

Level I – Program

Skaters name: _____

Program – Level I	
Duration	1 min +/- 10 sec
Elements	Badges 1-5

The skaters will perform the selected **six elements** listed below from Badges 1-5 and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements	
Fsw	Forward swizzles (at least 5)
Bsw	Backward swizzles (at least 5)
FGl	Forward one-foot glide left and right (length of glide is considered in GOE)
TFJu	Two-foot jump in place or moving (forward only)
FSst	One-foot forward snowplow stop (left or right)
FTCu	Forward two-foot curves left and right (feet should be parallel and leaning on a curve)

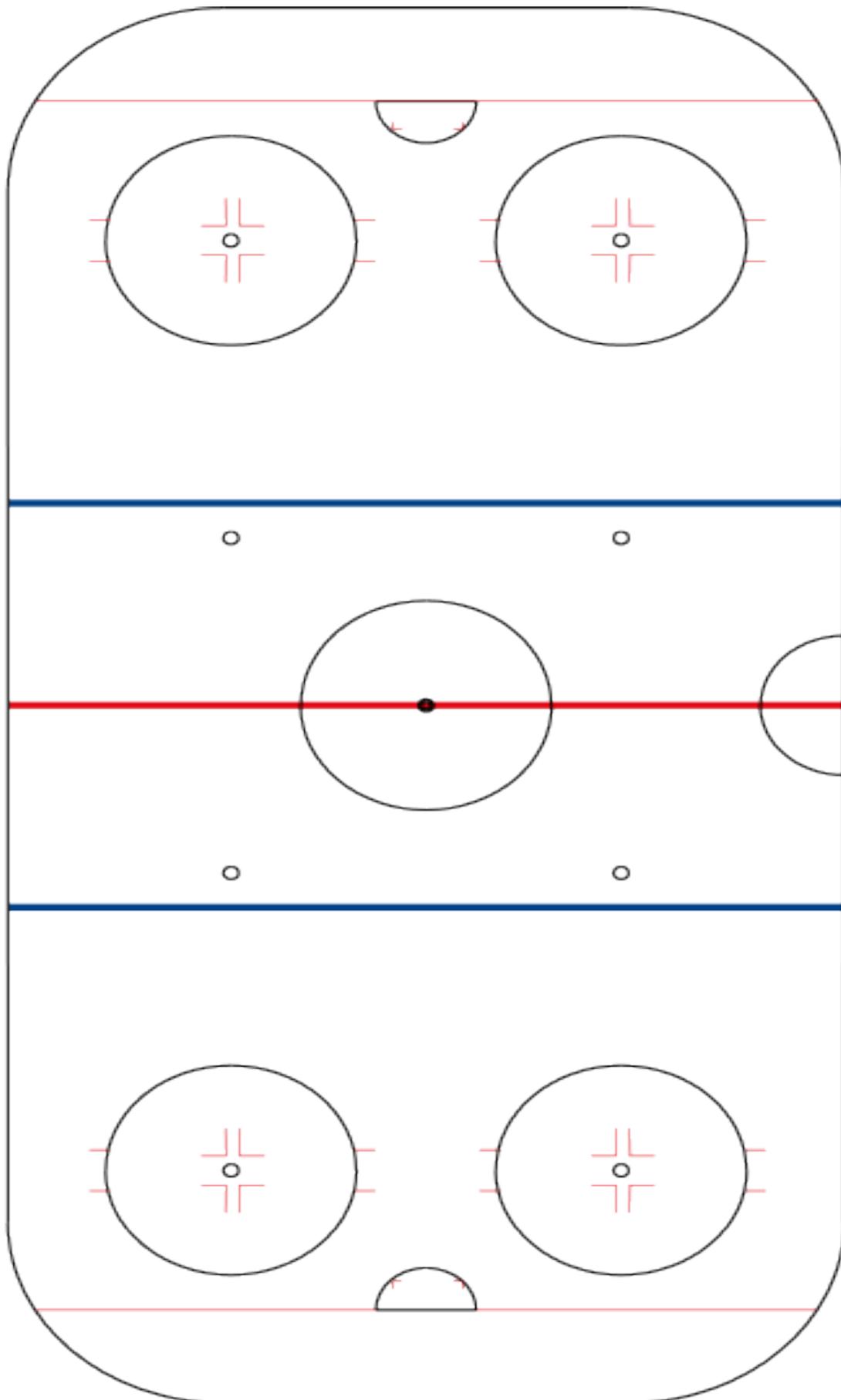
Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-5.

Transitional moves – Badges 1-5	
	2-foot glide forward
	Backward wiggle or march
	Forward skating
	Forward gliding dip
	Backward 2-foot glide
	Forward stroking across
	2-foot turn front-to-back, on the spot

No elements above Badge 5 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element from a higher Badge

Level I – Program

Skaters name: _____



No elements above Badge 5 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element from a higher Badge

Level II – Program

Skaters name: _____

Program – Level II	
Duration	1 min 30 sec +/- 10 sec
Elements	Badges 1-9

The skaters will perform the selected **seven elements** listed below from Badges 1-9 and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements	
BHo	Bunny hop
TSt	T-stop left or right
BSt	Backward stroking (6-8 strokes alternating feet)
FTFSp	Forward two-foot spin (minimum of three revolutions)
FOTTu	Forward outside three-turn (left and right) (in place or moving) this is considered as one element and the three turns must consecutive follow each other, but minimal steps in between are allowed
FCr	Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)
Flu	Forward lunge or Shoot the Duck (at any depth)

