

国際スケート連盟コミュニケーション第2253号

シングルおよびペア・スケーティング

価値尺度（SOV）－2019-2020シーズン用

本コミュニケーションは第2186号の差し替えである。

トゥブベークン,
2019年5月21日
ローザンヌ,

ISU会長 Jan Dijkema

ISU専務理事 Fredi Schmid

I. 新しい価値尺度 (SOV)

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
シングルおよびペア・スケーティング											
ジャンプ											
1T	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	+0.04	+0.08	+0.12	+0.16	+0.20
1S	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	+0.04	+0.08	+0.12	+0.16	+0.20
1Lo	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	+0.05	+0.10	+0.15	+0.20	+0.25
1Eu (Euler)	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	+0.05	+0.10	+0.15	+0.20	+0.25
1F	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	+0.05	+0.10	+0.15	+0.20	+0.25
1Lz	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	+0.06	+0.12	+0.18	+0.24	+0.30
1T<	-0.16	-0.13	-0.10	-0.06	-0.03	0.32	+0.03	+0.06	+0.10	+0.13	+0.16
1S<	-0.16	-0.13	-0.10	-0.06	-0.03	0.32	+0.03	+0.06	+0.10	+0.13	+0.16
1Lo<	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	+0.04	+0.08	+0.12	+0.16	+0.20
1F < or e	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	+0.04	+0.08	+0.12	+0.16	+0.20
1Lz < or e	-0.24	-0.19	-0.14	-0.10	-0.05	0.48	+0.05	+0.10	+0.14	+0.19	+0.24
1F < and e	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	+0.03	+0.06	+0.09	+0.12	+0.15
1Lz < and e	-0.18	-0.14	-0.11	-0.07	-0.04	0.36	+0.04	+0.07	+0.11	+0.14	+0.18
1A	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	+0.11	+0.22	+0.33	+0.44	+0.55
2T	-0.65	-0.52	-0.39	-0.26	-0.13	1.30	+0.13	+0.26	+0.39	+0.52	+0.65
2S	-0.65	-0.52	-0.39	-0.26	-0.13	1.30	+0.13	+0.26	+0.39	+0.52	+0.65
2Lo	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
2F	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	+0.18	+0.36	+0.54	+0.72	+0.90
2Lz	-1.05	-0.84	-0.63	-0.42	-0.21	2.10	+0.21	+0.42	+0.63	+0.84	+1.05
1A<	-0.44	-0.35	-0.26	-0.18	-0.09	0.88	+0.09	+0.18	+0.26	+0.35	+0.44
2T<	-0.52	-0.42	-0.31	-0.21	-0.10	1.04	+0.10	+0.21	+0.31	+0.42	+0.52
