0
2nd Sequence							
Steps 1 – 7	2.0	1.3	0.6	**2.5**	-0.6	-1.3	-2.0
Steps 8 – 15	2.0	1.3	0.6	**2.5**	-0.6	-1.3	-2.0
Steps 16 – 22	2.5	1.5	0.7	**3.5**	-0.7	-1.5	-2.5
22. ARGENTINE TANGO							
1st Sequence							
1. Steps 1 – 15	1.0	0.7	0.3	**1.8**	-0.3	-0.7	-1.0
2. Steps 16 – 24	1.5	1.0	0.5	**2.8**	-0.5	-1.0	-1.5
3. Steps 25 – 31	1.0	0.7	0.3	**1.8**	-0.3	-0.7	-1.0
2nd Sequence							
1. Steps 1 – 15	2.5	1.5	0.7	**2.8**	-0.7	-1.5	-2.5
2. Steps 16 – 24	2.5	1.5	0.7	**4.0**	-0.7	-1.5	-2.5
3. Steps 25 – 31	2.5	1.5	0.7	**2.8**	-0.7	-1.5	-2.5
23. TANGO ROMANTICA (Note: step numbers refer to revised version 2006)							
1st Sequence							
1. Steps 1 – 10	1.5	1.0	0.5	**2.0**	- 0.5	- 1.0	- 1.5
2. Steps 11 – 22	1.0	0.7	0.3	**1.3**	- 0.3	- 0.7	- 1.0
3. Steps 24 – 36	1.0	0.7	0.3	**1.3**	- 0.3	- 0.7	- 1.0
4. Steps 37 – 49	1.5	1.0	0.5	**2.0**	- 0.5	- 1.0	- 1.5
2nd Sequence							
1. Steps 1 – 11	2.0	1.3	0.6	**2.6**	-0.6	-1.3	-2.0
2. Steps 12 – 24	1.5	1.0	0.5	**1.6**	- 0.5	- 1.0	- 1.5
3. Steps 25 – 37	1.5	1.0	0.5	**1.6**	- 0.5	- 1.0	- 1.5
4. Steps 38 – 50	2.0	1.3	0.6	**2.6**	-0.6	-1.3	-2.0
24. BLUES							
1st Sequence							
1. Steps 1 – 7	1.5	1.0	0.5	**1.7**	-0.5	-1.0	-1.5
2. Steps 8 – 17	1.5	1.0	0.5	**2.3**	-0.5	-1.0	-1.5
2nd Sequence							
1. Steps 1 – 7	2.0	1.3	0.6	**2.2**	-0.6	-1.3	-2.0
2. Steps 8 – 17	2.0	1.3	0.6	**2.8**	-0.6	-1.3	-2.0
3rd Sequence							
1. Steps 1 – 7	2.5	1.5	0.7	**2.7**	-0.7	-1.5	-2.5
2. Steps 8 – 17	2.5	1.5	0.7	**3.3**	-0.7	-1.5	-2.5
25. MIDNIGHT BLUES							
1st Sequence							
1. Steps 1 – 9	1.0	0.7	0.3	**1.4**	- 0.3	- 0.7	- 1.0
2. Steps 10 – 13	1.5	1.0	0.5	**2.1**	- 0.5	- 1.0	- 1.5
3. Steps 14 – 19	1.0	0.7	0.3	**1.4**	- 0.3	- 0.7	- 1.0
4. Steps 20 – 26	1.5	1.0	0.5	**2.1**	- 0.5	- 1.0	- 1.5
2nd Sequence							
1. Steps 1 – 9	1.5	1.0	0.5	**1.6**	- 0.5	- 1.0	- 1.5
2. Steps 10 – 13	2.0	1.3	0.6	**2.4**	-0.6	-1.3	-2.0
3. Steps 14 – 19	1.5	1.0	0.5	**1.6**	- 0.5	- 1.0	- 1.5
4. Steps 20 – 26	2.0	1.3	0.6	**2.4**	-0.6	-1.3	-2.0

2. ORIGINAL DANCE & FREE DANCE – SCALE OF VALUES FOR REQUIRED ELEMENTS

The Scale of Values Chart has been revised to reflect the following changes:

- Dance Spins: the Spin and Combo Spin now have the same values. (The level requirements for the Spin are now more difficult).
- Midline Not Touching Step Sequence: Judges will now be giving separate GOE scores for twizzles and the steps. There is now a separate scale of value table for the Not Touching Midline Steps and the Not Touching Midline Sequential Twizzles.
- The scale of values tables of the other Step Sequences have also been revised so that the Straight Line Step Sequences (in group "A") have the same value and the Curved Step Sequences (in group "B") have the same value.
- The values of some required elements ("Long" lifts and the step sequences) have been increased to reflect the removal of one required element in Free Dance.

SCALE OF VALUES – ORIGINAL AND FREE DANCE

Required Elements		**+ + +**	**+ +**	**+**	**Base**	**-**	**- -**	**- - -**
DANCE SPINS								
a) Spin	Sp1	1.5	1.0	0.5	**3.0**	- 0.5	- 1.0	- 1.3
	Sp2	1.5	1.0	0.5	**3.5**	- 0.5	- 1.0	- 1.3
	Sp3	1.5	1.0	0.5	**4.0**	- 0.5	- 1.0	- 1.3
	Sp4	1.5	1.0	0.5	**4.7**	- 0.5	- 1.0	- 1.3
b) Combination Spin	CoSp1	1.5	1.0	0.5	**3.0**	- 0.5	- 1.0	- 1.3
	CoSp2	1.5	1.0	0.5	**3.5**	- 0.5	- 1.0	- 1.3
	CoSp3	1.5	1.0	0.5	**4.0**	- 0.5	-1.0	-1.3
	CoSp4	1.5	1.0	0.5	**4.7**	- 0.5	- 1.0	- 1.3
LIFTS								
a) Stationary Lift	StaLi1	1.5	1.0	0.5	**2.5**	- 0.5	- 1.0	- 1.3
	StaLi2	1.5	1.0	0.5	**3.0**	- 0.5	- 1.0	- 1.3
	StaLi3	1.5	1.0	0.5	**3.5**	- 0.5	- 1.0	- 1.3
	StaLi4	1.5	1.0	0.5	**4.0**	- 0.5	- 1.0	- 1.3
b) Straight Line Lift	SlLi1	1.5	1.0	0.5	**2.5**	- 0.5	- 1.0	- 1.3
	SlLi2	1.5	1.0	0.5	**3.0**	- 0.5	- 1.0	- 1.3
	SlLi3	1.5	1.0	0.5	**3.5**	- 0.5	- 1.0	- 1.3
	SlLi4	1.5	1.0	0.5	**4.0**	- 0.5	- 1.0	- 1.3
c) Curve Lift	CuLi1	1.5	1.0	0.5	**2.5**	- 0.5	- 1.0	- 1.3
	CuLi2	1.5	1.0	0.5	**3.0**	- 0.5	- 1.0	- 1.3
	CuLi3	1.5	1.0	0.5	**3.5**	- 0.5	- 1.0	- 1.3
	CuLi4	1.5	1.0	0.5	**4.0**	- 0.5	- 1.0	- 1.3
d) Rotational Lift	RoLi1	1.5	1.0	0.5	**2.5**	- 0.5	- 1.0	- 1.3
	RoLi2	1.5	1.0	0.5	**3.0**	- 0.5	- 1.0	- 1.3
	RoLi3	1.5	1.0	0.5	**3.5**	- 0.5	- 1.0	- 1.3
	RoLi4	1.5	1.0	0.5	**4.0**	- 0.5	- 1.0	- 1.3
e) Serpentine Lift	SeLi1	1.5	1.0	0.5	**4.0**	- 0.5	- 1.0	- 1.3
	SeLi2	1.5	1.0	0.5	**4.8**	- 0.5	- 1.0	- 1.3
	SeLi3	1.5	1.0	0.5	**5.6**	- 0.5	- 1.0	- 1.3
	SeLi4	1.5	1.0	0.5	**6.4**	- 0.5	- 1.0	- 1.3

