PAIRS VALUES
ROLLART

PAIRS VALUES - ROLLART

Note: for jumps, spins and step sequence values refer to free skating file

LIFTS								
	LEVEL	CODE	3	2	1	BASE	-1	-2	-3
Lift No Level	0	NL	0	0	0	0	0	0	0
Low Militano Lift	1	LMB	0.6	0.4	0.2	1.2	-0.2	-0.4	-0.6
Low Militano Lift	2	LM1	0.6	0.4	0.2	1.5	-0.2	-0.4	-0.6
Low Militano Lift	3	LM2	0.6	0.4	0.2	1.7	-0.2	-0.4	-0.6
Low Militano Lift	4	LM3	0.6	0.4	0.2	1.9	-0.2	-0.4	-0.6
Low Militano Lift	5	LM4	0.6	0.4	0.2	2.1	-0.2	-0.4	-0.6
Axel Lift	2	Ax1	0.3	0.2	0.1	1	-0.1	-0.2	-0.3
Axel Lift	3	Ax2	0.6	0.4	0.2	1.2	-0.2	-0.4	-0.6
Axel Lift	4	Ax3	0.6	0.4	0.2	1.4	-0.2	-0.4	-0.6
Axel Lift	5	Ax4	0.6	0.4	0.2	1.6	-0.2	-0.4	-0.6
Flip Lift	2	Fl1	0.6	0.4	0.2	1.2	-0.2	-0.4	-0.6
Flip Lift	3	Fl2	0.6	0.4	0.2	1.4	-0.2	-0.4	-0.6
Flip Lift	4	Fl3	0.6	0.4	0.2	1.6	-0.2	-0.4	-0.6
Flip Lift	5	Fl4	0.6	0.4	0.2	1.8	-0.2	-0.4	-0.6
Low Press Lift	1	LPB	0.6	0.4	0.2	1.2	-0.2	-0.4	-0.6
Low Press Lift	2	LP1	0.6	0.4	0.2	1.3	-0.2	-0.4	-0.6
Low Press Lift	3	LP2	0.6	0.4	0.2	1.5	-0.2	-0.4	-0.6
Low Press Lift	4	LP3	0.6	0.4	0.2	1.7	-0.2	-0.4	-0.6
Low Press Lift	5	LP4	0.6	0.4	0.2	2	-0.2	-0.4	-0.6
Low Kennedy Lift	1	LKB	0.6	0.4	0.2	1.1	-0.2	-0.4	-0.6
Low Kennedy Lift	2	LK1	0.6	0.4	0.2	1.4	-0.2	-0.4	-0.6
Low Kennedy Lift	3	LK2	0.6	0.4	0.2	1.6	-0.2	-0.4	-0.6
Low Kennedy Lift	4	LK3	0.6	0.4	0.2	1.8	-0.2	-0.4	-0.6
Low Kennedy Lift	5	LK4	0.6	0.4	0.2	2	-0.2	-0.4	-0.6
Axel Lift	1	AxB	0.3	0.2	0.1	0.8	-0.1	-0.2	-0.3
Flip Lift	1	FlB	0.6	0.4	0.2	0.9	-0.2	-0.4	-0.6
Airplane Lift	1	AirB	0.6	0.4	0.2	1.8	-0.2	-0.4	-0.6
Airplane Lift	2	Air1	0.9	0.6	0.3	2.1	-0.3	-0.6	-0.9
Airplane Lift	3	Air2	0.9	0.6	0.3	2.4	-0.3	-0.6	-0.9
Airplane Lift	4	Air3	0.9	0.6	0.3	2.7	-0.3	-0.6	-0.9
Airplane Lift	5	Air4	0.9	0.6	0.3	3.1	-0.3	-0.6	-0.9
Pancake Lift	1	PanB	0.9	0.6	0.3	2.3	-0.3	-0.6	-0.9
Pancake Lift	2	Pan1	0.9	0.6	0.3	2.6	-0.3	-0.6	-0.9
Pancake Lift	3	Pan2	0.9	0.6	0.3	2.9	-0.3	-0.6	-0.9
Pancake Lift	4	Pan3	0.9	0.6	0.3	3.2	-0.3	-0.6	-0.9
Pancake Lift	5	Pan4	0.9	0.6	0.3	3.6	-0.3	-0.6	-0.9
Press Lift	1	PrB	0.9	0.6	0.3	2.7	-0.3	-0.6	-0.9
Press Lift	2	Pr1	0.9	0.6	0.3	3	-0.3	-0.6	-0.9
Press Lift	3	Pr2	0.9	0.6	0.3	3.3	-0.3	-0.6	-0.9
Press Lift	4	Pr3	0.9	0.6	0.3	3.6	-0.3	-0.6	-0.9
Press Lift	5	Pr4	0.9	0.6	0.3	4	-0.3	-0.6	-0.9