2S<	-0.52	-0.42	-0.31	-0.21	-0.10	1.04	+0.10	+0.21	+0.31	+0.42	+0.52
2Lo<	-0.68	-0.54	-0.41	-0.27	-0.14	1.36	+0.14	+0.27	+0.41	+0.54	+0.68
2F < or e	-0.72	-0.58	-0.43	-0.29	-0.14	1.44	+0.14	+0.29	+0.43	+0.58	+0.72
2Lz < or e	-0.84	-0.67	-0.50	-0.34	-0.17	1.68	+0.17	+0.34	+0.50	+0.67	+0.84
2F < and e	-0.54	-0.43	-0.32	-0.22	-0.11	1.08	+0.11	+0.22	+0.32	+0.43	+0.54
2Lz < and e	-0.63	-0.50	-0.38	-0.25	-0.13	1.26	+0.13	+0.25	+0.38	+0.50	+0.63
2A	-1.65	-1.32	-0.99	-0.66	-0.33	3.30	+0.33	+0.66	+0.99	+1.32	+1.65
3T	-2.10	-1.68	-1.26	-0.84	-0.42	4.20	+0.42	+0.84	+1.26	+1.68	+2.10
3S	-2.15	-1.72	-1.29	-0.86	-0.43	4.30	+0.43	+0.86	+1.29	+1.72	+2.15
3Lo	-2.45	-1.96	-1.47	-0.98	-0.49	4.90	+0.49	+0.98	+1.47	+1.96	+2.45
3F	-2.65	-2.12	-1.59	-1.06	-0.53	5.30	+0.53	+1.06	+1.59	+2.12	+2.65
3Lz	-2.95	-2.36	-1.77	-1.18	-0.59	5.90	+0.59	+1.18	+1.77	+2.36	+2.95
2A<	-1.32	-1.06	-0.79	-0.53	-0.26	2.64	+0.26	+0.53	+0.79	+1.06	+1.32
3T<	-1.68	-1.34	-1.01	-0.67	-0.34	3.36	+0.34	+0.67	+1.01	+1.34	+1.68
3S<	-1.72	-1.38	-1.03	-0.67	-0.34	3.44	+0.34	+0.67	+1.03	+1.38	+1.72
3Lo<	-1.96	-1.57	-1.18	-0.78	-0.39	3.92	+0.39	+0.78	+1.18	+1.57	+1.96
3F< or e	-2.12	-1.70	-1.27	-0.85	-0.42	4.24	+0.42	+0.85	+1.27	+1.70	+2.12
3Lz< or e	-2.36	-1.89	-1.42	-0.94	-0.47	4.72	+0.47	+0.94	+1.42	+1.89	+2.36
3F < and e	-1.59	-1.27	-0.95	-0.64	-0.32	3.18	+0.32	+0.64	+0.95	+1.27	+1.59
3Lz < and e	-1.77	-1.42	-1.06	-0.71	-0.35	3.54	+0.35	+0.71	+1.06	+1.42	+1.77
3A	-4.00	-3.20	-2.40	-1.60	-0.80	8.00	+0.80	+1.60	+2.40	+3.20	+4.00
4T	-4.75	-3.80	-2.85	-1.90	-0.95	9.50	+0.95	+1.90	+2.85	+3.80	+4.75
4S	-4.85	-3.88	-2.91	-1.94	-0.97	9.70	+0.97	+1.94	+2.91	+3.88	+4.85
4Lo	-5.25	-4.20	-3.15	-2.10	-1.05	10.50	+1.05	+2.10	+3.15	+4.20	+5.25
4F	-5.50	-4.40	-3.30	-2.20	-1.10	11.00	+1.10	+2.20	+3.30	+4.40	+5.50
4Lz	-5.75	-4.60	-3.45	-2.30	-1.15	11.50	+1.15	+2.30	+3.45	+4.60	+5.75
4A	-6.25	-5.00	-3.75	-2.50	-1.25	12.50	+1.25	+2.50	+3.75	+5.00	+6.25

