



World Inclusive Skating 2018 Entry Form

This form must be received by the organiser (margarita.msb@gmail.com)
by **28th February 2018**

**Please contact us by phone (07813993237) or e-mail
if you need any help to fill out form.
We are here to help you!**

Each skater should fill out a separate Entry Form.
Pair skaters should indicate the name of their pair skating partner on their form.
Synchro Groups and Teams should enter the name of the lead correspondent and the name and number of skaters taking part.
Please provide any additional information on separate sheets if required.

Please type in the form below or write in capital letters.
You can take a photo of the completed form and send that to us too!

Skaters Details				
Name				
Address				
E-mail				
Telephone numbers	Home:		Mobile:	
Date of Birth (dd/mm/yyyy)			Age on 1st January 2018	
Compulsory Elements, (Please circle level)	Level 1	Level 2		Level 3
	Level 4	Level 5		Level 6
Compulsory Figures CE Level 7 Specify 3 Figures chosen				
Free Skating (Please circle level)	Level 1	Level 2	Level 3	Level 4
	Level 5	Level 6	Level 1 BHF	Level 2 BHF

Solo Dance (Patterns) (Please circle level and specify dances selected if applicable)	Level 1		Level 2	Level 3
	Level 4		Level 5	Level 6
Free Dance (Please circle level)	Level 1		Level 2	Level 3
	Level 4		Level 5	Level 6
Pair Skating (Please circle level)	Level 1	Level 2		Level 3
Name of pair partner				
Synchro Name				
Synchro Group (2 to 5 skaters)	Level 1		Level 2	Level 3
Synchro Team (6 to 9 Skaters)	Level 1		Level 2	Level 3
Synchro Super Team (10 to 16 skaters)	Level 1		Level 2	Level 3
Names of Team members	1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16.			
Country of Citizenship				
Passport Number and place of Issue				
UK Resident for 1 year	Yes		No	
Gender (Please circle)	Male		Female	
Impairment Information (Provide only general information. Supporting evidence should be provided separately as advised)				

Is a classification of impairment required?	Yes	No
	If No, provide date of previous classification:	
Chaperone Name(s) (for accreditation of person responsible for athlete care)		
Facilitator Name (for the purposes of accreditation)		
Assistance required whilst skating (Please circle)	Supporting aid	Harness
	Frame	Visual Facilitator
Additional requirements + any further explanation		
Coach Name (for the purposes of accreditation)		
<p><i>I have read and agree to abide by the rules of the event and to observe the rules and directions of Inclusive Skating, the Organisers at all times. I confirm that I am in sufficient health and have no medical condition or otherwise that would impede my ability to compete or be detrimental to any other competitor's ability to compete or cause harm whatsoever to any person. I understand that I participate in this Event at my own risk and that no liability is accepted by Inclusive Skating, and/ or the Organisers for any death, injury, damage or loss sustained by me during this event except as may be proven to be caused by the negligence of Inclusive Skating, and / or the Organisers. I further confirm that should any loss, injury, death or damage resulting from a negligent act or omission on my part as a result of any false information provided by me to Inclusive Skating, and / or the Organisers then I shall fully indemnify Inclusive Skating, and/ or the Organisers for any loss suffered as a result.</i></p>		
Signature of skater or their Parent / Guardian if under 18		
Date		

Please provide any additional information on separate sheets if required

World Inclusive Skating Event 2018
Anti-Doping Parental / Guardian Consent Form For Skaters Under
The Age of 18

This form must be received by the organiser (margarita.msb@gmail.com) by
28th February 2018

Please read the following carefully.

It is Inclusive Skating's policy that no skater under the age of 18 at the time of anti doping may be tested without written parental / guardian consent.

Anti-Doping Testing Programme – Inclusive Skating Policy

Inclusive Skating has determined that anti-doping testing may be carried out at any of the following:

- *Competition Testing: International events held in the UK, UK Championships, Regional Championships (England/Scotland/Wales/N Ireland), National Competitions*
- *Squad and Out-of-Competition Testing: Team Skate GB (Including camps)*
- *Disciplines: Inclusive Skating of any type*
- *Genders: Male/Female*
- *Age: Not under 18 without written parental / guardian consent except current / past members of Team Skate GB who may be tested.*

By signing this form below as Parent or Guardian of the skater(s) entered consent is given for the skater(s) to be tested in accordance with the Inclusive Skating Anti-Doping Policy above.

