

Exercise	Example number	Reference score box	Reason	End score	additional NOTE
Scissor forward	1	7	<p>At the highest point:</p> <ul style="list-style-type: none"> • Medium arm extension AND Angle between upper body and horizontal: 45° AND Rotation of pelvis before lowering phase: 60° • almost soft landing, but uncentered; fluently sliding to correct backward seat. 	6,7	2 minuses from the RS box used- No additional deductions
Scissor forward	2	6	<ul style="list-style-type: none"> • Medium arm extension AND Angle between upper body and horizontal: 60° AND Rotation of pelvis before lowering phase: 0° 	5,8	2 minuses from the RS box used. No additional deductions
Scissor forward	3	5	<p>— At the beginning of the Landing phase, rotation of the pelvis 0° plus i deducte 0,2 for adjusting the backwards seat which is part of the landing phase PLUS piking</p>	4,3	1 minus, no additional deductions and I chose the highest possible score for RS box 5
Scissor forward	4	6	<ul style="list-style-type: none"> • Medium arm extension AND Angle between upper body and horizontal: 60° AND Rotation of pelvis before lowering phase: 0° <p>problems with the movement quality</p>	5,2	no additional deductions
Scissor forward	5	10	<p>as the box has no minuses mentioned we need to decide whether it was Excellent for 10 or some small deviations within the box. In my opinion there was a slight stop by the landing phase</p>	9,2	no additional deductions

<https://www.youtube.com/watch?v=h-nb11g7K0>