REASONS for Positive GOE

FOR + 1 : 1 bullet **FOR + 2 : 2 bullets** **FOR + 3 : 3 bullets**
FOR + 4 : 4 bullets **FOR + 5 : 5 or more bullets**

FOR starting and final GOE of + 4 and +5 THE FIRST TWO bullets highlighted in bold must be present

Single Skating

Jump Elements	**1) very good height and very good length (of all jumps in a combo or sequence)** **2) good take-off and landing** 3) effortless throughout (including rhythm in jump combo or sequence) 4) steps before the jump, unexpected or creative entry/exit 5) very good body position from take-off to landing 6) element matches the music
Spins	**1) good speed and/or acceleration during spin** **2) good controlled, clear position(s) (inc. height and air/landing position in flying spin)** 3) effortless throughout 4) maintaining a centered spin 5) creativity 6) element matches the music
Step Sequence	**1) deep edges, clean steps and turns, control of the whole body** **2) element matches the music** 3) effortless throughout with good energy, flow and execution 4) creativity of body movements including variations of free foot 5) good ice coverage or interesting pattern 6) good acceleration and deceleration
Choreographic Sequence	**1) element matches the music and reflects the concept/character of the program** **2) creativity** 3) effortless throughout with good energy, flow and execution 4) varied directions and pattern 5) good clarity and precision 6) excellent commitment and control of the whole body
Choreographic Spin	**1) element matches the music and reflects the concept/character of the program** **2) creativity** 3) effortless throughout 4) a highlight of the program 5) good controlled position(s) matching the music 6) intentional use of speed matching the music