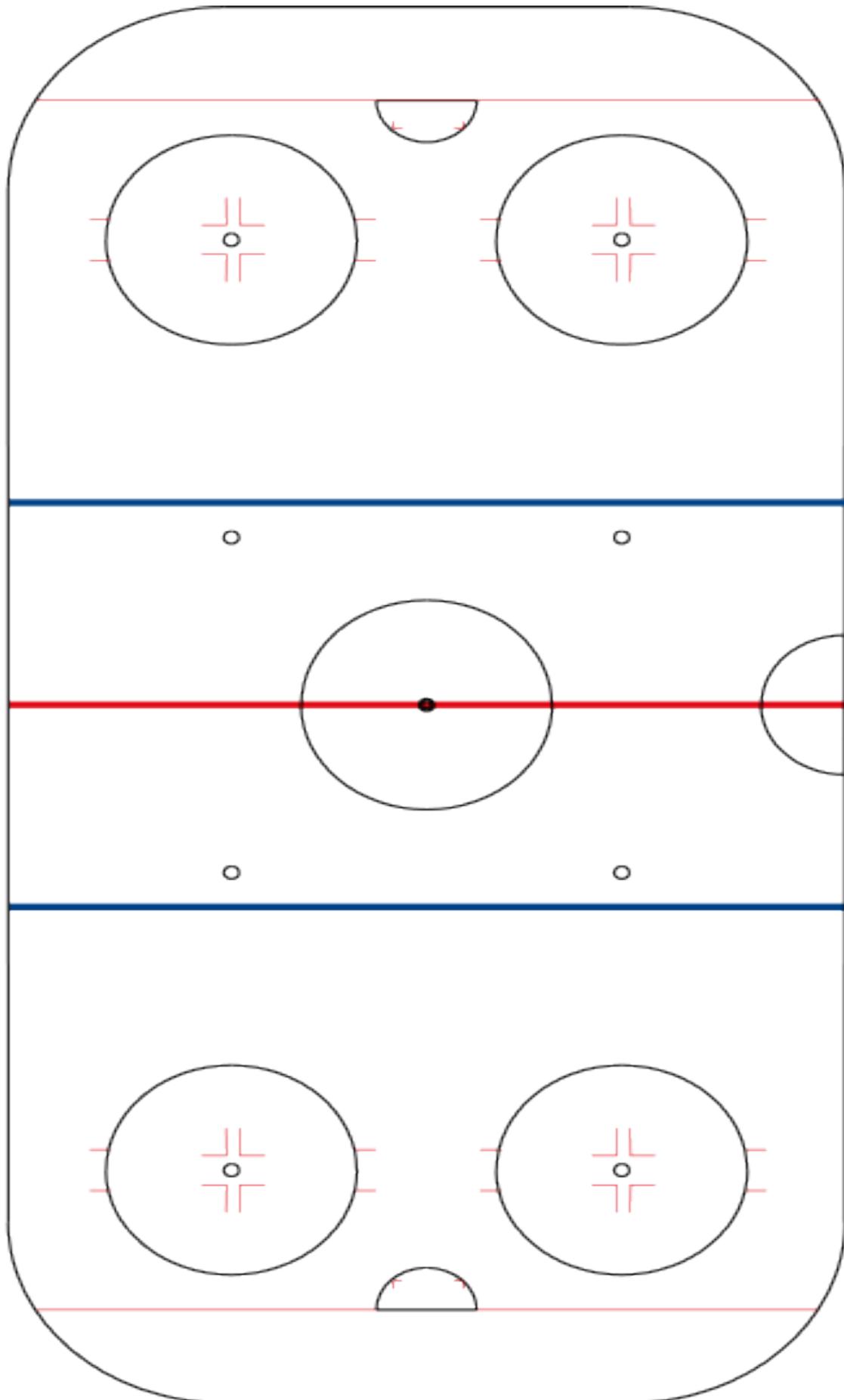
Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-9.

Transitional moves – Badges 1-9	
	2-foot glide forward
	Forward swizzles
	Forward skating
	Forward gliding dip
	Backward 2-foot glide
	2-foot jump
	1-foot snowplow stop
	Forward 1-foot glide
	Forward stroking
	Backward swizzles
	Forward 2-foot curves
	2-foot turn front-to-back, on the spot
	Gliding forward-to-backward 2-foot turn
	Forward 1-foot swizzles on circle
	Backward 1-foot glide
	Forward pivot
	Gliding backward-to-forward 2-foot turn
	Forward 2-foot turn on a circle
	Forward outside edge
	Backward 1-foot swizzles on a circle
	Forward inside edge

No elements above Badge 9 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element

Level II – Program

Skaters name: _____



No elements above Badge 9 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element