Declaration: I / We the Parent(s) / Guardian(s) of the Skater(s) entered for this competition consent to Inclusive Skating's Anti-Doping procedures

Skater(s) Name:	
Signature of Parent or Guardian:	
Date:	

Inclusive Skating Event (World Inclusive Skating Glasgow 2018)
Photography and Videoing Information

Optional Form - Please send to (margarita.msb@gmail.com) by 28th February 2018

a. It is understood as a condition of entering this competition that all competitors will be videoed for use by the Technical, Classification & Judging panels.

b. Competitors may also be photographed by the Inclusive Skating Official Photographer and or filmed by an Inclusive Skating Camera for broadcast by Inclusive Skating on similar media and broadcast and streamed through the internet. Photographs and DVD's of the competitions may be offered for sale at the event and Inclusive Skating reserve the right to publish or broadcast any images obtained in carefully selected and approved media.

c. If this information form is not signed then consent will be presumed by virtue of the skater entering the competition.

Declaration: *I/ We the parents or guardian of the skater named consent to being Photographed or Filmed for any other purpose in addition to the judging, classification and technical panels and for all Official purposes related to this event.*

Skaters Name	
Signature of Skater if over 18 or of Parent or Guardian if under 18	

If you are an over 18 skater or you as a parent of an under 18 skater wishes to opt out of being photographed and or filmed during the competition (other than for the purpose of the Judging, Classification and Technical panels) please contact Margarita Sweeney-Baird. (margarita.msb@gmail.com)

The organizers may refuse entry to the competition should the Competitor opt out of providing photography and video consent as it is not possible to prevent skaters being photographed and videoed at a public skating event.

**World Inclusive Skating 2018 Event
Music Information Form**

This optional form should be sent to the organiser (margarita.msb@gmail.com) by
28th February 2018

All music must be on a CD with the skater's name(s) event and the length of the music (not the skating time) must be clearly indicated. Tapes will not be accepted.

Music Title:	
Composer:	
Time: (Mins / Secs)	
Signature:	
Date:	

Interpretation details on Music may be helpful for press release purposes. E.g. what you are interpreting on the ice, including background information regarding the piece of music selected.



**World Inclusive Skating Event 2018
Planned Programme Content and Marking Sheets**

Form must be received by the organiser (margarita.msb@gmail.com)
by
12 noon on 28th February 2018 only one pair, free dance or synchro form is
required)

Please fill in the form for the level entered

(These are new forms and there is a specific form for each level)

* If skater does not identify the requisite elements to be given a Grade of Execution (GOE) then the first elements performed by the skater that meet the criteria and are identified by the Judging panel will be called and given a Grade of Execution.

**Level 1 or BHF Level 1 or 2
Planned Program Content and Marking Sheet**

Name of Skater :

Competition : Pre-Novice, Novice, Advanced Novice, Junior, Senior

LEVEL 1 Technical Elements permitted	Computer Abbreviation & Base Value	Element Planned	Order of Elements	4 for GOE*	Element Called	GOE	Marks Awarded
Forward march or stroking (5 metres)	FS (0.3)						
Backward wiggle or march (5 metres)	Bw (0.3)						
Forward swizzles 2 feet (5 metres)	F2Sw (0.3)						
Backward swizzles 2 foot (5 metres)	B2Sw (0.3)						
Forward two-foot glide (length of the body)	F2G (0.3)						
Backward two-foot glide (length of the body)	B2G (0.3)						
Forward gliding dip (length of the body)	FGd (0.3)						
Backward gliding dip (length of body)	BGd (0.3)						
Forward one foot glide for length of body (left and right).	FG (0.3)						
Two-foot jump or beginner bunny on spot or moving	2j (0.3)						
One foot forward snowplow stop (left or right).	Stop (0.3)						
Forward two foot curves L & R (length of body)	F2E (0.3)						
Two foot turn front to back, on spot	FBT (0.3)						
Total Technical Elements Score							
Impairment Compensation (average 2.45)							
Skating Skills		Performance and Execution		Factor			
				1.0			
Total Score for Performance							

Level 2 Planned Program Content and Marking Sheet

Name of Skater :