f) Reverse Rotational Lift	RRoLi1	1.5	1.0	0.5	**4.0**	- 0.5	- 1.0	- 1.3
	RRoLi2	1.5	1.0	0.5	**4.8**	- 0.5	- 1.0	- 1.3
	RRoLi3	1.5	1.0	0.5	**5.6**	- 0.5	- 1.0	- 1.3
	RRoLi4	1.5	1.0	0.5	**6.4**	- 0.5	- 1.0	- 1.3
g) Combination Lift	The Base Value of the two first executed lift types in a Combination Lift will be added and multiplied by **0.8.**							
SYNCHRONIZED TWIZZLES – per set	STw1	1.5	1.0	0.5	**3.0**	- 0.5	- 1.0	- 1.3
	STw2	1.5	1.0	0.5	**3.5**	- 0.5	- 1.0	- 1.3
	STw3	1.5	1.0	0.5	**4.0**	- 0.5	- 1.0	- 1.3
	STw4	1.5	1.0	0.5	**4.7**	- 0.5	- 1.0	- 1.3
STRAIGHT LINE STEP SEQUENCES								
a) Midline in Hold	MiSt1	3.0	2.0	1.0	**4.6**	- 1.0	- 2.0	- 3.0
	MiSt2	3.0	2.0	1.0	**5.4**	- 1.0	- 2.0	- 3.0
	MiSt3	3.0	2.0	1.0	**6.2**	- 1.0	- 2.0	- 3.0
	MiSt4	3.0	2.0	1.0	**7.0**	- 1.0	- 2.0	- 3.0
b) Diagonal in Hold	DiSt1	3.0	2.0	1.0	**4.6**	- 1.0	- 2.0	- 3.0
	DiSt2	3.0	2.0	1.0	**5.4**	- 1.0	- 2.0	- 3.0
	DiSt3	3.0	2.0	1.0	**6.2**	- 1.0	- 2.0	- 3.0
	DiSt4	3.0	2.0	1.0	**7.0**	- 1.0	- 2.0	- 3.0
c) i) Not Touching Midline Steps	NtMiSt1	1.5	1.0	0.5	**2.9**	- 0.5	- 1.0	- 1.3
	NtMiSt2	1.5	1.0	0.5	**3.2**	- 0.5	- 1.0	- 1.3
	NtMiSt3	1.5	1.0	0.5	**3.8**	- 0.5	- 1.0	- 1.3
	NtMiSt4	1.5	1.0	0.5	**4.3**	- 0.5	- 1.0	- 1.3
ii) Not Touching Midline								
Sequential Twizzles	NtMiTw1	1.5	1.0	0.5	**2.1**	- 0.5	- 1.0	- 1.3
	NtMiTw2	1.5	1.0	0.5	**2.5**	- 0.5	- 1.0	- 1.3
	NtMiTw3	1.5	1.0	0.5	**2.8**	- 0.5	- 1.0	- 1.3
	NtMiTw4	1.5	1.0	0.5	**3.3**	- 0.5	- 1.0	- 1.3
CURVED STEP SEQUENCES								
c) Circular ***(anti–clockwise and Clockwise)***	CiSt1	3.0	2.0	1.0	**5.6**	- 1.0	- 2.0	- 3.0
	CiSt2	3.0	2.0	1.0	**6.4**	- 1.0	- 2.0	- 3.0
	CiSt3	3.0	2.0	1.0	**7.2**	- 1.0	- 2.0	- 3.0
	CiSt4	3.0	2.0	1.0	**8.0**	- 1.0	- 2.0	- 3.0
d) Serpentine ***(anti–clockwise and Clockwise)***	SeSt1	3.0	2.0	1.0	**5.6**	- 1.0	- 2.0	- 3.0
	SeSt2	3.0	2.0	1.0	**6.4**	- 1.0	- 2.0	- 3.0
	SeSt3	3.0	2.0	1.0	**7.2**	- 1.0	- 2.0	- 3.0
	SeSt4	3.0	2.0	1.0	**8.0**	- 1.0	- 2.0	- 3.0

Milan, July 12, 2006 — **Ottavio Cinquanta**, President

Lausanne, — **Fredi Schmid**, Director General