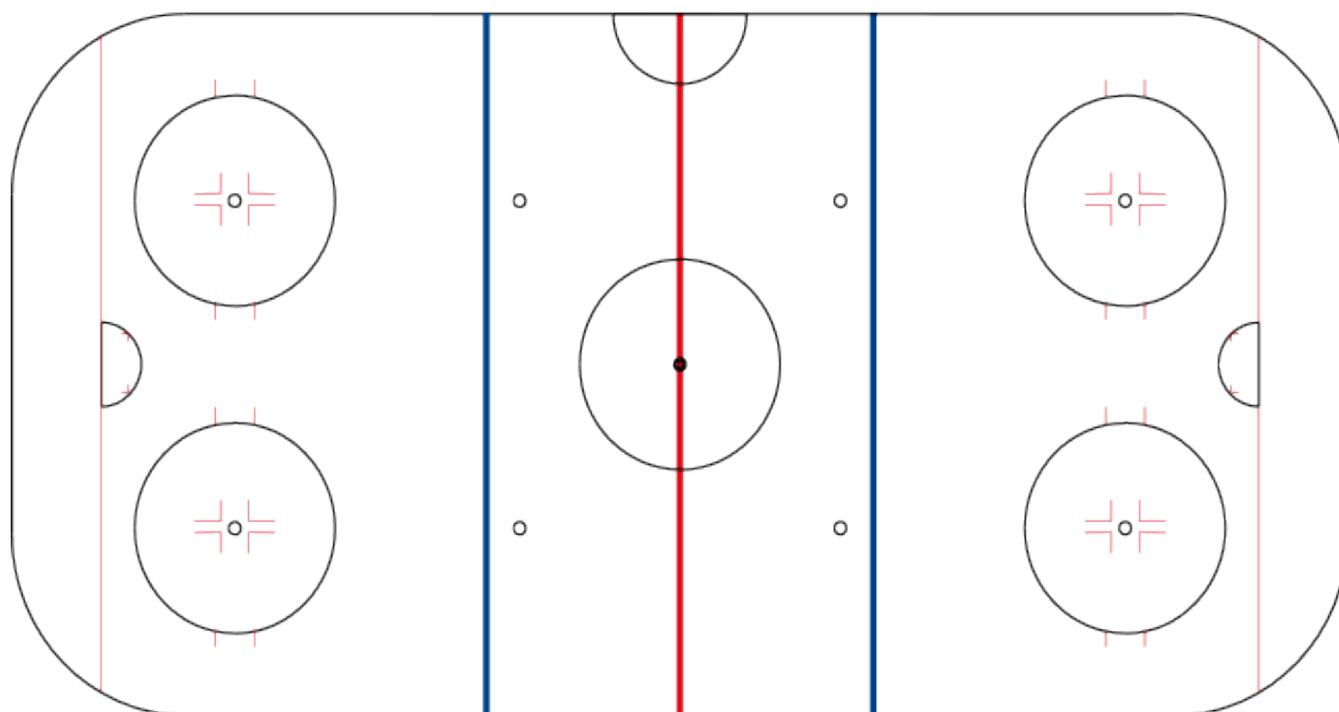
Level III – Program

Skaters name: _____

Program – Level III	
Duration	2 min +/- 10 sec
Elements	Badges 1-12

The skaters will perform the selected **seven elements** listed below from Badges 1-9 and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements	
FSp	Forward spiral
Usp	One foot upright spin / Scratch Spin (minimum of three (3) revolutions)
W	Waltz Jump in place or moving
BCr	Consecutive backwards crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)
FIEd	Consecutive forward inside edges (set of four edges alternating feet = a total of four edges)
FITTu	Forward inside three-turn (left and right) (in place or moving) – this is considered as one element and the three turns must consecutive follow each other, but minimal steps in between are allowed
StSq	Step Sequence consisting of steps and turns from Badge 9-12 (covering at least half of the ice surface, straight line or circular pattern can be used)



No elements above Badge 12 are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Badge.

Level III – Program

Skaters name: _____

Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-12.

Transitional moves – Badges 1-12	
	2-foot glide forward
	Forward swizzles
	Forward skating
	Forward gliding dip
	Backward 2-foot glide
	2-foot jump
	1-foot snowplow stop
	Forward 1-foot glide
	Forward stroking
	Backward swizzles
	Forward 2-foot curves
	2-foot turn front-to-back, on the spot
	Gliding forward-to-backward 2-foot turn
	Forward 1-foot swizzles on circle
	Backward 1-foot glide
	Forward pivot
	Backward stroking across the rink
	Gliding backward-to-forward 2-foot turn
	T-Stop left or right
	Forward 2-foot turn on a circle
	Consecutive forward crossovers
	Forward outside edge
	Backward 1-foot swizzles on a circle
	2-foot spin
	Forward outside 3-turn
	Forward inside edge
	Forward lunge or shoot the duck
	Bunny hop
	Hockey stop
	Forward inside Mohawk
	Consecutive backward outside edges
	Consecutive backward inside edges
	Forward crossover, inside Mohawk, backward crossover, step forward

No elements above Badge 12 are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Badge.