Competition : Pre-Novice, Novice, Advanced Novice, Junior, Senior

Technical Elements Permitted	Computer Abbreviation & base value	Elements Planned	Order of Elements	5 GOE Element	Element Called	GOE	Marks Awarded
LEVEL 1 Technical Element							
Forward swizzles 2 feet (5 metres)	F2Sw (0.3)						
Backward swizzles 2 foot (5 metres)	B2Sw (0.3)						
Forward gliding dip (length of the body)	FGd (0.3)						
Backward gliding dip (length of body)	BGd (0.3)						
Forward one foot glide for length of body (left & right).	FG (0.3)						
Two-foot jump or beginner bunny hop in place or moving	2j (0.3)						
One foot forward snowplow stop (left or right).	Stop (0.3)						
Forward two foot curves left and right (length of body)	F2E (0.3)						
Two foot turn front to back, on spot	FBT (0.3)						
LEVEL 2 Technical Elements below (At least 3 are to be selected)							
Consecutive forward one-foot swizzles (L & R for 5 metres)	F2Sw (0.4)						
Consecutive backward one-foot swizzles (L & R for 5 metres)	B2Sw (0.4)						
Backward one-foot glide (L & R for length of body)	BG (0.4)						
Bunny Hop	Bh (0.4)						
T-stop (L or R)	Tstop (0.4)						
Backward stroking for a distance of 5	BS (0.4)						

metres								
Two-foot turn gliding forward to backward (length of the body)	FBGT (0.4)							
Two-foot turn gliding backwards to forward (length of the body)	BFTG (0.4)							
Forward pivot (one circle)	Fp (0.4)							
Forward two-foot spin (3 revolutions)	2footUSp (0.4)							
Forward two-foot turn on a circle (two-foot three turn)(clockwise and counter-clockwise, edges length of body)	FBTE (0.4)							
Forward outside one foot three-turn (L & R edges for 1 metre)	FO3T (0.4)							
Consecutive forward crossovers (L & R in a semi- circle)	FX (0.4)							
Forward outside edge (L & R both edges on a semi circle)	FOE (0.4)							
Forward inside edge (L & R both edges on a semi circle)	FIE (0.4)							
Forward Lunge or drag (at any depth for length of body)	Fdrag (0.4)							
F Duck (at any depth for length of body)	Fduck (0.4)							
Total Technical Elements Score								
Impairment Compensation (average 4.25)								
Skating Skills	Performance and Execution		Factor					
			1.5					
Total Score for Performance								

Level 3 Planned Program Content and Marking Sheet

Name of Skater :

Competition : Pre-Novice, Novice, Advanced Novice, Junior, Senior

Elements Permitted	Computer Abbreviation & base value	Element Planned	Order of Elements	6 for GOE	Element Called	GOE	Marks Awarded
LEVEL 2 Technical Element							
Consecutive forward one-foot swizzles (L & R each 5 metres)	Fsw (0.4)						
Consecutive backward one-foot swizzles (L & R each 5 metres)	Bsw (0.4)						
Backward one-foot glide (L & R, each length of body)	BG (0.4)						
Bunny Hop	Bh (0.4)						
T-stop (left or right).	Tstop (0.4)						
Forward pivot (one circle)	Fp (0.4)						
Forward two-foot spin (3 revs)	2footUSp (0.4)						
Forward outside one foot three-turn (L & R for 1 metre)	FO3T (0.4)						
Consecutive forward crossovers (L & R in semi-circle)	FX (0.4)						
Forward outside edge (L & R in a semi circle)	FOE (0.4)						
Forward inside edge (L & R in a semi circle)	FIE (0.4)						
Forward Lunge or drag (at any depth for length of body)	Fdrag (0.4)						
F Duck (at any depth for length of body)	Fduck (0.4)						
Level 3 Elements (select at least 3)							
Waltz jump	1W (0.4)						
Salchow	1S (0.4) or <1S (0.3)						

Toe Loop Or Toe three jump	1T (0.4) or <1T (0.3)						
Forward spiral – 5 metres	FSpiral (0.4)						
Backward spiral – length of body	BSpiral (0.4)						
One foot Upright spin – 3 revolutions	1footUSp (0.6)						
Five consecutive backward crossovers (left and right)	BX (0.4)						
Consecutive forward outside edges (L & R on semi-circle)	FOE (0.4)						
Consecutive forward inside edge (L & R on semi-circle)	FIE (0.4)						
Consecutive backward outside edges (L & R on semi-circle).	sfBO (0.5)						
Consecutive backward inside edges (L & R on semi-circle).	sfBI (0.5)						
Forward inside one foot three turn L & R & 1 metre edges	FI3T (0.5)						
Forward inside Mohawk (L & R 1 metre edges & extended free leg).	FIM (0.5)						
Simple footwork for distance of 5 metres or more	Sfm (0.5)						
Field moves (spirals, lunges etc.) for distance of 5 metres or more	Field (0.5)						
Hockey stop	Hstop (0.4)						
Total Technical Elements Score							
Impairment Compensation (average 6.20)							
Skating Skills	Performance and Execution	Factor					
		2.0					
Total Score for Performance							

