

Axel technique Score

During the backward outside edge
Support axis is aligned (white line) and leaned into the circle.
Skating knee can be bent or almost extended.
Skating a curvilinear trajectory.
Shoulders & hips lines are square and parallel.
Free hip and upper body are opened, with the head looking into the direction of the jump.
Arm movement is done according the range of motion of the skater and his way to do his rotational move.
Position on the blade: middle forward

Support of the free leg on ice
Is body weight transfer active?

Take-off
Extension phase done.
Complete the rotational arms move.
Body angle is inclined.
Body faces the future landing spot.

Angular Velocity
Data collected in the average range of the database?

Final air position
Optimal posture? (Tight, arms close to the upper body, legs motionless).

Final Score
Scoring as close to 100 points as possible will increase the chance of getting a high success rate.



Status	✗ correction required
✓	
✗	correction required
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✓	
✗	correction required

Status

✗

 correction required

Status	✓
✓	
✓	
✓	

20.944 rad/s

✓

✓

57%

Axel technique Data



Flight time
Does the skater reach the minimun flight time
to succeed the jump?
t(f): 0.500 s

Status

✓

Launch Angle
La (α): 26 °

>40°	Ineffective parabolic path
30-40°	Optimal parabolic path
<30°	Ineffective parabolic path

The optimal launch angle will contribute to the skater getting a parabolic path in the air.

Basic angles

Air posture1: 14 °
Air posture2: 14 °
Is it correct?

Status

✓

Body angle at Take-off: 5 °
Body angle at Landing: 10 °
Is it correct?

Status

✓