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Element		Code							
Cartwheel Lift	1	CarB	1.2	0.8	0.4	**4.1**	-0.4	-0.8	-1.2
Cartwheel Lift	2	Car1	1.2	0.8	0.4	**4.4**	-0.4	-0.8	-1.2
Cartwheel Lift	3	Car2	1.2	0.8	0.4	**4.8**	-0.4	-0.8	-1.2
Cartwheel Lift	4	Car3	1.5	1	0.5	**5.2**	-0.5	-1	-1.5
Cartwheel Lift	5	Car4	1.5	1	0.5	**5.7**	-0.5	-1	-1.5
Reversed Loop	1	RLoB	0.9	0.6	0.3	**2.7**	-0.3	-0.6	-0.9
Reversed Loop	2	RLo1	0.9	0.6	0.3	**3**	-0.3	-0.6	-0.9
Reversed Loop	3	RLo2	0.9	0.6	0.3	**3.3**	-0.3	-0.6	-0.9
Reversed Loop	4	RLo3	0.9	0.6	0.3	**3.6**	-0.3	-0.6	-0.9
Reversed Loop	5	RLo4	1.2	0.8	0.4	**4**	-0.4	-0.8	-1.2
Pancake Twist Lift	1	PanTB	0.9	0.6	0.3	**3.7**	-0.3	-0.6	-0.9
Pancake Twist Lift	2	PanT1	0.9	0.6	0.3	**4**	-0.3	-0.6	-0.9
Pancake Twist Lift	3	PanT2	1.2	0.8	0.4	**4.3**	-0.4	-0.8	-1.2
Pancake Twist Lift	4	PanT3	1.2	0.8	0.4	**4.6**	-0.4	-0.8	-1.2
Pancake Twist Lift	5	PanT4	1.2	0.8	0.4	**5**	-0.4	-0.8	-1.2
Kennedy Lift	1	KenB	1.5	1	0.5	**5.1**	-0.5	-1	-1.5
Kennedy Lift	2	Ken1	1.5	1	0.5	**5.4**	-0.5	-1	-1.5
Kennedy Lift	3	Ken2	1.5	1	0.5	**5.7**	-0.5	-1	-1.5
Kennedy Lift	4	Ken3	1.7	1.2	0.7	**6**	-0.7	-1.2	-1.7
Kennedy Lift	5	Ken4	1.7	1.2	0.7	**6.4**	-0.7	-1.2	-1.7
Militano Lift	1	MilB	1.5	1	0.5	**5.5**	-0.5	-1	-1.5
Militano Lift	2	Mil1	1.5	1	0.5	**5.8**	-0.5	-1	-1.5
Militano Lift	3	Mil2	1.7	1.2	0.7	**6.1**	-0.7	-1.2	-1.7
Militano Lift	4	Mil3	1.7	1.2	0.7	**6.4**	-0.7	-1.2	-1.7
Militano Lift	5	Mil4	1.7	1.2	0.7	**6.8**	-0.7	-1.2	-1.7
Reverse Militano Lift	1	RMilB	1.5	1	0.5	**6.5**	-0.5	-1	-1.5
Reverse Militano Lift	2	RMil1	1.5	1	0.5	**6.8**	-0.5	-1	-1.5
Reverse Militano Lift	3	RMil2	1.7	1.2	0.7	**7.1**	-0.7	-1.2	-1.7
Reverse Militano Lift	4	RMil3	1.7	1.2	0.7	**7.4**	-0.7	-1.2	-1.7
Reverse Militano Lift	5	RMil4	1.7	1.2	0.7	**7.8**	-0.7	-1.2	-1.7
Reverse Cartwheel Lift	1	RevCB	1.7	1.2	0.7	**6.3**	-0.7	-1.2	-1.7
Reverse Cartwheel Lift	2	RevC1	1.7	1.2	0.7	**6.6**	-0.7	-1.2	-1.7
Reverse Cartwheel Lift	3	RevC2	1.7	1.2	0.7	**7**	-0.7	-1.2	-1.7
Reverse Cartwheel Lift	4	RevC3	1.9	1.4	0.9	**7.4**	-0.9	-1.4	-1.9
Reverse Cartwheel Lift	5	RevC4	1.9	1.4	0.9	**7.9**	-0.9	-1.4	-1.9
Spin Pancake Lift	1	SpPanB	1.7	1.2	0.7	**6.6**	-0.7	-1.2	-1.7
Spin Pancake Lift	2	SpPan1	1.7	1.2	0.7	**6.9**	-0.7	-1.2	-1.7
Spin Pancake Lift	3	SpPan2	1.9	1.4	0.9	**7.3**	-0.9	-1.4	-1.9
Spin Pancake Lift	4	SpPan3	1.9	1.4	0.9	**7.7**	-0.9	-1.4	-1.9
Spin Pancake Lift	5	SpPan4	2.1	1.6	1.1	**8.1**	-1.1	-1.6	-2.1