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
3A<	-3.20	-2.56	-1.92	-1.28	-0.64	6.40	+0.64	+1.28	+1.92	+2.56	+3.20
4T<	-3.80	-3.04	-2.28	-1.52	-0.76	7.60	+0.76	+1.52	+2.28	+3.04	+3.80
4S<	-3.88	-3.10	-2.33	-1.55	-0.78	7.76	+0.78	+1.55	+2.33	+3.10	+3.88
4Lo<	-4.20	-3.36	-2.52	-1.68	-0.84	8.40	+0.84	+1.68	+2.52	+3.36	+4.20
4F < or e	-4.40	-3.52	-2.64	-1.76	-0.88	8.80	+0.88	+1.76	+2.64	+3.52	+4.40
4Lz < or e	-4.60	-3.68	-2.76	-1.84	-0.92	9.20	+0.92	+1.84	+2.76	+3.68	+4.60
4F < and e	-3.30	-2.64	-1.98	-1.32	-0.66	6.60	+0.66	+1.32	+1.98	+2.64	+3.30
4Lz < and e	-3.45	-2.76	-2.07	-1.38	-0.69	6.90	+0.69	+1.38	+2.07	+2.76	+3.45
4A<	-5.00	-4.00	-3.00	-2.00	-1.00	10.00	+1.00	+2.00	+3.00	+4.00	+5.00
スピン（ペアではソロ・スピン）											
単一姿勢のスピン，足換え無し（アップライト，レイバック，キャメル，シット）											
USpB	-0.50	-0.40	-0.30	-0.20	-0.10	1.00	+0.10	+0.20	+0.30	+0.40	+0.50
USp1	-0.60	-0.48	-0.36	-0.24	-0.12	1.20	+0.12	+0.24	+0.36	+0.48	+0.60
USp2	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
USp3	-0.95	-0.76	-0.57	-0.38	-0.19	1.90	+0.19	+0.38	+0.57	+0.76	+0.95
USp4	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	+0.24	+0.48	+0.72	+0.96	+1.20
LSpB	-0.60	-0.48	-0.36	-0.24	-0.12	1.20	+0.12	+0.24	+0.36	+0.48	+0.60
LSp1	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
LSp2	-0.95	-0.76	-0.57	-0.38	-0.19	1.90	+0.19	+0.38	+0.57	+0.76	+0.95
LSp3	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	+0.24	+0.48	+0.72	+0.96	+1.20
LSp4	-1.35	-1.08	-0.81	-0.54	-0.27	2.70	+0.27	+0.54	+0.81	+1.08	+1.35
CSpB	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	+0.11	+0.22	+0.33	+0.44	+0.55
CSp1	-0.70	-0.56	-0.42	-0.28	-0.14	1.40	+0.14	+0.28	+0.42	+0.56	+0.70
CSp2	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	+0.18	+0.36	+0.54	+0.72	+0.90
CSp3	-1.15	-0.92	-0.69	-0.46	-0.23	2.30	+0.23	+0.46	+0.69	+0.92	+1.15
CSp4	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	+0.26	+0.52	+0.78	+1.04	+1.30
SSpB	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	+0.11	+0.22	+0.33	+0.44	+0.55
SSp1	-0.65	-0.52	-0.39	-0.26	-0.13	1.30	+0.13	+0.26	+0.39	+0.52	+0.65
SSp2	-0.80	-0.64	-0.48	-0.32	-0.16	1.60	+0.16	+0.32	+0.48	+0.64	+0.80
SSp3	-1.05	-0.84	-0.63	-0.42	-0.21	2.10	+0.21	+0.42	+0.63	+0.84	+1.05
SSp4	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	+0.25	+0.50	+0.75	+1.00	+1.25
フライング・スピン（アップライト，レイバック，キャメル，シットいずれかの姿勢）											
FUSpB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
FUSp1	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
FUSp2	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	+0.20	+0.40	+0.60	+0.80	+1.00
FUSp3	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	+0.24	+0.48	+0.72	+0.96	+1.20
FUSp4	-1.45	-1.16	-0.87	-0.58	-0.29	2.90	+0.29	+0.58	+0.87	+1.16	+1.45
FUSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	1.13	+0.11	+0.23	+0.34	+0.45	+0.57
FUSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	+0.13	+0.26	+0.38	+0.51	+0.64
FUSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
FUSp3V	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	+0.18	+0.36	+0.54	+0.72	+0.90
FUSp4V	-1.09	-0.87	-0.65	-0.44	-0.22	2.18	+0.22	+0.44	+0.65	+0.87	+1.09
FLSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
FLSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	+0.20	+0.40	+0.60	+0.80	+1.00
FLSp2	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	+0.24	+0.48	+0.72	+0.96	+1.20
FLSp3	-1.45	-1.16	-0.87	-0.58	-0.29	2.90	+0.29	+0.58	+0.87	+1.16	+1.45
FLSp4	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	+0.32	+0.64	+0.96	+1.28	+1.60
FLSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	+0.13	+0.26	+0.38	+0.51	+0.64
FLSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
FLSp2V	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	+0.18	+0.36	+0.54	+0.72	+0.90
FLSp3V	-1.09	-0.87	-0.65	-0.44	-0.22	2.18	+0.22	+0.44	+0.65	+0.87	+1.09
FLSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	+0.24	+0.48	+0.72	+0.96	+1.20