Level 4 Planned Program Content and Marking Sheet

Name of Skater :

Competition : Pre-Novice, Novice, Advanced Novice, Junior, Senior

Elements Permitted	Computer Abbreviation & base value	Element Planned	Order of Elements	7 for GOE	Element Called	GOE	Marks Awarded
LEVEL 2 Technical Element							
Bunny Hop	Bh (0.4)						
Forward pivot (one circle)	Fp (0.4)						
Forward two-foot spin (3 revs)	2footUSp (0.4)						
Level 3 Elements							
Waltz jump	1W (0.4)						
Forward spiral – 5 metres	FSpiral (0.4)						
Backward spiral – length of body	BSpiral (0.4)						
Five consecutive backward crossovers (left and right)	BX (0.4)						
Consecutive forward outside edges (L & R on semi-circle)	FOE (0.4)						
Consecutive forward inside edge (L & R on semi-circle)	FIE (0.4)						
Consecutive backward outside edges (L & R on semi-circle).	sfBO (0.5)						
Consecutive backward inside edges (L & R on semi-circle).	sfBI (0.5)						
Forward inside one foot three turn L & R for 1 metre	FI3T (0.5)						
Forward inside Mohawk (L & R 1 metre & extended free leg).	FIM (0.5)						
Simple footwork for distance of 5 metres or more	Sfm (0.5)						

Field moves (spirals, lunges etc.) for distance of 5 metres or more	Field (0.5)						
Hockey stop	Hstop (0.4)						
Level 4 Elements (at least 4)							
½ revolution jumps (split jump etc.)	1h (0.4)						
Upright Back spin – any entry allowed, 1 foot or 2 foot	2 footBspin (0.9)						
Attempt at sitspin or camel spin	IPspin (0.9)						
One foot spin - 3 revolutions & max of 2 positions – no change of foot	1footUSp (0.6)						
Upright Spin	USp (1.0)						
Sitspin	SSp (1.1)						
Camel Spin	CSp (1.1)						
Layback Spin	LSp (1.2)						
Spin Combination with change of position and no change of foot (two positions)	CoSp2p (1.1)						
Single Salchow + SingleToe loop Combination	1S + 1T (0.8) or <1S + <1T (0.7 or 0.6)						
Salchow	1S (0.4) or <1S (0.3)						
Toe Loop	1T (0.4) or <1T (0.3)						
Loop	1Lo (0.5) or <1Lo (0.4)						
Total Technical Elements Score							
Impairment Compensation (average 9.60)							
Skating Skills	Performance and Execution		Factor				
			2.5				
Total Score for Performance							

Level 5 Planned Program Content and Marking Sheet

Name of Skater :

Competition : Pre-Novice, Novice, Advanced Novice, Junior, Senior

Elements Permitted	Computer Abbreviation & base value	Element Planned	Order of Elements	8 for GOE	Element Called	GOE	Marks Awarded
Level 3 Elements							
Waltz jump	1W (0.4)						
Forward spiral – 5 metres	FSpiral (0.4)						
Backward spiral – length of body	BSpiral (0.4)						
Simple footwork for distance of 5 metres or more	Sfm (0.5)						
Field moves (spirals, lunges etc.) for distance of 5 metres or more	Field (0.5)						
Level 4 Elements (at least 4)							
½ revolution jumps (split jump etc.)	1h (0.4)						
Upright Back spin – any entry allowed, 1 foot or 2 foot	2 footBspin (0.9)						
Attempt at sitspin or camel spin	IPspin (0.9)						
One foot spin - 3 revolutions & max of 2 positions – no change of foot	1footUSp (0.6)						
Upright Spin	USp (1.0)						
Sitspin	SSp (1.1)						
Camel Spin	CSp (1.1)						
Layback Spin	LSp (1.2)						
Spin Combination with change of position and no change of foot (two positions)	CoSp2p (1.1)						
Level 5 Elements at least 4							
1W + 1T	1W + 1T (0.8) or 1W +						

