



Planned Programme Content sheets

Please fill in the form for the specific free level entered

Please identify the relevant elements in the shaded boxes in the forms below

1. Compulsory - which elements they wish to have marked for GOE. Please use a tick or the letters GOE to identify the Grade of Execution marked elements.
2. Optional - what additional transitional elements they have selected from the permitted list may also be identified. This can be helpful at Level 1 and 2 and for the avoidance of doubt. Please use the letter T to identify transitional elements.
3. Compulsory - the order of those elements
4. Optional - the timing of the elements is helpful especially at Level 1 and 2

Skaters do not need to complete forms for Compulsory elements, free dance and pattern dances as there are no optional boxes with these events.

The synchro is to be performed in the following order circle, line or creative. Alternatively, the team captain can inform the Technical Delegate and/or judging panel of an alternative order immediately prior to the commencement of the warm up. No form is required for synchro.

Only one pair form is required per couple entered.

In all cases 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.

Form must be received by the Organiser by the specified deadline

BHF Free Skating Level 1

| Level 1 BHF Free | IJS Base Value | Technical Value | 4 Elements selected for GOE in order to be performed. | |
|--|----------------|-----------------|---|--|
| Forward march or stroking (5 metres) | 0.3 | 0.1 | | |
| Backward wiggle or march (5 metres) | 0.3 | 0.1 | | |
| Forward 2 foot glide (length of body) | 0.3 | 0.1 | | |
| Backward 2 foot glide (length of body) | 0.3 | 0.1 | | |
| Forward gliding dip (length of body) | 0.3 | 0.1 | | |
| Backward gliding dip (length of body) | 0.3 | 0.1 | | |
| 1 foot forward snowplow stop(L & R) | 0.3 | 0.1 | | |

BHF Free Skating Level 2

| Level 2 BHF | IJS Base Value | Technical Value | 5 Elements selected for GOE in order to be performed. | |
|--|----------------|-----------------|---|--|
| Forward march or stroking (5 metres) | 0.3 | 0.1 | | |
| Backward wiggle or march (5 metres) | 0.3 | 0.1 | | |
| Forward swizzles 2 foot (aka lemons or fishes) (5 metres) | 0.3 | 0.1 | | |
| Backward swizzles 2 foot (aka lemons or fishes) (5 metres) | 0.3 | 0.1 | | |
| Forward 2 foot glide (length of body) | 0.3 | 0.1 | | |
| Backward 2 foot glide (length of body) | 0.3 | 0.1 | | |
| Forward one foot glide for length of body (left and right). | 0.3 | 0.1 | | |
| Backward one foot glide for length of body (left and right). | 0.3 | 0.1 | | |
| Forward gliding dip (length of body) | 0.3 | 0.1 | | |
| Backward gliding dip (length of body) | 0.3 | 0.1 | | |
| 1 foot forward snowplow stop(L & R) | 0.3 | 0.1 | | |

Free Skating Level 1

| Level 1 Free Skating | IJS Base Value | Technical Value | 4 Elements selected for GOE in order to be performed. | |
|---|----------------------|--------------------|--|--|
| Forward march or stroking (5 metres) | 0.3 | 0.1 | | |
| Backward wiggle or march (5 metres) | 0.3 | 0.1 | | |
| Forward swizzles 2 foot (aka lemons or fishes) (5m) | 0.3 | 0.1 | | |
| Backward swizzles 2 foot (aka lemons or fishes) (5m) | 0.3 | 0.1 | | |
| Forward 2 foot glide (length of body) | 0.3 | 0.1 | | |
| Backward 2 foot glide (length of body) | 0.3 | 0.1 | | |
| Forward gliding dip (length of body) | 0.3 | 0.1 | | |
| Backward gliding dip (length of body) | 0.3 | 0.1 | | |
| forward 1 foot glide for length of body (L & R) | 0.3 | 0.1 | | |
| 2 foot jump or beginner bunny hop in place or moving | 0.3 | 0.1 | | |
| 1 foot forward snowplow stop(L & R) | 0.3 | 0.1 | | |
| Forward 2 foot curves left and right (length of body) | 0.3 | 0.1 | | |