CONTACT SPINS								
	CODE	3	2	1	BASE	-1	-2	-3
Contact Spin No Level	NCS	0	0	0	**0**	0	0	0
No Level Upr Back-Out	NLUbo	0	0	0	**0**	0	0	0
Upright Back-Out Spin	UBO	0.3	0.2	0.1	**0.6**	-0.1	-0.2	-0.3
No Level Catch at Waist	NLCw	0	0	0	**0**	0	0	0
Catch at Waist	CW	0.6	0.4	0.2	**1.4**	-0.2	-0.4	-0.6
No Level FtF Sit Back Ins	NLSbi	0	0	0	**0**	0	0	0
FtF Sit Back Inside Spin	SBI	0.6	0.4	0.2	**1.1**	-0.2	-0.4	-0.6

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		3	2	1	BASE	-1	-2	-3
No Level FtF Sit Back Out	NLSbo	0	0	0	**0**	0	0	0
FtF Sit Back Out Spin	SBO	0.6	0.4	0.2	**1.1**	-0.2	-0.4	-0.6
No Level Sit Hazel Camel	NLShC	0	0	0	**0**	0	0	0
Sit Hazel Spin Camel	SHC	0.6	0.4	0.2	**1.0**	-0.2	-0.4	-0.6
No Level Sit Hazel	NLSh	0	0	0	**0**	0	0	0
Sit Hazel Spin	SH	0.6	0.4	0.2	**1.2**	-0.2	-0.4	-0.6
No Level Camel Kilian	NLCk	0.0	0.0	0.0	**0.0**	0.0	0.0	0
Camel Kilian Spin	CK	0.6	0.4	0.2	**1.5**	-0.2	-0.4	-0.6
No Level Camel Tango	NLCt	0.0	0.0	0.0	**0.0**	0.0	0.0	0
Camel Tango Spin	CT	0.6	0.4	0.2	**1.8**	-0.2	-0.4	-0.6
No Level Impossible Sit	NLSim	0.0	0.0	0.0	**0.0**	0.0	0.0	0
Impossible Sit Spin	SIMP	1.5	1.0	0.5	**5.5**	-0.5	-1.0	-1.5
No Level Rev Lay Over	NLRlo	0.0	0.0	0.0	**0.0**	0.0	0.0	0
Reverse Lay Over Spin	RLO	1.2	0.8	0.4	**5.0**	-0.4	-0.8	-1.2
No Level Impossible	NLImp	0.0	0.0	0.0	**0.0**	0.0	0.0	0
Impossible Spin	CIMP	0.9	0.6	0.3	**3.5**	-0.3	-0.6	-0.9
No Level Lay Over Camel	NLLoc	0.0	0.0	0.0	**0.0**	0.0	0.0	0
Lay Over Camel Spin	LOC	0.9	0.6	0.3	**2.5**	-0.3	-0.6	-0.9

