



Level One

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Level 1 Figure – Free Skating program

- 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 perform elements mostly on 2 feet. 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. Maximum of 1 jump (2 foot jump or beginner bunny hop in place or movement) is permitted as a called element. 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.

Level 1 Technical Elements	Technical Value of Element
Forward march or stroking (5 metres)	0.1
Backward wiggle or march (5 metres)	0.1
Forward swizzles 2 foot (aka lemons or fishes) (5 metres)	0.1
Backward swizzles 2 foot (aka lemons or fishes) (5 metres)	0.1
Forward two-foot glide (length of the body)	0.1
Backward two-foot glide (length of the body)	0.1
Forward gliding dip (length of the body)	0.1
Backward gliding dip (length of the body)	0.1
Forward one foot glide for length of body (left and right).	0.1
Two-foot jump or beginner bunny hop in place or moving	0.1
One foot forward snowplow stop (left or right).	0.1
Forward two foot curves left and right (length of body)	0.1

d) All Level 1 elements are valued at 0.1 and have a technical score of 0.3 if given a base GOE of 3.0

e) The factor for the Programme Components Score is 1.0

f) The average hypothetical score is 2.45. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$WPI\% \times 2.45 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

Level 1 Figure – Compulsory Elements Group

The skater should perform the following 3 Compulsory Elements in any order. The skater has two opportunities to perform each element.

- Forward swizzles for a distance of 10 meters
- Backward swizzles for a distance of 10 meters
- One-foot forward snowplough stop (left or right)

The average hypothetical score is 1.40. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$WPI\% \times 1.40 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

LEVEL I ELIGIBILITY :

A skater competing in Level I must be able to complete the skills specified but should not demonstrate a higher overall standard. The skater and their coach should enter the skater at the level that most closely matches their ability. There are no test entry requirements. Any skater who progresses and develops their skills beyond the level entered during the season will be expected to move up to the next level in the next following season.

Skaters may have a facilitator present at all times who will assist the skater to commence the performance and where necessary to leave the ice surface after the performance. During the performance the assistance provided by the facilitator should be kept to a minimum and if deemed excessive will result in sanction by the Referee. Skaters may request adjustments to the volume of the music where necessary to facilitate their performance. The facilitator may skate on to the ice with the skater where necessary. The presumption will be in favour of the facilitator skating on the ice with visually impaired skaters. At all times it will only be the performance of the skater that is judged and the facilitator is ignored for the purposes of judging.

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