Free Skating Level 2

| Level 1 | IJS Base Value | Technical Value | 5 Elements selected for GOE in order to be performed. | |
|--|----------------|-----------------|---|--|
| Forward swizzles 2 foot (aka lemons or fishes) (5m) | 0.3 | 0.1 | | |
| Backward swizzles 2 foot (aka lemons or fishes) (5m) | 0.3 | 0.1 | | |
| Forward gliding dip (length of body) | 0.3 | 0.1 | | |
| Backward gliding dip (length of body) | 0.3 | 0.1 | | |
| forward 1 foot glide for length of body (L & R) | 0.3 | 0.1 | | |
| 2 foot jump or beginner bunny hop in place or moving | 0.3 | 0.1 | | |
| 1 foot forward snowplow stop(L or R) | 0.3 | 0.1 | | |
| Forward 2 foot curves left and right (length of body) | 0.3 | 0.1 | | |
| 2 foot turn front to back, on spot | 0.3 | 0.1 | | |
| Level 2 (at least 3 elements) | | | | |
| Consecutive forward one-foot swizzles (L & R each 5 metres) | 0.4 | 0.133 | | |
| Consecutive backward one-foot swizzles (L & R each 5 metres) | 0.4 | 0.133 | | |
| Backward one-foot glide (L & R, each length of body) | 0.4 | 0.133 | | |
| Bunny Hop | 0.4 | 0.133 | | |
| T-stop (left or right) | 0.4 | 0.133 | | |
| Backward stroking for a distance of 5 metres | 0.4 | 0.133 | | |
| 2 foot turn gliding forward to backward (length of body) | 0.4 | 0.133 | | |
| 2 foot turn gliding backwards to forward (length of body) | 0.4 | 0.133 | | |
| Forward pivot (one circle) | 0.4 | 0.133 | | |
| Forward two-foot spin (3 revs) | 0.4 | 0.133 | | |
| Forward 2 foot 3 turn on a circle (c + cc, edges length of body) | 0.4 | 0.133 | | |
| Forward outside one foot three-turn (L & R - 1 metre edges) | 0.4 | 0.133 | | |
| Consecutive forward crossovers (L & R in semi-circle) | 0.4 | 0.133 | | |
| Forward outside edge (L & R in a semi-circle) | 0.4 | 0.133 | | |
| Forward inside edge (L & R in a semi-circle) | 0.4 | 0.133 | | |
| Forward Lunge or drag (at any depth for length of body) | 0.4 | 0.133 | | |
| Shoot the Duck (at any depth for length of body) | 0.4 | 0.133 | | |

Free Skating Level 3

| | IJS Base Value | Technical Value | 6 Elements selected for GOE in order to be performed. | |
|--|----------------|-----------------|---|--|
| Level 2 | | | | |
| Consecutive forward one-foot swizzles (L & R each 5 metres) | 0.4 | 0.133 | | |
| Consecutive backward one-foot swizzles (L & R each 5 metres) | 0.4 | 0.133 | | |
| Backward one-foot glide (L & R, each length of body) | 0.4 | 0.133 | | |
| Bunny Hop | 0.4 | 0.133 | | |
| T-stop (left or right) | 0.4 | 0.133 | | |
| Forward pivot (one circle) | 0.4 | 0.133 | | |
| Forward two-foot spin (3 revs) | 0.4 | 0.133 | | |
| Forward outside one foot three-turn (L & R for 1 metre) | 0.4 | 0.133 | | |
| Consecutive forward crossovers (L & R in semi-circle) | 0.4 | 0.133 | | |
| Forward outside edge (L & R in a semi-circle) | 0.4 | 0.133 | | |
| Forward inside edge (L & R in a semi-circle) | 0.4 | 0.133 | | |
| Forward Lunge or drag (at any depth for length of body) | 0.4 | 0.133 | | |
| F Duck (at any depth for length of body) | 0.4 | 0.133 | | |
| Level 3 (select at least 3) | | | | |
| Waltz Jump | 0.4 | 0.133 | | |
| Salchow | 0.4 | 0.133 | | |
| Toe Loop | 0.4 | 0.133 | | |
| Forward spiral - 5 metres | 0.4 | 0.133 | | |
| Backward spiral - length of body | 0.4 | 0.133 | | |
| Hockey Stop | 0.4 | 0.133 | | |
| Five consecutive Backward crossovers (L & R) | 0.4 | 0.133 | | |
| Consecutive forward outside edges (L & R on semi-circle) | 0.4 | 0.133 | | |
| Consecutive forward inside edges (L & R on semi-circle) | 0.4 | 0.133 | | |
| Consecutive backward outside edges (L & R on semi-circle) | 0.5 | 0.167 | | |
| Consecutive backward inside edges (L & R on semi-circle) | 0.5 | 0.167 | | |
| Forward inside one foot three turn (L & R) edges for 1 metre | 0.5 | 0.167 | | |
| Forward inside Mohawk (L & R for 1m free leg extended) | 0.5 | 0.167 | | |
| Simple footwork for distance of 5m or more | 0.5 | 0.167 | | |
| Field moves (spirals, lunges etc.) for distance of 5+metres | 0.5 | 0.167 | | |
| one foot Upright spin - minimum of 3 revolutions | 0.6 | 0.2 | | |