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
FCSpB	-0.80	-0.64	-0.48	-0.32	-0.16	1.60	+0.16	+0.32	+0.48	+0.64	+0.80
FCSp1	-0.95	-0.76	-0.57	-0.38	-0.19	1.90	+0.19	+0.38	+0.57	+0.76	+0.95
FCSp2	-1.15	-0.92	-0.69	-0.46	-0.23	2.30	+0.23	+0.46	+0.69	+0.92	+1.15
FCSp3	-1.40	-1.12	-0.84	-0.56	-0.28	2.80	+0.28	+0.56	+0.84	+1.12	+1.40
FCSp4	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	+0.32	+0.64	+0.96	+1.28	+1.60
FCSpBV	-0.60	-0.48	-0.36	-0.24	-0.12	1.20	+0.12	+0.24	+0.36	+0.48	+0.60
FCSp1V	-0.72	-0.57	-0.43	-0.29	-0.14	1.43	+0.14	+0.29	+0.43	+0.57	+0.72
FCSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	1.73	+0.17	+0.35	+0.52	+0.69	+0.87
FCSp3V	-1.05	-0.84	-0.63	-0.42	-0.21	2.10	+0.21	+0.42	+0.63	+0.84	+1.05
FCSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	+0.24	+0.48	+0.72	+0.96	+1.20
FSSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
FSSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	+0.20	+0.40	+0.60	+0.80	+1.00
FSSp2	-1.15	-0.92	-0.69	-0.46	-0.23	2.30	+0.23	+0.46	+0.69	+0.92	+1.15
FSSp3	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	+0.26	+0.52	+0.78	+1.04	+1.30
FSSp4	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50
FSSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	+0.13	+0.26	+0.38	+0.51	+0.64
FSSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
FSSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	1.73	+0.17	+0.35	+0.52	+0.69	+0.87
FSSp3V	-0.98	-0.78	-0.59	-0.39	-0.20	1.95	+0.20	+0.39	+0.59	+0.78	+0.98
FSSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	+0.23	+0.45	+0.68	+0.90	+1.13
単一姿勢のスピンの足換えあり											
(F)CUSpB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CUSp1	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CUSp2	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CUSp3	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	+0.24	+0.48	+0.72	+0.96	+1.20
(F)CUSp4	-1.45	-1.16	-0.87	-0.58	-0.29	2.90	+0.29	+0.58	+0.87	+1.16	+1.45
(F)CUSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	1.13	+0.11	+0.23	+0.34	+0.45	+0.57
(F)CUSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CUSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CUSp3V	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	+0.18	+0.36	+0.54	+0.72	+0.90
(F)CUSp4V	-1.09	-0.87	-0.65	-0.44	-0.22	2.18	+0.22	+0.44	+0.65	+0.87	+1.09
(F)CLSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CLSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CLSp2	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	+0.24	+0.48	+0.72	+0.96	+1.20
(F)CLSp3	-1.45	-1.16	-0.87	-0.58	-0.29	2.90	+0.29	+0.58	+0.87	+1.16	+1.45
(F)CLSp4	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	+0.32	+0.64	+0.96	+1.28	+1.60
(F)CLSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CLSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CLSp2V	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	+0.18	+0.36	+0.54	+0.72	+0.90
(F)CLSp3V	-1.09	-0.87	-0.65	-0.44	-0.22	2.18	+0.22	+0.44	+0.65	+0.87	+1.09
(F)CLSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	+0.24	+0.48	+0.72	+0.96	+1.20
(F)CCSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CCSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CCSp2	-1.15	-0.92	-0.69	-0.46	-0.23	2.30	+0.23	+0.46	+0.69	+0.92	+1.15
(F)CCSp3	-1.40	-1.12	-0.84	-0.56	-0.28	2.80	+0.28	+0.56	+0.84	+1.12	+1.40
(F)CCSp4	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	+0.32	+0.64	+0.96	+1.28	+1.60
(F)CCSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CCSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CCSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	1.73	+0.17	+0.35	+0.52	+0.69	+0.87
(F)CCSp3V	-1.05	-0.84	-0.63	-0.42	-0.21	2.10	+0.21	+0.42	+0.63	+0.84	+1.05
(F)CCSp4V	-1.20	-0.96	-0.72	-0.48	-0.24	2.40	+0.24	+0.48	+0.72	+0.96	+1.20