	<1T (0.7)						
Single Salchow + Single Toe loop Combination	1S + 1T (0.8) or <1S + <1T (0.7 or 0.6)						
Salchow	1S (0.4) or <1S (0.3)						
Toe Loop	1T (0.4) or <1T (0.3)						
Loop	1Lo (0.5) or <1Lo (0.4)						
Single Flip Jump	1F 0.5 or <1F (0.4)						
Single Lutz	1Lz (1.6) or <1Lz (0.5)						
Step	StSq (1.5)						
Choreographic Sequences (2 or more field moves, jumps etc)	ChSq (2.0)						
Spin Combination with change of position and no change of foot (2p)	CoSp2p (1.5)						
Spin Combination 2 change position & no change of foot (3p)	CoSp3p (1.7)						
Upright Spin - 1 change of foot & no change of position	CUSp, (1.5)						
Layback Spin – 1 change of foot & no change of position	CLSp, (1.7)						
Camel Spin with 1 change of foot & no change of position	CUSp, (1.7)						
Sit Spin with 1 change of foot & no change of position	CUSp, (1.6)						
Total Technical Elements Score							
Impairment Compensation (average 12.30)							
Skating Skills	Performance and Execution		Factor				
			2.5				
Total Score for Performance							

Level 6 Planned Program Content and Marking Sheet

Name of Skater :

Competition : Pre-Novice, Novice, Advanced Novice, Junior, Senior

Elements Permitted	Computer Abbreviation & base value	Element Planned	Order of Elements	9 for GOE	Element Called	GOE	Marks Awarded
Level 4 Elements							
½ revolution jumps (split jump etc.)	1h (0.4)						
Upright Back spin –	2 footBspin (0.9)						
Attempt at sitspin or camel spin	IPspin (0.9)						
One foot spin - 3 revolutions & max of 2 positions – no change of foot	1footUSp (0.6)						
Upright Spin	USp (1.0)						
Sitspin	SSp (1.1)						
Camel Spin	CSp (1.1)						
Layback Spin	LSp (1.2)						
Level 5 Elements							
Waltz + Single Toe loop combination	1W + 1T (0.8) or 1W + <1T (0.7)						
Single Salchow + Single Toe loop Combination	1S + 1T (0.8) or <1S + <1T (0.7 or 0.6)						
Salchow	1S (0.4) or <1S (0.3)						
Toe Loop	1T (0.4) or <1T (0.3)						
Loop	1Lo (0.5) or <1Lo (0.4)						
Single Flip Jump	1F 0.5 or <1F (0.4)						
Single Lutz	1Lz (1.6) or <1Lz (0.5)						
Step	StSq (1.5)						
Choreographic Seq (2 or more field)	ChSq (2.0)						

moves, jumps etc)							
Spin Combination with change of position and no change of foot (2p)	CoSp2p (1.5)						
Spin Combination 3p position & no change of foot (3p)	CoSp3p (1.7)						
Upright Spin - 1 change of foot & no change of position	CUSp, (1.5)						
Layback Spin – 1 change of foot & no change of position	CLSp, (1.7)						
Camel Spin with 1 change of foot & no change of position	CUSp, (1.7)						
Sit Spin with 1 foot change & no change of position	CUSp, (1.6)						
Level 6 (at least 4)							
Axle	1A (1.1) or <1A (0.8)						
Double Salchow	2S (1.3) or <2S (0.9)						
Double toe loop	2T (1.3) or <2T (0.9)						
Double loop	2Lo (1.8) or <2 Lo (1.3)						
Double Flip	2F (1.9) or <2F (1.4)						
Double Lutz	2Lz (2.1) or <2Lz (1.5)						
Double Axle	2A (3.3) or <2A (2.3)						
Triple or Quad(specify)	To be advised						
2 jump combination (specify)	To be advised						
2 jump combination (specify)	To be advised						
Flying spin -specify	FSP (1.6)						
Total Technical Elements Score							
Impairment Compensation (average 15.20)							
Skating Skills	Performance and Execution		Factor				
			2.5				
Total Score for Performance							

Level 1 Pairs Planned Program Content and Marking Sheet
Name of Skaters :