SPIRALS

	LEVEL	CODE	3	2	1	BASE	-1	-2	-3
Camel Spiral		CS	0.6	0.4	0.2	**1.5**	-0.2	-0.4	-0.6
No Death Spiral		NDS	0	0	0	**0**	0	0	0
Death Spiral	Base	DSB	0.9	0.6	0.3	**3.6**	-0.3	-0.6	-0.9
	1	DS1	0.9	0.6	0.3	**4.1**	-0.3	-0.6	-0.9
	2	DS2	1.5	1	0.5	**5.1**	-0.5	-1	-1.5
	3	DS3	1.5	1	0.5	**5.7**	-0.5	-1	-1.5
	4	DS4	1.7	1.2	0.7	**6.3**	-0.7	-1.2	-1.7

THROW JUMPS

	CODE	3	2	1	BASE	<	<<	-1	-2	-3
No Throw Jump	NTJ				**0**					
Throw Waltz Jump	1TW	0.3	0.2	0.1	**0.4**	0.00	0.00	-0.1	-0.2	-0.3
Throw Toeloop	1TT	0.3	0.2	0.1	**0.9**	0.63	0.36	-0.1	-0.2	-0.3
Throw Salchow	1TS	0.3	0.2	0.1	**0.8**	0.56	0.32	-0.1	-0.2	-0.3
Throw Loop	1TL	0.3	0.2	0.1	**1.1**	0.77	0.44	-0.1	-0.2	-0.3
Throw Flip	1TF	0.3	0.2	0.1	**1**	0.7	0.4	-0.1	-0.2	-0.3
Throw Axel	1TAx	0.4	0.2	0.1	**1.4**	0.98	0.56	-0.1	-0.2	-0.4
Throw 2 Toeloop	2TT	0.6	0.4	0.2	**2.1**	1.47	1.05	-0.2	-0.4	-0.6
Throw 2 Salchow	2TS	0.6	0.4	0.2	**2**	1.4	1	-0.2	-0.4	-0.6
Throw 2 Loop	2TL	0.6	0.4	0.2	**2.5**	1.75	1.25	-0.2	-0.4	-0.6
Throw 2 Flip	2TF	0.6	0.4	0.2	**2.3**	1.61	1.15	-0.2	-0.4	-0.6
Throw 2 Axel	2TAx	1.7	1.2	0.7	**6.7**	5.36	4.02	-0.7	-1.2	-1.7
Throw 3 Toeloop	3TT	1.7	1.2	0.7	**6.9**	5.52	4.14	-0.7	-1.2	-1.7
Throw 3 Salchow	3TS	1.7	1.2	0.7	**6.7**	5.36	4.02	-0.7	-1.2	-1.7
Throw 3 Loop	3TL	2.1	1.4	0.7	**8.5**	6.8	5.1	-0.7	-1.4	-2.1
Throw 3 Flip	3TF	2.1	1.4	0.7	**8.2**	6.56	4.92	-0.7	-1.4	-2.1
Throw 3 Axel	3TAx	3	2	1	**11.9**	9.52	8.33	-1	-2	-3
Throw 4 Toe Loop	4TT	3	2	1	**13.9**	11.12	9.73	-1	-2	-3
Throw 4 Salchow	4TS	3	2	1	**13.7**	10.96	9.59	-1	-2	-3