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
(F)CSSpB	-0.80	-0.64	-0.48	-0.32	-0.16	1.60	+0.16	+0.32	+0.48	+0.64	+0.80
(F)CSSp1	-0.95	-0.76	-0.57	-0.38	-0.19	1.90	+0.19	+0.38	+0.57	+0.76	+0.95
(F)CSSp2	-1.15	-0.92	-0.69	-0.46	-0.23	2.30	+0.23	+0.46	+0.69	+0.92	+1.15
(F)CSSp3	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	+0.26	+0.52	+0.78	+1.04	+1.30
(F)CSSp4	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50
(F)CSSpBV	-0.60	-0.48	-0.36	-0.24	-0.12	1.20	+0.12	+0.24	+0.36	+0.48	+0.60
(F)CSSp1V	-0.72	-0.57	-0.43	-0.29	-0.14	1.43	+0.14	+0.29	+0.43	+0.57	+0.72
(F)CSSp2V	-0.87	-0.69	-0.52	-0.35	-0.17	1.73	+0.17	+0.35	+0.52	+0.69	+0.87
(F)CSSp3V	-0.98	-0.78	-0.59	-0.39	-0.20	1.95	+0.20	+0.39	+0.59	+0.78	+0.98
(F)CSSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	+0.23	+0.45	+0.68	+0.90	+1.13
スピン・コンビネーション, 足換え無し											
(F)CoSpB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CoSp1	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CoSp2	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CoSp3	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	+0.25	+0.50	+0.75	+1.00	+1.25
(F)CoSp4	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50
(F)CoSpBV	-0.57	-0.45	-0.34	-0.23	-0.11	1.13	+0.11	+0.23	+0.34	+0.45	+0.57
(F)CoSp1V	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CoSp2V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CoSp3V	-0.94	-0.75	-0.56	-0.38	-0.19	1.88	+0.19	+0.38	+0.56	+0.75	+0.94
(F)CoSp4V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	+0.23	+0.45	+0.68	+0.90	+1.13
スピン・コンビネーション, 足換えあり											
(F)CCoSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
(F)CCoSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	+0.20	+0.40	+0.60	+0.80	+1.00
(F)CCoSp2	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	+0.25	+0.50	+0.75	+1.00	+1.25
(F)CCoSp3	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50
(F)CCoSp4	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	+0.35	+0.70	+1.05	+1.40	+1.75
(F)CCoSpBV	-0.64	-0.51	-0.38	-0.26	-0.13	1.28	+0.13	+0.26	+0.38	+0.51	+0.64
(F)CCoSp1V	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
(F)CCoSp2V	-0.94	-0.75	-0.56	-0.38	-0.19	1.88	+0.19	+0.38	+0.56	+0.75	+0.94
(F)CCoSp3V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	+0.23	+0.45	+0.68	+0.90	+1.13
(F)CCoSp4V	-1.32	-1.05	-0.79	-0.53	-0.26	2.63	+0.26	+0.53	+0.79	+1.05	+1.32
ステップ・シーケンス											
StSqB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
StSq1	-0.90	-0.72	-0.54	-0.36	-0.18	1.80	+0.18	+0.36	+0.54	+0.72	+0.90
StSq2	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	+0.26	+0.52	+0.78	+1.04	+1.30
StSq3	-1.65	-1.32	-0.99	-0.66	-0.33	3.30	+0.33	+0.66	+0.99	+1.32	+1.65
StSq4	-1.95	-1.56	-1.17	-0.78	-0.39	3.90	+0.39	+0.78	+1.17	+1.56	+1.95
リフト											
1LiB	-0.70	-0.56	-0.42	-0.28	-0.14	1.40	+0.14	+0.28	+0.42	+0.56	+0.70
1Li1	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
1Li2	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
1Li3	-0.95	-0.76	-0.57	-0.38	-0.19	1.90	+0.19	+0.38	+0.57	+0.76	+0.95
1Li4	-1.05	-0.84	-0.63	-0.42	-0.21	2.10	+0.21	+0.42	+0.63	+0.84	+1.05
2LiB	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
2Li1	-0.95	-0.76	-0.57	-0.38	-0.19	1.90	+0.19	+0.38	+0.57	+0.76	+0.95
2Li2	-1.15	-0.92	-0.69	-0.46	-0.23	2.30	+0.23	+0.46	+0.69	+0.92	+1.15
2Li3	-1.35	-1.08	-0.81	-0.54	-0.27	2.70	+0.27	+0.54	+0.81	+1.08	+1.35
2Li4	-1.55	-1.24	-0.93	-0.62	-0.31	3.10	+0.31	+0.62	+0.93	+1.24	+1.55
3LiB/4LiB	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	+0.35	+0.70	+1.05	+1.40	+1.75
3Li1/4Li1	-1.95	-1.56	-1.17	-0.78	-0.39	3.90	+0.39	+0.78	+1.17	+1.56	+1.95
3Li2/4Li2	-2.15	-1.72	-1.29	-0.86	-0.43	4.30	+0.43	+0.86	+1.29	+1.72	+2.15
3Li3/4Li3	-2.35	-1.88	-1.41	-0.94	-0.47	4.70	+0.47	+0.94	+1.41	+1.88	+2.35
3Li4/4Li4	-2.55	-2.04	-1.53	-1.02	-0.51	5.10	+0.51	+1.02	+1.53	+2.04	+2.55

