This paragraph has a SpaceBefore of 10 cm defined, but SpaceBefore is always ignored for the first paragraph of a page.

This paragraph has a SpaceBefore of 20 pt defined. This paragraph has a SpaceAfter of 20 pt defined.

This paragraph has no SpaceBefore and SpaceAfter defined. But due to the last paragraph's SpaceAfter and the next paragraph's SpaceBefore, there is actually space before and after this paragraphs, as the bigger values win.

This paragraph has a SpaceBefore of 10 pt and a SpaceAfter of 20 pt defined.

This paragraph has also a SpaceBefore of 10 pt and a SpaceAfter of 20 pt defined. Due to the last paragraph's SpaceAfter, there is actually space of 20 pt before it, as the bigger value wins.