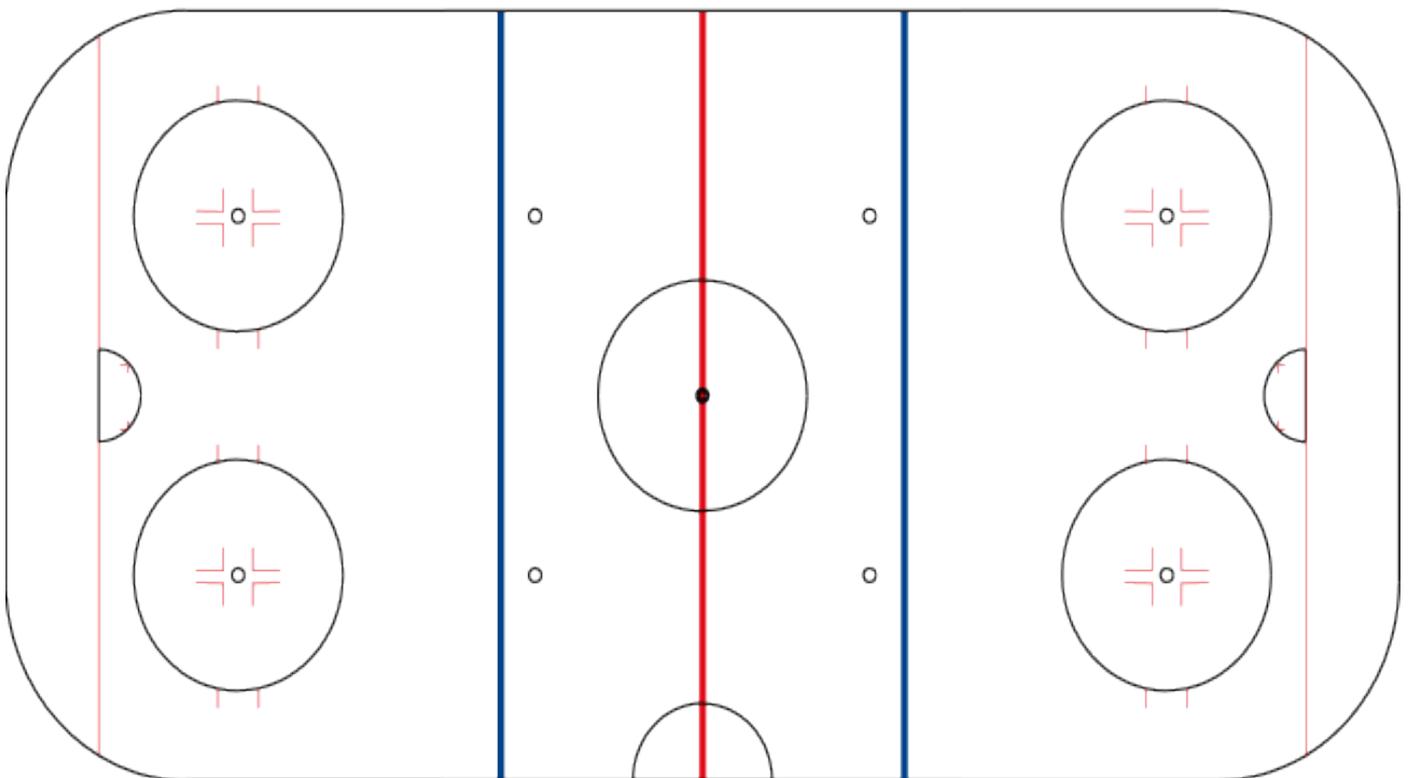
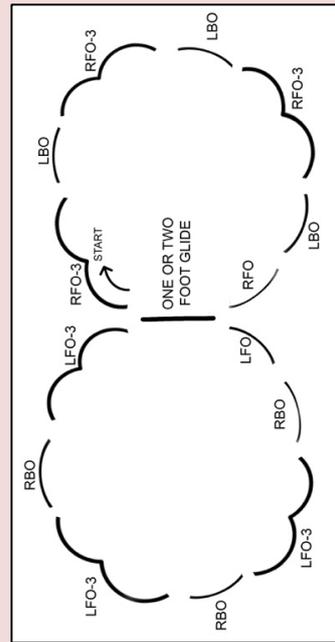
Level IV – Program

Skaters name: _____

Short Program – Level IV	
Duration	1 min 15 sec +/- 10 sec

The skaters will perform the selected **three elements** listed below and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements	
1S or 1T	Single Salchow or Single Toeloop
SSp	Solo Sit spin without change of foot (minimum of three (3) revolutions in sit position)
SSkSqA	<p>Skating Skills Sequence A: Waltz three step sequence: Performed in a figure eight pattern. A two-step introduction may be added.</p> <p>Right forward outside three turn Left back outside edge Right forward outside three turn Left backward outside edge Step forward to RFO edge Glide on two feet back to center Left forward outside three turn Right back outside edge Left forward outside three turn Right back outside edge Left forward outside three turn Right back outside edge Step forward to LFO edge One or two foot glide back to center A minimum of three, three-turn/back edge sequence per circle must be performed.</p>



No elements above Level IV are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Level.

Level IV – Program

Skaters name: _____

Free Program – Level IV

Duration 2 min 15 sec +/- 10 sec

The skaters will perform the selected **nine elements** listed below and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements

Five (5) jump elements

Allowed jumps:

Waltz jump (W), Single Salchow (1S), Single Toe Loop (1T), Single Loop (1Lo)

- Each single jump can be executed two times with a maximum of five jump elements in total.
- There can be two jump combinations or sequences (with a maximum of two jumps).
- A jump combination is considered as one jump element. For example: 1 Waltz jump (=1 jump element), Single Salchow + Single Toeloop combination (1S+1T) (=1 jump element)