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
5T/5SLiB	-2.30	-1.84	-1.38	-0.92	-0.46	4.60	+0.46	+0.92	+1.38	+1.84	+2.30
5T/5SLi1	-2.50	-2.00	-1.50	-1.00	-0.50	5.00	+0.50	+1.00	+1.50	+2.00	+2.50
5T/5SLi2	-2.70	-2.16	-1.62	-1.08	-0.54	5.40	+0.54	+1.08	+1.62	+2.16	+2.70
5T/5SLi3	-2.90	-2.32	-1.74	-1.16	-0.58	5.80	+0.58	+1.16	+1.74	+2.32	+2.90
5T/5SLi4	-3.10	-2.48	-1.86	-1.24	-0.62	6.20	+0.62	+1.24	+1.86	+2.48	+3.10
5BLiB	-2.50	-2.00	-1.50	-1.00	-0.50	5.00	+0.50	+1.00	+1.50	+2.00	+2.50
5BLi1	-2.70	-2.16	-1.62	-1.08	-0.54	5.40	+0.54	+1.08	+1.62	+2.16	+2.70
5BLi2	-2.90	-2.32	-1.74	-1.16	-0.58	5.80	+0.58	+1.16	+1.74	+2.32	+2.90
5BLi3	-3.10	-2.48	-1.86	-1.24	-0.62	6.20	+0.62	+1.24	+1.86	+2.48	+3.10
5BLi4	-3.25	-2.60	-1.95	-1.30	-0.65	6.50	+0.65	+1.30	+1.95	+2.60	+3.25
5A/5RLiB	-2.70	-2.16	-1.62	-1.08	-0.54	5.40	+0.54	+1.08	+1.62	+2.16	+2.70
5A/5RLi1	-2.90	-2.32	-1.74	-1.16	-0.58	5.80	+0.58	+1.16	+1.74	+2.32	+2.90
5A/5RLi2	-3.10	-2.48	-1.86	-1.24	-0.62	6.20	+0.62	+1.24	+1.86	+2.48	+3.10
5A/5RLi3	-3.30	-2.64	-1.98	-1.32	-0.66	6.60	+0.66	+1.32	+1.98	+2.64	+3.30
5A/5RLi4	-3.50	-2.80	-2.10	-1.40	-0.70	7.00	+0.70	+1.40	+2.10	+2.80	+3.50
ツイスト・リフト											
1TwB	-0.45	-0.36	-0.27	-0.18	-0.09	0.90	+0.09	+0.18	+0.27	+0.36	+0.45
1Tw1	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	+0.11	+0.22	+0.33	+0.44	+0.55
1Tw2	-0.65	-0.52	-0.39	-0.26	-0.13	1.30	+0.13	+0.26	+0.39	+0.52	+0.65
1Tw3	-0.75	-0.60	-0.45	-0.30	-0.15	1.50	+0.15	+0.30	+0.45	+0.60	+0.75
1Tw4	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
2TwB	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	+0.26	+0.52	+0.78	+1.04	+1.30
2Tw1	-1.40	-1.12	-0.84	-0.56	-0.28	2.80	+0.28	+0.56	+0.84	+1.12	+1.40
2Tw2	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50
2Tw3	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	+0.32	+0.64	+0.96	+1.28	+1.60
2Tw4	-1.70	-1.36	-1.02	-0.68	-0.34	3.40	+0.34	+0.68	+1.02	+1.36	+1.70
3TwB	-2.40	-1.92	-1.44	-0.96	-0.48	4.80	+0.48	+0.96	+1.44	+1.92	+2.40
3Tw1	-2.55	-2.04	-1.53	-1.02	-0.51	5.10	+0.51	+1.02	+1.53	+2.04	+2.55
3Tw2	-2.70	-2.16	-1.62	-1.08	-0.54	5.40	+0.54	+1.08	+1.62	+2.16	+2.70
3Tw3	-2.85	-2.28	-1.71	-1.14	-0.57	5.70	+0.57	+1.14	+1.71	+2.28	+2.85
3Tw4	-3.00	-2.40	-1.80	-1.20	-0.60	6.00	+0.60	+1.20	+1.80	+2.40	+3.00
4TwB	-3.20	-2.56	-1.92	-1.28	-0.64	6.40	+0.64	+1.28	+1.92	+2.56	+3.20
4Tw1	-3.40	-2.72	-2.04	-1.36	-0.68	6.80	+0.68	+1.36	+2.04	+2.72	+3.40
4Tw2	-3.60	-2.88	-2.16	-1.44	-0.72	7.20	+0.72	+1.44	+2.16	+2.88	+3.60
4Tw3	-3.80	-3.04	-2.28	-1.52	-0.76	7.60	+0.76	+1.52	+2.28	+3.04	+3.80
4Tw4	-4.00	-3.20	-2.40	-1.60	-0.80	8.00	+0.80	+1.60	+2.40	+3.20	+4.00
スロウ・ジャンプ											
1TTh	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	+0.11	+0.22	+0.33	+0.44	+0.55
1STh	-0.55	-0.44	-0.33	-0.22	-0.11	1.10	+0.11	+0.22	+0.33	+0.44	+0.55
1LoTh	-0.70	-0.56	-0.42	-0.28	-0.14	1.40	+0.14	+0.28	+0.42	+0.56	+0.70
1F/1LzTh	-0.70	-0.56	-0.42	-0.28	-0.14	1.40	+0.14	+0.28	+0.42	+0.56	+0.70
1TTh<	-0.42	-0.33	-0.25	-0.17	-0.08	0.83	+0.08	+0.17	+0.25	+0.33	+0.42
1STh<	-0.42	-0.33	-0.25	-0.17	-0.08	0.83	+0.08	+0.17	+0.25	+0.33	+0.42
1LoTh<	-0.53	-0.42	-0.32	-0.21	-0.11	1.05	+0.11	+0.21	+0.32	+0.42	+0.53
1F</1LzTh<	-0.53	-0.42	-0.32	-0.21	-0.11	1.05	+0.11	+0.21	+0.32	+0.42	+0.53
1ATh	-1.10	-0.88	-0.66	-0.44	-0.22	2.20	+0.22	+0.44	+0.66	+0.88	+1.10
2TTh	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	+0.25	+0.50	+0.75	+1.00	+1.25
2STh	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	+0.25	+0.50	+0.75	+1.00	+1.25
2LoTh	-1.40	-1.12	-0.84	-0.56	-0.28	2.80	+0.28	+0.56	+0.84	+1.12	+1.40
2F/2LzTh	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50