Free Skating Level 4

| | IJS Base Value | Technical Value | 7 Elements selected for GOE in order to be performed. | |
|--|----------------------|--------------------|--|--|
| Level 2 and 3 | | | | |
| Bunny Hop | 0.4 | 0.133 | | |
| Forward pivot (one circle) | 0.4 | 0.133 | | |
| Forward two-foot spin (3 revs) | 0.4 | 0.133 | | |
| Waltz Jump | 0.4 | 0.133 | | |
| Salchow | 0.4 | 0.133 | | |
| Toe Loop | 0.4 | 0.133 | | |
| Forward spiral - 5 metres | 0.4 | 0.133 | | |
| Backward spiral - length of body | 0.4 | 0.133 | | |
| Hockey Stop | 0.4 | 0.133 | | |
| Five consecutive Backward crossovers (L & R) | 0.4 | 0.133 | | |
| Consecutive forward outside edges (L & R on semi-circle) | 0.4 | 0.133 | | |
| Consecutive forward inside edges (L & R on semi-circle) | 0.4 | 0.133 | | |
| Consecutive backward outside edges (L & R on semi-circle) | 0.5 | 0.167 | | |
| Consecutive backward inside edges (L & R on semi-circle) | 0.5 | 0.167 | | |
| Forward inside one foot three turn (L & R) edges for 1 metre | 0.5 | 0.167 | | |
| Forward inside Mohawk (L & R for 1m free leg extended) | 0.5 | 0.167 | | |
| Simple footwork for distance of 5m or more | 0.5 | 0.167 | | |
| Field moves (spirals, lunges etc.) for distance of 5+metres | 0.5 | 0.167 | | |
| One foot Upright spin - minimum of 3 revolutions | 0.6 | 0.2 | | |
| level 4 (at least 4 elements) | | | | |
| 1/2 revolution jumps (Split jump etc) | 0.4 | 0.133 | | |
| Single Salchow | 0.4 | 0.133 | | |
| Single Toe loop | 0.4 | 0.133 | | |
| Loop | 0.5 | 0.167 | | |
| Single Waltz or Salchow + single Toe loop Combination | 0.8 | 0.267 | | |
| 1 foot spin - min 3 revs. and max of 2 positions - no change of foot allowed | 0.6 | 0.2 | | |
| Upright Back spin - any entry allowed 1 foot or 2 foot | 0.9 | 0.3 | | |
| attempt at sitspin or camel spin (Intermediate Position) | 0.9 | 0.3 | | |
| upright spin | 1 | 0.333 | | |
| Sitspin | 1.1 | 0.367 | | |
| Camel Spin | 1.1 | 0.367 | | |
| Layback Spin | 1.2 | 0.4 | | |
| Spin Combination. With change of pos. and no change of foot (2 pos. including attempts at sitspin and/or camel spin) | 1.5 | 0.5 | | |