Three (3) spins

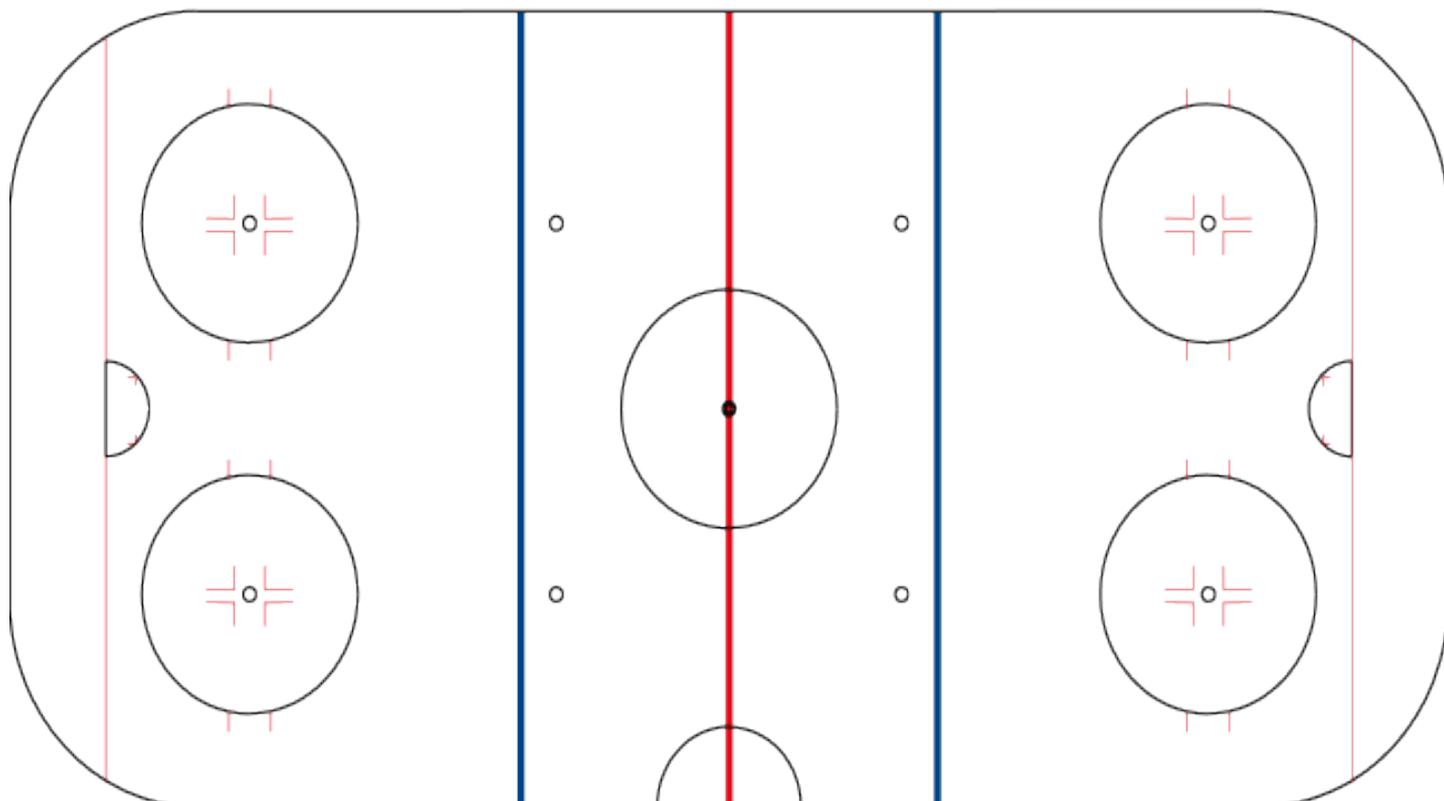
1. One spin in one position without change of foot (USp/CUSp/SSp/CSp/CCSp)
2. One upright back spin without change of foot (UBSp) any entry allowed with min 3 revolutions
3. One spin with one change of position without change of foot (CoSp) with a minimum of 2 revolutions in each position

UBSp

CoSp

One Choreographic Sequence (CHSq) covering the whole ice surface including steps and turns and at least one spiral position.

CHSq



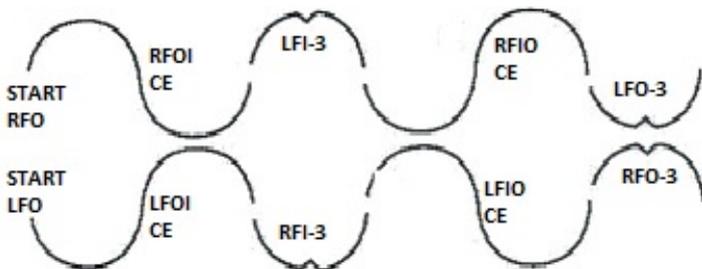
No elements above Level IV are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Level.

