



# Level BHF

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## Level BHF

### 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.

BHF Technical Element	Technical Value of Element
Forward march or stroking (5 metres)	0.1
Backward wiggle or march (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
One foot forward snowplow stop (left or right).	0.1

d) All BHF 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 Technical Elements and the Programme Components Score is 0.5

f) The average hypothetical score is 1.25. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$WPI\% \times 1.25 = \text{Impairment Compensation}$$

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

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