


| Planned Program Content and Marking Sheet | | Level of Skater: | | BHF Lv 1 | Balance, Harness and Frame | | |
|--|--|--|---------------------------|--------------------------|----------------------------|-----------------------|--------------|
| Competition: | Colorado 2018 | Support required | None/Off-Ice/On-ice/Other | | | | |
| Skater: | Sterling Winnegrad | Notes on required support: | | | | | |
| Age on 1st January | 18 | | | | | | |
| Age Category | Cat: Pre-Novice/Novice/Adv-Novice/Junior/Senior/Master | | | | | | |
| Age Category | Senior | | | | | | |
| Sex: | Lady/Gentleman | | | | | | |
|  | Elements Permitted | IJS Base | Technical | Element order - elements | Element Called (Y) | Grade of Execution | Mark awarded |
| | | For Official Use Only | | 4 | | For Official Use Only | |
| Level BHF | | | | Skater to fill in | | | |
| Forward march or stroking (5 metres) | | 0.3 | 0.1 | | | 2 | 0.200 |
| Backward wiggle or march (5 metres) | | 0.3 | 0.1 | | | | 0.000 |
| Forward 2 foot glide (length of body) | | 0.3 | 0.1 | | | 2 | 0.200 |
| Backward 2 foot glide (length of body) | | 0.3 | 0.1 | | | | 0.000 |
| Forward gliding dip (length of body) | | 0.3 | 0.1 | | | 2 | 0.200 |
| Backward gliding dip (length of body) | | 0.3 | 0.1 | | | | 0.000 |
| 1 foot forward snowplow stop(L & R) | | 0.3 | 0.1 | | | 2 | 0.200 |
| | | Number of elements selected | | | 0 | | |
| Total Technical Elements | | Total judges score for elements | | | | 0.800 | |
| factor (level BHF) x 0.5 | | Factor | WPI | | | 0.5 | 0.400 |
| Impairment Compensation (1.25 x WPI) | | 1.25 | 5.00% | | | | 0.063 |
| Technical Skating Skills (Factor x Score) | | 0.5 | | | | 2 | 1.000 |
| Artistic performance & Execution (Factor x Score) | | 0.5 | | | | 2 | 1.000 |
| | | Total Score for Performance | | | | | 2.46 |
| | | Time adjusted world ranking score | | | | | 2.46 |
| | | Age Categories | | | | | |
| | | 1. 10 years and under (Pre- Novice) | | | | | |
| | | 2. 11- 12 years (Basic Novice) | | | | | |
| | | 3. 13- 14 years (Advanced Novice) | | | | | |
| | | 4. 15- 17 years (Junior) | | | | | |
| | | 5. 18 and over (Senior) | | | | | |
| | | 6. 30+ (Master) | | | | | |
| 3.3.1 Balance Facilitator, Harness and Frame (BHF) Free Skating Programme | | | | | | | |
| a) Well balanced free skating programme with emphasis on balance and glide. | | | | | | | |
| b) Duration 1 minutes +/- 10 seconds. | | | | | | | |
| c) The skater should be of an ability level where they can only perform elements mostly on 2 feet and with the assistance of a harness, frame or balance facilitator. | | | | | | | |
| Therefore only the following specified elements will be called. 4 elements are to be selected by the skater as technical elements to be called and identified in the order to be skated on the marking sheet. Elements above Level 1 are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution Scores by the judges. | | | | | | | |
| Additional and transitional elements appropriate to level BHF are permitted. | | | | | | | |