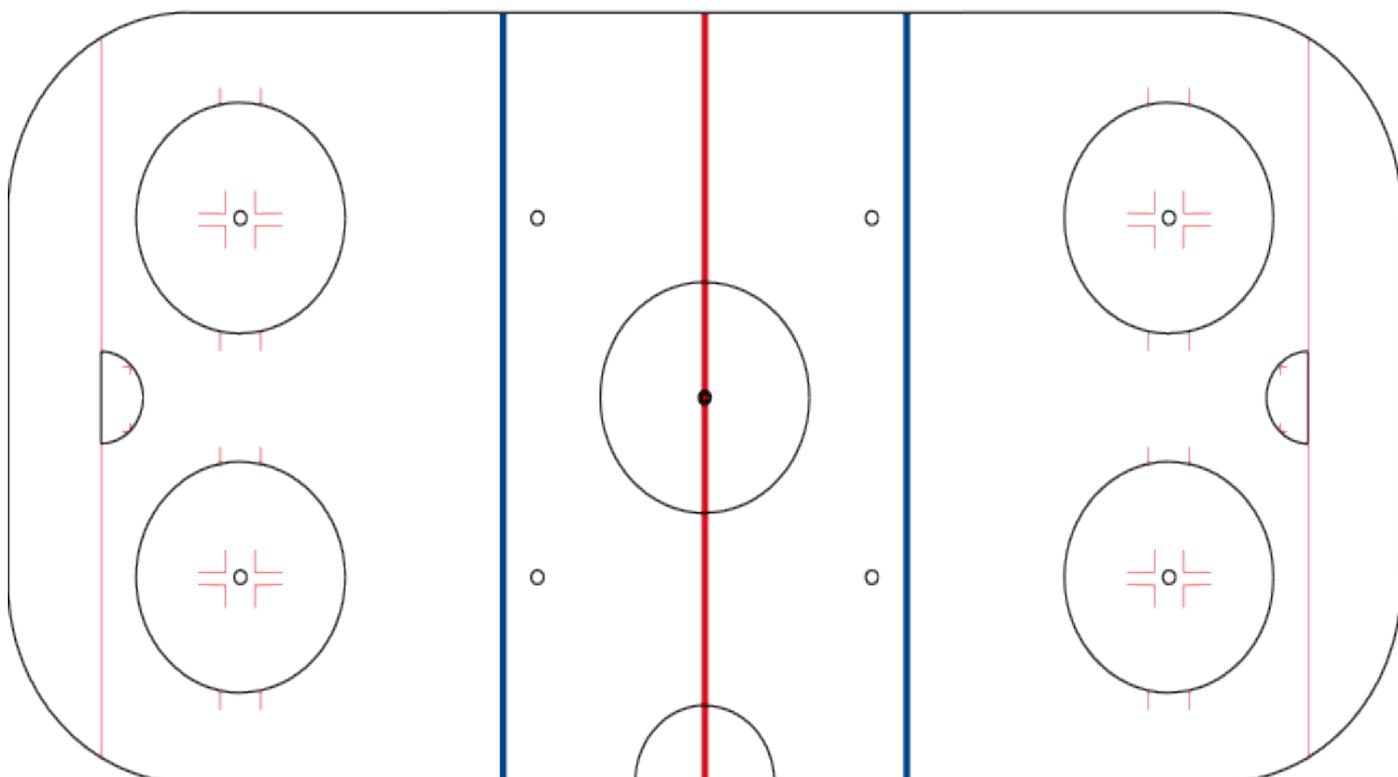
Level V – Program

Skaters name: _____

Short Program – Level V	
Duration	1 min 30 sec +/- 10 sec

The skaters will perform the selected **four elements** listed below and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements	
1Lo	Single Loop
1S+1T	Jump combination, Single Salchow + Single Toe Loop
CSp	Camel spin without change of foot (minimum of three (3) revolutions in camel position)
SSkSqB	<p>Skating Skills Sequence B: This pattern can be performed down the length or width of the ice surface. The sequence will be performed on both feet and must be done immediately preceding each other with minimum steps in between.</p> <p>Right forward outside to inside change of edge, left forward inside three turn. Right forward inside to outside change edge, left forward outside three turn. Left forward outside to inside change edge, right forward inside three turn. Left forward inside to outside change edge, right forward outside three turn. Skater may start on either foot.</p> 



No elements above Level V are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Level.

Level V – Program

Skaters name: _____

Free Program – Level IV

Duration | 2 min 30 sec +/- 10 sec

The skaters will perform the selected **ten elements** listed below and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements

Six (6) jumps elements

Allowed jumps:

Waltz jump (W), Single Salchow (1S), Single Toe Loop (1T), Single Loop (1Lo), Single Flip (1F), Single Lutz (1Lz)

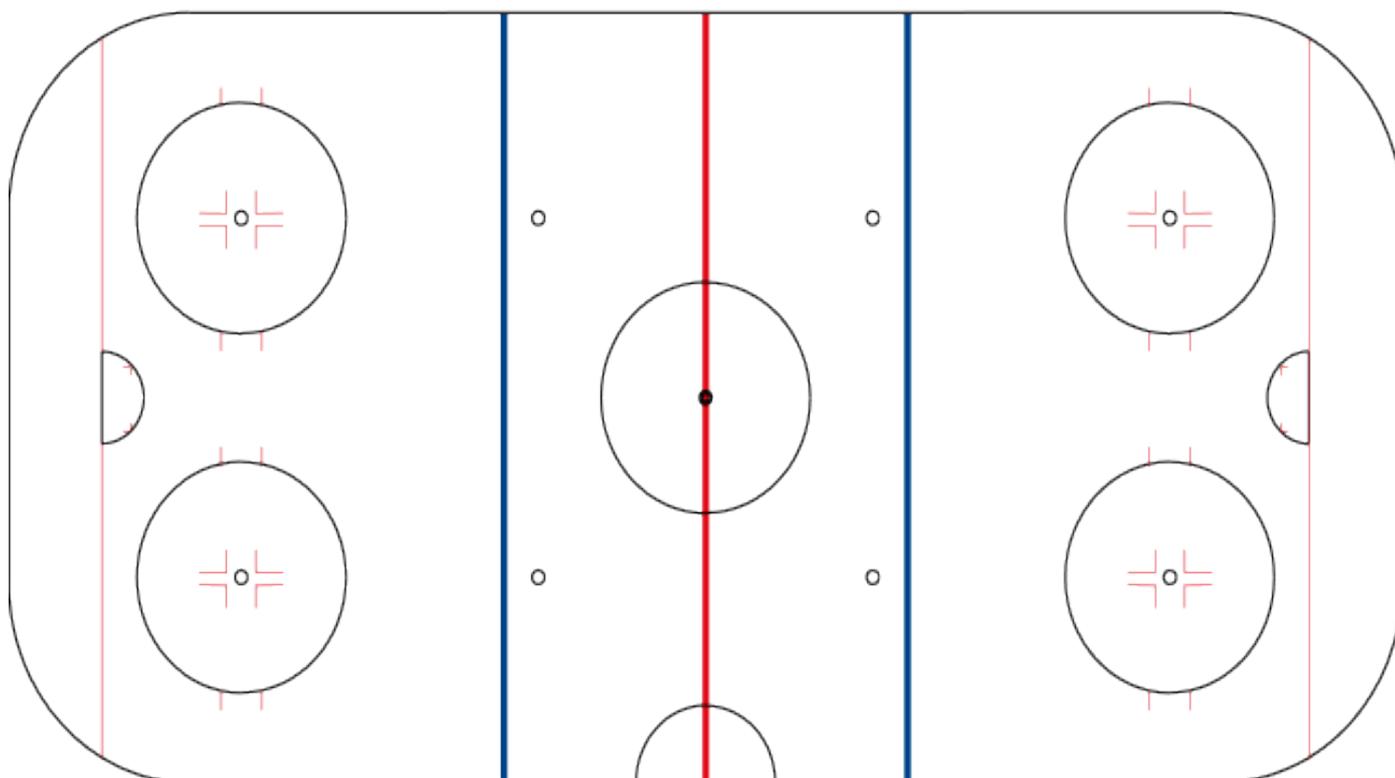
- Each single jump can be executed two times with a maximum of five jump elements in total.
- There can be three jump combinations or sequences (with a maximum of two jumps).
- A jump combination is considered as one jump element. For example: 1 Waltz jump (=1 jump element), Single Salchow + Single Toeloop combination (=1 jump element).