Competition : Pre-Novice, Novice, Advanced Novice, Junior, Senior

LEVEL 1 Technical Elements permitted	Computer Abbreviation & BaseValue	Element Planned	Order of Elements	8 for GOE*	Element Called	GOE	Marks Awarded
Forward stroking in unison hand in hand (5 metres)	FS (0.3)						
Forward cross overs in unison, hand in hand clockwise	cFX (0.4)						
Forward cross overs in unison, hand in hand counter clockwise	ccFX (0.4)						
Synchronised two foot spin	2footUSp (0.4)						
Side by side forward pivot pair spin, position optional	Fp (0.4)						
Pair Spiral, position optional	FSpiral (0.4)						
Synchronised bunny hop, hand in hand	Bh (0.4)						
Straight line step sequence	Sf (0.5)						
Backward stroking, hand in hand for a distance of at least 5 metres	BS (0.4)						
Stationary lift, (not above the man's shoulders)	sLift (0.4)						
Total Technical Elements Score							
Impairment Compensation							
Skating Skills		Performance and Execution		Factor			
				1.5			
Total Score for Performance							

Level 2 Pairs Planned Program Content and Marking Sheet
Name of Skaters :

Competition : Pre-Novice, Novice, Advanced Novice, Junior, Senior

LEVEL 2 Technical Elements permitted	Computer Abbreviation & BaseValue	Element Planned	Order of Elements	8 for GOE*	Element Called	GOE	Marks Awarded
5 consecutive Back X'overs, clockwise	cBX (0.4)						
5 consecutive back X' overs, counter clockwise	ccBX (0.4)						
Forward Lunge or drag (at any depth for length of body) in holding position	Fdrag (0.4)						
Forward spiral – 5 metres- in a holding position, position optional	FSpiral (0.4)						
Backward spiral – length of body - in a holding position, position optional	BSpiral (0.4)						
Bunny Hop Lift	Bh (0.4)						
Lift – 1 turn by man + 1.5 turns by lady – man not fully extend arms	1LiB (0.9)						
Step sequence (pattern optional) min 8 steps.	Sf (0.5)						
Synchronized jump (jump optional)	1h (0.4)						
1 foot Synchro spin – min 3 revolutions	IPspin (0.9)						
One foot Pair spin – position optional, min 3 revolutions	1footUSp (0.6)						
Total Technical Elements Score							
Impairment Compensation							
Skating Skills		Performance and Execution		Factor			
				2.5			
Total Score for Performance							

Level 3 Pairs Planned Program Content and Marking Sheet

Name of Skaters :

Competition : Pre-Novice, Novice, Advanced Novice, Junior, Senior

LEVEL 3 Pair Skating Elements – at least 3	Computer Abbreviation & BaseValue	Element Planned	Order of Elements	10 for GOE*	Element Called	GOE	Marks Awarded
Pair Spin	PSp (at any level B, 1,2,3 or 4)						
Pair Spin Combination	PCoSp2p (at any level B,1,2,3 or 4)						
Lift limited to 1.5 turn by man + 2 turns by lady – man's arms no full extension	1LiB						
Choreographic sequence (moves in the field) utilization of 0.5 of the ice surface + pair hold	ChSq						
Level 3 Free Skating Technical Elements	Computer Abbreviation						
Waltz jump	1W						
Salchow	1S						
Toe Loop	1T						
Forward spiral – 5 metres	FSpiral						
Backward spiral – length of body	BSpiral						
One foot Upright spin – minimum of three revolutions	1footUSp						
Five consecutive backward crossovers (left and right)	BX						
Consecutive forward outside edges (left and right on semi-circle)	FOE						
Consecutive forward inside edge (left and right on semi-circle)	FIE						
Consecutive backward outside edges (left and	sfBO						

right on semi-circle).							
Consecutive backward inside edges (left and right on semi-circle).	sfBI						
Forward inside one foot three turn (left and right)	FI3T						
Forward inside Mohawk (left and right for 1 metre with extended free leg).	FIM						
Simple footwork Mohawk step sequence, Waltz three-step sequence etc. for distance of 5 metres or more	sfm						
Field moves (spirals, lunges etc.) for distance of 5 metres or more	field						
Hockey stop	Hstop						
Total Technical Elements Score							
Impairment Compensation							
Skating Skills	Performance and Execution		Factor				
			2.5				
Total Score for Performance							