Free Skating Level 5

| | IJS Base Value | Technical Value | 8 Elements selected for GOE in order to be performed. | |
|---|----------------------|--------------------|--|--|
| Level 3 and 4 | | | | |
| half revolution Jumps (split jump etc.) | 0.4 | 0.133 | | |
| Waltz jump | 0.4 | 0.133 | | |
| Single Waltz + Single Toe Loop | 0.8 | 0.267 | | |
| Single Salchow + Single Toe loop Combination | 0.8 | 0.267 | | |
| Forward spiral - 5 metres | 0.4 | 0.133 | | |
| Backward Spiral - length of body | 0.4 | 0.133 | | |
| Simple footwork for distance of 5m + | 0.5 | 0.167 | | |
| Field moves (Spirals, lunges etc.) 5m+ | 0.5 | 0.167 | | |
| 1 foot spin 3 rev & 2 pos max no change | 0.6 | 0.2 | | |
| upright Back Spin any entry 1 or 2 foot | 0.9 | 0.3 | | |
| Attempt sitspin or camel (IP spin) | 0.9 | 0.3 | | |
| Upright Spin | 1 | 0.333 | | |
| Sitspin | 1.1 | 0.367 | | |
| Camel Spin | 1.1 | 0.367 | | |
| Layback Spin | 1.2 | 0.4 | | |
| Spin combination + no foot change 2 pos | 1.5 | 0.5 | | |
| Level 5 (at least 4 elements) | | | | |
| Single Salchow | 0.4 | 0.133 | | |
| Single Toe loop | 0.4 | 0.133 | | |
| Loop | 0.5 | 0.167 | | |
| Single Flip Jump | 0.5 | 0.167 | | |
| Single Lutz | 0.6 | 0.2 | | |
| Single loop, flip or lutz + toe loop combination | 0.9 | 0.3 | | |
| Single loop, flip or lutz + loop combination | 1.05 | 0.35 | | |
| Change foot Upright Spin | 1.5 | 0.5 | | |
| Change foot Sit Spin | 1.6 | 0.533 | | |
| Change foot Camel Spin | 1.6 | 0.533 | | |
| Change foot Layback Spin | 1.7 | 0.567 | | |
| Spin Combination 2 position + one foot change | 1.6 | 0.533 | | |
| Spin Combination 3 position + no foot change | 1.7 | 0.567 | | |
| Spin Combination 3 position + one foot change | 1.8 | 0.6 | | |
| Step (full length of rink or full circle) | 1.5 | 0.5 | | |
| Choreographic Sequences (2 or more field moves, jumps and artistic movements covering full ice) spiral not required | 2 | 0.667 | | |

Free Skating Level 6

| | IJS Base Value | Technical Value | 9 Elements selected for GOE in order | |
|--|---|--------------------|--|--|
| Level 4 and 5 | | | | |
| ½ revolution jumps (split jump etc.) | 0.4 | 0.133 | | |
| Salchow | 0.4 | 0.133 | | |
| Toe Loop | 0.4 | 0.133 | | |
| Single Flip Jump | 0.5 | 0.167 | | |
| Loop | 0.5 | 0.167 | | |
| Single Lutz | 0.6 | 0.2 | | |
| One foot spin - 3 revolutions & max of 2 positions – no change of foot | 0.6 | 0.2 | | |
| Waltz + Single Toe loop combination | 0.8 | 0.267 | | |
| Single Salchow + SingleToe loop Combination | 0.8 | 0.267 | | |
| Single loop, flip or lutz + toe loop combination | 0.9 | 0.3 | | |
| Single loop, flip or lutz + loop combination | 1.05 | 0.35 | | |
| Upright Back spin – | 0.9 | 0.3 | | |
| Attempt at sitspin or camel spin | 0.9 | 0.3 | | |
| Upright Spin | 1 | 0.333 | | |
| Sitspin | 1.1 | 0.367 | | |
| Camel Spin | 1.1 | 0.367 | | |
| Layback Spin | 1.2 | 0.4 | | |
| Change foot Upright Spin - 1 change of foot & no change of position | 1.5 | 0.5 | | |
| Change foot Intermediate Position - Attempt at Sitspin or Camel spin + no position change | 1.5 | 0.5 | | |
| Change foot Sit Spin with 1 foot change & no change of position | 1.6 | 0.533 | | |
| Change foot Layback Spin – 1 change of foot & no change of position | 1.7 | 0.567 | | |
| Change foot Camel Spin - 1 change of foot & no change of position | 1.7 | 0.567 | | |
| Spin Combination 2 position +no foot change (2p) | 1.5 | 0.5 | | |
| Spin Combination 2 position + one foot change | 1.6 | 0.533 | | |
| Spin Combination 3p position & no change of foot (3p) | 1.7 | 0.567 | | |
| Spin Combination 3 position +one foot change | 1.8 | 0.6 | | |
| Step (full surface of rink) | 1.5 | 0.5 | | |
| Choreographic Seq (2 or more field moves, jumps etc) | 2 | 0.667 | | |
| Level 6 (at least 4 required) | | | | |
| Axle | 1.1 | 0.367 | | |
| Double Salchow | 1.3 | 0.433 | | |
| Double toe loop | 1.3 | 0.433 | | |
| Flying spin – (all permitted) | 1.6 | 0.533 | | |
| Double loop | 1.8 | 0.6 | | |
| Double Flip | 1.9 | 0.633 | | |
| Double Lutz | 2.1 | 0.7 | | |
| Double Axle | 3.3 | 1.1 | | |
| Triple or Quad (all permitted) | Use above from levels 4.5 and 6 or as advised by IS + calculated pro rata | | | |
| 2 jump combination (all permitted - at least one level 6 jump) specify | | | | |
| 2 jump combination (all permitted at least one level 6 jump) specify | | | | |

