# IJS Competitive Strategies for the 2009 Competitive Season

**Competitive Strategies**

Strategies that apply to maximizing the total GOE points include the incorporation of elements that the skater has not mastered and can perform consistently in a short or long program.

Skaters and coaches need to consider the probability of each element will be performed at a satisfactory level. Adding difficulty to the program increases the risk of performance errors.

Skaters and coaches need to objective determine if the points for the GOEs and the PCs are roughly equal and confirm to the criteria for a "Well Balanced Program".

Edge deductions, under rotated jumps resulting in the jump being downgraded, and associated falls are commonly observed. Generally these skaters are unable to perform "clean" programs in their practice sessions so it is not surprising that these errors are frequently observed in competitions.

The most common edge deductions occur on the Lutz takeoff.

The base value of a double Lutz is 1.9

| | | |
|---|---|---|
| | 1.9 | |
| Edge alert | -.1 | GOE |
| Total | 1.8 | |

The base value of a double Lutz is 1.9

| | | |
|---|---|---|
| | 1.9 | |
| Incorrect edge | -.2 | GOE |
| Total | 1.7 | |

If the rotation is short more than 1/4, the jump is downgraded.

The base value of a double Lutz is 1.9 reduced to a single Lutz to .6

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|---|---|---|
| | -2 or | -3 GOE |
| | Total | .3 |

The base value of a double Lutz is 1.9

| | | |
|---|---|---|
| | 1.9 | |
| 1 or 2 bullets | +.1 | GOE |
| Total | 2.0 | |

The base value of a double Lutz is 1.9

| | | |
|---|---|---|
| | 1.9 | |
| 3 or 4 bullets | +.2 | GOE |
| Total | 2.1 | |

The base value of a double Lutz is 1.9

| | | |
|---|---|---|
| | 1.9 | |
| 5 or 6 bullets | +.3 | GOE |
| Total | 2.2 | |

When a skater attempts a jump they can not consistently perform, they risk a fall that is an automatic full point deduction plus a downgraded jump that also results a negative GOE score. When combined with the base value, the total adjusted GOE value results in a major loss of points.

Many coaches and skaters are obsessed about achieving a higher level for jumps, spins, and step/spiral sequences and don't seem to consider that the total value for the element must also consider the negative tradeoff of lower Program Component scores.

Skaters and coaches need to compare the effect of positive GOEs on the total program score because skaters can perform elements with lower levels of difficulty at a higher level of performance.

Refer to ISU Communication 1505. Skaters and coaches should not forget the influence of positive and negative GOE's have on the judges who award marks for Program Components.

## ISU Communication No. 1505

**Guidelines for marking GOE of Single/Pair Elements (positive aspects)**

These guidelines are tools to be used together with the minus GOE charts, to establish the final GOE of a performed element based on the results of positive and negative aspects.

The final GOE of an element is calculated considering the positive aspects of the elements that result in a starting GOE for the evaluation. Following that a Judge reduces the GOE according to the guidelines of possible errors and the result will be the final GOE of the element.

Judges establish the starting GOE by taking into consideration the bullets for each element. The Judge decides the number of bullets and uses this information in arriving at their GOE.

**+ 1 : 1 or 2 bullets** **+ 2 : 3 or 4 bullets** **+ 3 : 5 or 6 bullets**

| | |
|---|---|
| **Jump Elements** | • unexpected / creative / difficult entry<br>• clear recognizable steps/free skating movements immediately preceding element<br>• varied position in the air / delay in rotation<br>• great height and/or distance<br>• superior extension on landing / creative exit<br>• superior flow in and out (and in-between in jump combinations / sequences |
| **Step Sequences** | • good energy and execution<br>• good speed or acceleration during sequence<br>• good timing according to the music<br>• highlights the character of the program<br>• superior control and commitment of whole body to accuracy of steps<br>• creativity and originality |
| **Spiral Sequences** | • good flow, energy, and execution<br>• good speed or acceleration during sequence<br>• good body line<br>• highlights the character of the program<br>• superior control and flexibility<br>• creativity and originality |
| **Spin Elements** | • good control throughout (entry, rotation, change of foot, conclusion/exit)<br>• good speed or acceleration during spin<br>• balanced rotations (on different feet / in different positions or variations<br>• clearly more than required number of revolutions<br>• superior position(s) including the air position in flying spins<br>• creativity and originality |