	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
	-50%	-40%	-30%	-20%	-10%		+10%	+20%	+30%	+40%	+50%
1ATh<	-0.83	-0.66	-0.50	-0.33	-0.17	1.65	+0.17	+0.33	+0.50	+0.66	+0.83
2TTh<	-0.94	-0.75	-0.56	-0.38	-0.19	1.88	+0.19	+0.38	+0.56	+0.75	+0.94
2STh<	-0.94	-0.75	-0.56	-0.38	-0.19	1.88	+0.19	+0.38	+0.56	+0.75	+0.94
2LoTh<	-1.05	-0.84	-0.63	-0.42	-0.21	2.10	+0.21	+0.42	+0.63	+0.84	+1.05
2F/2LzTh<	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	+0.23	+0.45	+0.68	+0.90	+1.13
2ATh	-2.00	-1.60	-1.20	-0.80	-0.40	4.00	+0.40	+0.80	+1.20	+1.60	+2.00
3TTh	-2.20	-1.76	-1.32	-0.88	-0.44	4.40	+0.44	+0.88	+1.32	+1.76	+2.20
3STh	-2.20	-1.76	-1.32	-0.88	-0.44	4.40	+0.44	+0.88	+1.32	+1.76	+2.20
3LoTh	-2.50	-2.00	-1.50	-1.00	-0.50	5.00	+0.50	+1.00	+1.50	+2.00	+2.50
3F/3LzTh	-2.65	-2.12	-1.59	-1.06	-0.53	5.30	+0.53	+1.06	+1.59	+2.12	+2.65
2ATh<	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50
3TTh<	-1.65	-1.32	-0.99	-0.66	-0.33	3.30	+0.33	+0.66	+0.99	+1.32	+1.65
3STh<	-1.65	-1.32	-0.99	-0.66	-0.33	3.30	+0.33	+0.66	+0.99	+1.32	+1.65
3LoTh<	-1.88	-1.50	-1.13	-0.75	-0.38	3.75	+0.38	+0.75	+1.13	+1.50	+1.88
3F/3LzTh<	-1.99	-1.59	-1.19	-0.80	-0.40	3.98	+0.40	+0.80	+1.19	+1.59	+1.99
3ATh	-3.00	-2.40	-1.80	-1.20	-0.60	6.00	+0.60	+1.20	+1.80	+2.40	+3.00
4TTh	-3.25	-2.60	-1.95	-1.30	-0.65	6.50	+0.65	+1.30	+1.95	+2.60	+3.25
4STh	-3.25	-2.60	-1.95	-1.30	-0.65	6.50	+0.65	+1.30	+1.95	+2.60	+3.25
4LoTh	-3.50	-2.80	-2.10	-1.40	-0.70	7.00	+0.70	+1.40	+2.10	+2.80	+3.50
4F/4LzTh	-3.75	-3.00	-2.25	-1.50	-0.75	7.50	+0.75	+1.50	+2.25	+3.00	+3.75
3ATh<	-2.25	-1.80	-1.35	-0.90	-0.45	4.50	+0.45	+0.90	+1.35	+1.80	+2.25
4TTh<	-2.44	-1.95	-1.46	-0.98	-0.49	4.88	+0.49	+0.98	+1.46	+1.95	+2.44
4STh<	-2.44	-1.95	-1.46	-0.98	-0.49	4.88	+0.49	+0.98	+1.46	+1.95	+2.44
4LoTh<	-2.63	-2.10	-1.58	-1.05	-0.53	5.25	+0.53	+1.05	+1.58	+2.10	+2.63
4F/4LzTh<	-2.82	-2.25	-1.69	-1.13	-0.56	5.63	+0.56	+1.13	+1.69	+2.25	+2.82
デス・スパイラル											
Fi/BiDsB	-1.30	-1.04	-0.78	-0.52	-0.26	2.60	+0.26	+0.52	+0.78	+1.04	+1.30
Fi/BiDs1	-1.45	-1.16	-0.87	-0.58	-0.29	2.90	+0.29	+0.58	+0.87	+1.16	+1.45
Fi/BiDs2	-1.60	-1.28	-0.96	-0.64	-0.32	3.20	+0.32	+0.64	+0.96	+1.28	+1.60
Fi/BiDs3	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	+0.35	+0.70	+1.05	+1.40	+1.75