Pair Free Skating Level 1

| Level 1 | IJS Base Value | Technical Value | 5 Elements selected for GOE in order to be performed. | |
|---|----------------|-----------------|---|--|
| Forward stroking in unison hand in hand for a distance of 5+m | 0.3 | 0.1 | | |
| Forward cross overs in unison, hand in hand clockwise | 0.4 | 0.133 | | |
| Forward cross overs in unison, hand in hand counter clockwise | 0.4 | 0.133 | | |
| Synchronised two foot spin | 0.4 | 0.133 | | |
| Side by side forward pivot pair spin, position optional | 0.4 | 0.133 | | |
| Pair Spiral, position optional | 0.4 | 0.133 | | |
| Synchronised bunny hop, hand in hand | 0.4 | 0.133 | | |
| Straight line step sequence | 0.5 | 0.167 | | |
| Backward stroking, hand in hand for a distance of at least 5m | 0.4 | 0.133 | | |
| Stationary lift, (not above the man's shoulders) | 0.5 | 0.167 | | |

Pair Free Skating Level 2

| Level 2 | IJS Base Value | Technical Value | 6 Elements selected for GOE in order to be performed. | |
|--|----------------|-----------------|---|--|
| Five consecutive backward crossovers, position optional – clockwise | 0.4 | 0.133 | | |
| Five consecutive backward crossovers, position optional – counter clockwise | 0.4 | 0.133 | | |
| Forward Lunge or drag (at any depth for length of body) in a holding position | 0.4 | 0.133 | | |
| Forward spiral – 5 metres- in a holding position, position optional | 0.4 | 0.133 | | |
| Backward spiral – length of body - in a holding position, position optional | 0.4 | 0.133 | | |
| Bunny Hop Lift | 0.4 | 0.133 | | |
| Lift limited to one turn by the man and one and a half turns by the lady – no full extension of the man's arms | 0.9 | 0.3 | | |
| Step sequence (pattern optional) straight line, circular or serpentine, minimum of 8 steps. | 0.5 | 0.167 | | |
| Synchronized half rotation jump (jump optional) | 0.4 | 0.133 | | |
| One foot Synchronised spin – minimum of three revolutions | 0.9 | 0.3 | | |
| One foot Pair spin – position optional, minimum of three revolutions | 0.6 | 0.2 | | |

Pair Free Skating Level 3

| Level 3 Pair Free Technical Elements | IJS Base Value | Technical Value | 7 Elements selected for GOE in order to be performed. | |
|---|----------------------|--------------------|--|--|
| Any side by side full rotation (or more) jump | 1.1 | 0.367 | | |
| Synchronised one position spin (no change of foot) | 1 | 0.333 | | |
| Pair Spin | 1.7 | 0.567 | | |
| Pair Spin Combination | 2 | 0.667 | | |
| Lift limited to 1.5 turn by man + 2 turns by lady – man’s arms no full extension | 1 | 0.333 | | |
| Choreographic sequence (moves in the field) utilization of at least half of the ice surface and pair hold | 2 | 0.667 | | |
| Level 3 Free Skating Technical Elements below | | | | |
| Salchow | 0.4 | 0.133 | | |
| Toe Loop | 0.4 | 0.133 | | |
| Forward spiral – 5 metres | 0.4 | 0.133 | | |
| Backward spiral – length of body | 0.4 | 0.133 | | |
| One foot Upright spin – minimum of three revolutions | 0.6 | 0.2 | | |
| Simple footwork for distance of 5 metres or more | 0.5 | 0.167 | | |
| Field moves (spirals, lunges etc.) for distance of 5+ metres | 0.5 | 0.167 | | |
| Hockey stop | 0.4 | 0.133 | | |