Three (3) spins (flying entrance or flying spins are not allowed)

1. One spin in one position with or without change of foot (upright, layback, sit or camel) (Usp/CUSp/LSp/CLSp/SSp/CSSp/CSp/CCSp) with a minimum of three (3) revolutions on each foot
- 2.-3. Two spins with at least one change of position with or without change of foot with a minimum of two (2) revolutions in each position and three (3) revolutions on each foot (CoSp/CCoSp)

One Choreographic Sequence (CHSq) covering the whole ice surface including steps and turns and at least one spiral position.

CHSq



No elements above Level V are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Level.

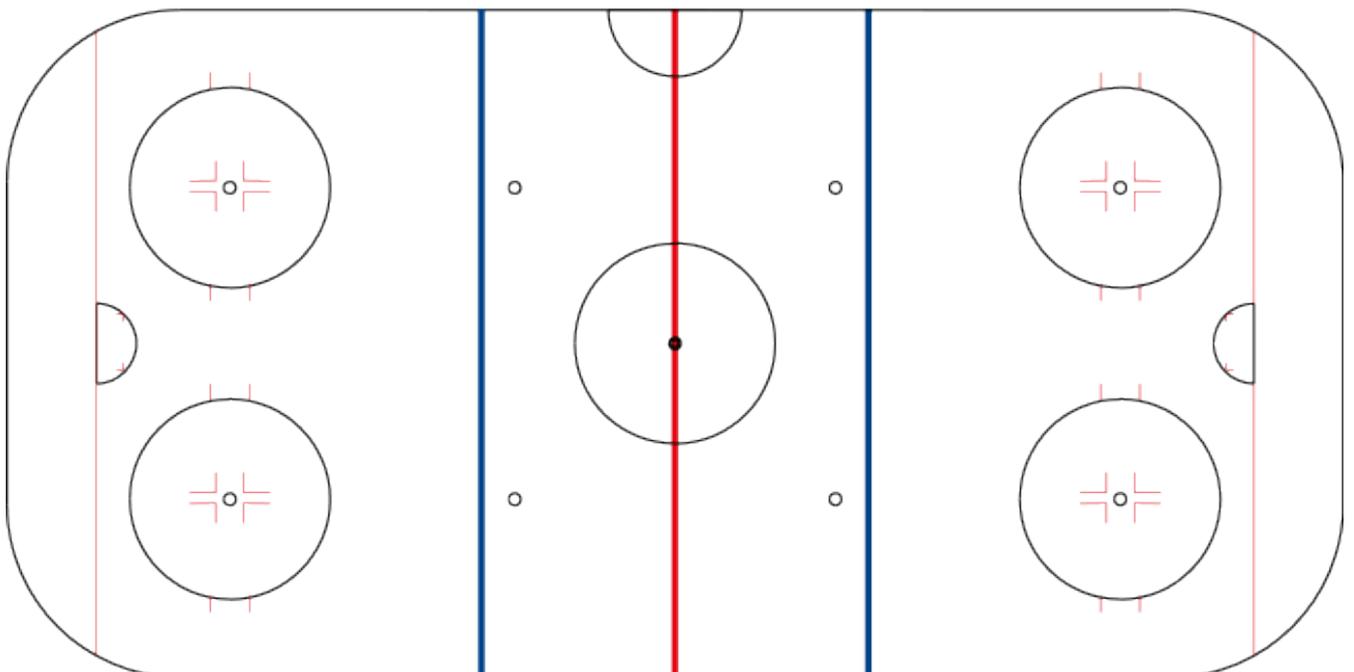
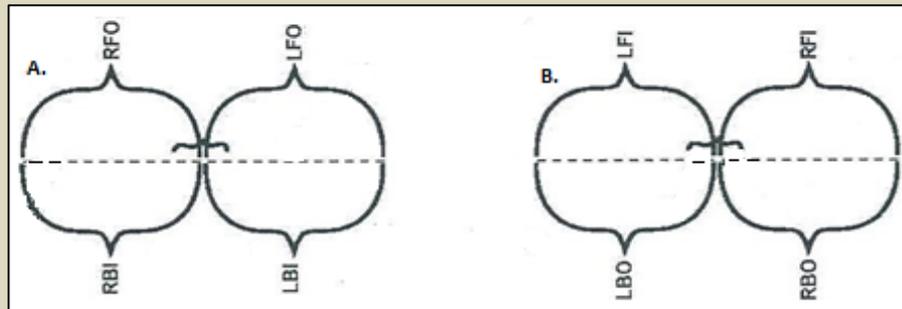
Level VI – Program