Fi/BiDs4	-1.90	-1.52	-1.14	-0.76	-0.38	3.80	+0.38	+0.76	+1.14	+1.52	+1.90
Fo/BoDsB	-1.55	-1.24	-0.93	-0.62	-0.31	3.10	+0.31	+0.62	+0.93	+1.24	+1.55
Fo/BoDs1	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	+0.35	+0.70	+1.05	+1.40	+1.75
Fo/BoDs2	-1.95	-1.56	-1.17	-0.78	-0.39	3.90	+0.39	+0.78	+1.17	+1.56	+1.95
Fo/BoDs3	-2.15	-1.72	-1.29	-0.86	-0.43	4.30	+0.43	+0.86	+1.29	+1.72	+2.15
Fo/BoDs4	-2.35	-1.88	-1.41	-0.94	-0.47	4.70	+0.47	+0.94	+1.41	+1.88	+2.35
PiF	-1.10	-0.88	-0.66	-0.44	-0.22	2.20	+0.22	+0.44	+0.66	+0.88	+1.10
ペア・スピン											
PSpB	-0.85	-0.68	-0.51	-0.34	-0.17	1.70	+0.17	+0.34	+0.51	+0.68	+0.85
PSp1	-1.00	-0.80	-0.60	-0.40	-0.20	2.00	+0.20	+0.40	+0.60	+0.80	+1.00
PSp2	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	+0.25	+0.50	+0.75	+1.00	+1.25
PSp3	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50
PSp4	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	+0.35	+0.70	+1.05	+1.40	+1.75
ペア・スピン・コンビネーション											
PCoSpB	-1.25	-1.00	-0.75	-0.50	-0.25	2.50	+0.25	+0.50	+0.75	+1.00	+1.25
PCoSp1	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50
PCoSp2	-1.75	-1.40	-1.05	-0.70	-0.35	3.50	+0.35	+0.70	+1.05	+1.40	+1.75
PCoSp3	-2.00	-1.60	-1.20	-0.80	-0.40	4.00	+0.40	+0.80	+1.20	+1.60	+2.00
PCoSp4	-2.25	-1.80	-1.35	-0.90	-0.45	4.50	+0.45	+0.90	+1.35	+1.80	+2.25
PCoSpBV	-0.94	-0.75	-0.56	-0.38	-0.19	1.88	+0.19	+0.38	+0.56	+0.75	+0.94
PCoSp1V	-1.13	-0.90	-0.68	-0.45	-0.23	2.25	+0.23	+0.45	+0.68	+0.90	+1.13
PCoSp2V	-1.32	-1.05	-0.79	-0.53	-0.26	2.63	+0.26	+0.53	+0.79	+1.05	+1.32
PCoSp3V	-1.50	-1.20	-0.90	-0.60	-0.30	3.00	+0.30	+0.60	+0.90	+1.20	+1.50
PCoSp4V	-1.69	-1.35	-1.01	-0.68	-0.34	3.38	+0.34	+0.68	+1.01	+1.35	+1.69

コレオグラフィック・シーケンス, シングル&ペア・スケーティング											
	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
ChSq	-2,50	-2,00	-1.50	-1,00	-0.50	3.0	+0.50	+1.00	+1.50	+2.00	+2.50

諸注意：

1. 価値尺度（SOV）はパーセンテージ方式となっている。すなわち、出来栄え（GOE）が1，上下するごとに，SOVは，基礎値（BV）の10%上下する。
2. コレオグラフィック・シーケンスについてもGOEの上下ごとに一定の割合で上下するが，その割合は他の要素より大きい。
3. 記号“<”，“e”，“V”が付された要素については，フルの基礎値（BV）ではなく減点後の基礎値（BV）に対するパーセントとする。
4. ジャンプ・コンビネーションやジャンプ・シーケンスでは，最高難度のジャンプの数値をGOEとする際に記号“<”，“e”，“V”を考慮する（たとえば3Lo<は減点後の基礎値が3.92であり，それに比べれば基礎値4.2の3Tのほうが高難度と判定される）。
5. ただし，ジャンプ基礎値が70%となる記号“+Rep”については，上記の取り扱いを行わない。“+Rep”は出来栄えと関係がないからで，この場合，もともとの基礎値に対するパーセントからGOEを算出する。