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			3	2	1	BASE	<	<<	-1	-2	-3
Throw 4 Loop	4TL		3	2	1	**16.5**	13.2	11.55	-1	-2	-3
Throw 4 Flip	4TF		3	2	1	**15.6**	12.48	10.92	-1	-2	-3

TWIST LIFT											
	LEVEL	CODE	3	2	1	BASE	<	<<	-1	-2	-3
No Twist		NT				**0.0**					
Twist Lutz No Level	0	NT	0	0	0	**0**	0	0	0	0	0
1 Twist Lutz	0	NL1Tw	0	0	0	**0**	0	0	0	0	0
1 Twist Lutz	1	1TwB	0.4	0.2	0.1	**1.4**	0.98	0.56	-0.1	-0.2	-0.4
1 Twist Lutz	2	1Tw1	0.6	0.4	0.2	**1.7**	1.19	0.68	-0.2	-0.4	-0.6
1 Twist Lutz	3	1Tw2	0.6	0.4	0.2	**2.1**	1.47	0.84	-0.2	-0.4	-0.6
1 Twist Lutz	4	1Tw3	0.9	0.6	0.3	**2.6**	1.82	1.04	-0.3	-0.6	-0.9
1 Twist Lutz	5	1Tw4	0.9	0.6	0.3	**3.1**	1.82	1.24	-0.3	-0.6	-0.9
2 Twist Lutz	0	NL2Tw	0	0	0	**0**	0	0	0	0	0
2 Twist Lutz	1	2TwB	0.9	0.6	0.3	**2.8**	1.96	1.4	-0.3	-0.6	-0.9
2 Twist Lutz	2	2Tw1	0.9	0.6	0.3	**3.1**	2.17	1.55	-0.3	-0.6	-0.9
2 Twist Lutz	3	2Tw2	0.9	0.6	0.3	**3.4**	2.38	1.7	-0.3	-0.6	-0.9
2 Twist Lutz	4	2Tw3	0.9	0.6	0.3	**3.8**	2.66	1.9	-0.3	-0.6	-0.9
2 Twist Lutz	5	2Tw4	0.9	0.6	0.3	**4.2**	2.17	2.1	-0.3	-0.6	-0.9
3 Twist Lutz	0	NL3Tw	0	0	0	**0**	0	0	0	0	0
3 Twist Lutz	1	3TwB	1.7	1.2	0.7	**7**	4.9	4.2	-0.7	-1.2	-1.7
3 Twist Lutz	2	3Tw1	1.7	1.2	0.7	**7.3**	5.11	4.38	-0.7	-1.2	-1.7
3 Twist Lutz	3	3Tw2	1.7	1.2	0.7	**7.6**	5.32	4.56	-0.7	-1.2	-1.7
3 Twist Lutz	4	3Tw3	1.7	1.2	0.7	**8**	5.6	4.8	-0.7	-1.2	-1.7
3 Twist Lutz	5	3Tw4	1.7	1.2	0.7	**8.4**	5.88	5.04	-0.7	-1.2	-1.7
4 Twist Lutz	0	NL4Tw	1.7	1.2	0.7	**8.4**	5.6	4.8	-0.7	-1.2	-1.7
4 Twist Lutz	1	4TwB	2.1	1.4	0.7	**8.2**	6.56	4.92	-0.7	-1.4	-2.1
4 Twist Lutz	2	4Tw1	2.1	1.4	0.7	**8.5**	6.8	5.1	-0.7	-1.4	-2.1
4 Twist Lutz	3	4Tw2	2.1	1.4	0.7	**8.8**	7.04	5.28	-0.7	-1.4	-2.1
4 Twist Lutz	4	4Tw3	3	2	1	**9.1**	7.28	5.46	-1	-2	-3
4 Twist Lutz	5	4Tw4	3	2	1	**9.6**	7.68	5.76	-1	-2	-3