Skaters name: _____

Short Program – Level VI	
Duration	1 min 45 sec +/- 10 sec

The skaters will perform the selected **five elements** listed below and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements	
1A	Single Axel
1F+1Lo+1T	Jump combination: Single Flip + Single Loop + Single Toe Loop
CcoSp	Combination spin with one change of position and one change of foot with a minimum of three (3) revolutions on each foot and a minimum of two (2) revolutions in each position
FSSp or FCSp	Flying sit spin or flying camel spin without any change of position and without any change of foot and a minimum of three (3) revolutions
SSkSqC	<p>Skating Skills Sequence C: This Sequence is considered as one element and must follow each other consecutively, but minimal steps in between are allowed.</p> <p>A – Right forward outside bracket, push backwards into a left backwards inside bracket (closing the circle) left forward outside bracket, push backward into a right back inside bracket (closing up circle)</p> <p>B - Right forward inside bracket, push backwards into left backwards outside bracket (closing up the circle) left forward inside bracket, push backwards into right back outside (closing up circle)</p>



Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Level I-V.

Level VI – Program

Skaters name: _____

Free Program – Level VI

Duration

3 min +/- 10 sec

The skaters will perform the selected **eleven elements** listed below and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements

Seven (7) jump elements

Allowed jumps:

all single and double jumps (excluding Waltz jump and Double Axel)

- Each single jump can be executed two times with a maximum of five jump elements in total.
- There can be three jump combinations or sequences (with a maximum of three jumps).
- A jump combination is considered as one jump element. For example: 1 Loop jump (=1 jump element), Single Salchow + Single Toeloop combination (=1 jump element).

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Three (3) spins

1. One spin with change of foot and change of position (CCoSp) with a minimum of five (5) revolutions on each foot and two (2) revolutions in each position
2. One spin with a flying entrance with or without change of foot and with or without change of position, but with a minimum of six (6) revolutions in total
3. One spin free of choice.

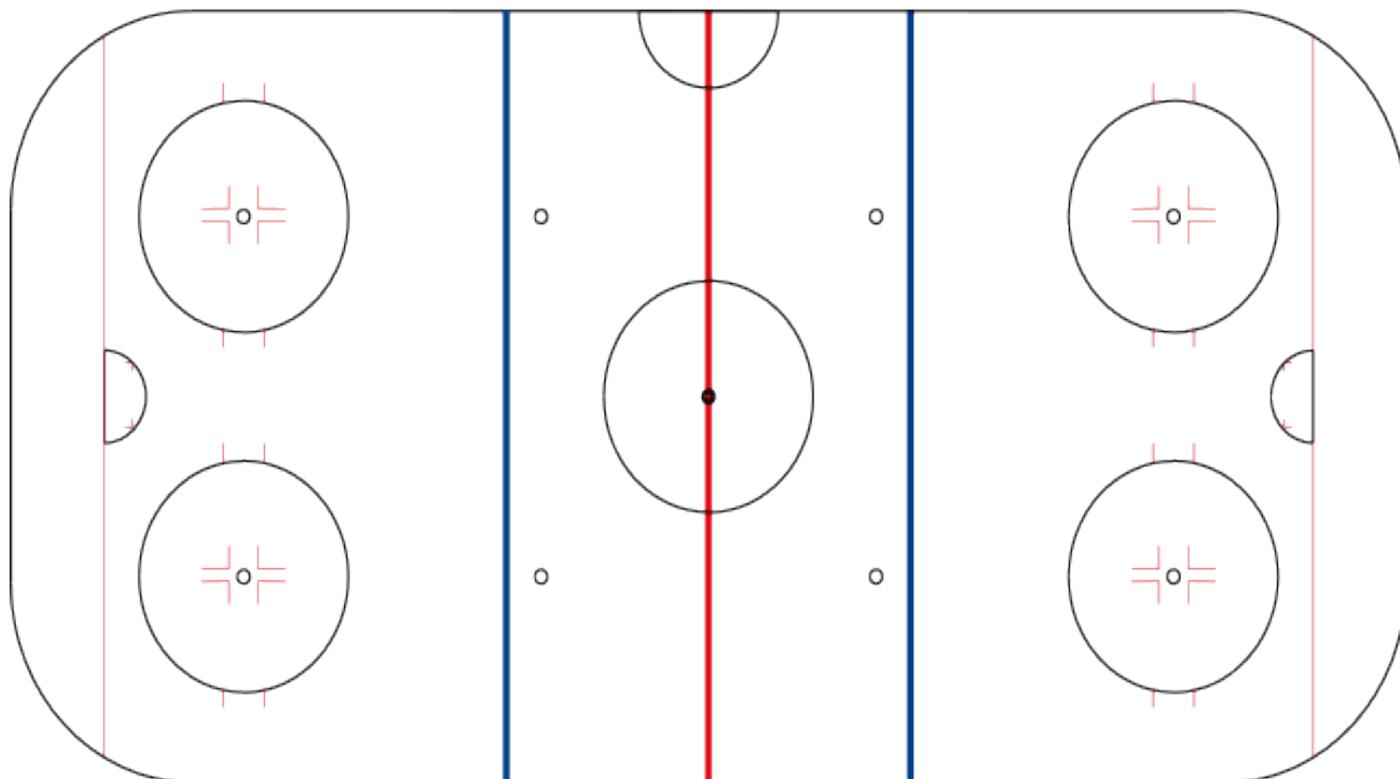
CCoSp

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One Choreographic Sequence (CHSq) covering the whole ice surface including steps and turns and at least one spiral position.

CHSq

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Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Level I-V.