







Off-ice Program				Level: 1			
Competition:		Sex:		Paralympic Class:			
Skater:		Age category:	Pre-Novice	Facilitation:			
Age January 1st:		Country:		Support needed:			
Club:							
Elements Permitted		IJS Base	Technical	Element order Nbr. Elements: 4	Element Called (Y)	Grade of Execution	Mark awarded
max 1 jump element		For Official Use Only		Skater to fill in	For Official Use Only		
Level 1							
Forward march or stroking (5 metres)		0,3	0,1				0,000
Backward wiggle or march (5 metres)		0,3	0,1				0,000
Forward swizzles 2 foot (aka lemons or fishes) (5 metres)		0,3	0,1				0,000
Backward swizzles 2 foot (aka lemons or fishes) (5 metres)		0,3	0,1				0,000
Forward 2 foot glide (length of body)		0,3	0,1				0,000
Backward 2 foot glide (length of body)		0,3	0,1				0,000
Forward gliding dip (length of body)		0,3	0,1				0,000
Backward gliding dip (length of body)		0,3	0,1				0,000
Forward 1 foot glide for length of body (L & R)		0,3	0,1				0,000
2 foot jump or beginner bunny hop in place or moving		0,3	0,1				0,000
1 foot forward snowplow stop (L or R)		0,3	0,1				0,000
Forward 2 foot curves left and right (length of body)		0,3	0,1				0,000
Two foot turn front to back, on spot		0,3	0,1				0,000
Rotate one circle or more with marching feet in place		0,3	0,1				0,000
Number of elements called:					0		
Total Technical Elements					Total judges score for elements		0,000
		Factor	WPI	WPI incl age			
Impairment Compensation (1,3 x WPI)		1,3	0,00%	0,00%			0,000
Artistic performance & Execution (Factor x Score)		1					0,000
Deductions							0,00
Total Score for Performance							0,00


Off-ice Program				Level: 2					
Competition:		Sex:		Paralympic Class:					
Skater:		Age category:		Facilitation:					
Age January 1st:		Country:		Support needed:					
Club:									
Elements Permitted				IJS Base	Technical	Element order Nbr. Elements: 5	Element Called (Y)	Grade of Execution	Mark awarded
max 2 jump elements				For Official Use Only		Skater to fill in	For Official Use Only		
Level 1									
Forward swizzles 2 feet (5m)				0,3	0,1				0,000
Backward swizzles 2 feet (5m)				0,3	0,1				0,000
Forward gliding dip (length of body)				0,3	0,1				0,000
Backward gliding dip (length of body)				0,3	0,1				0,000
Forward 1 foot glide for length of body (L & R)				0,3	0,1				0,000
2 foot jump or beginner bunny hop in place or moving				0,3	0,1				0,000
1 foot forward snowplow stop (L or R)				0,3	0,1				0,000
Forward 2 foot curves left and right (length of body)				0,3	0,1				0,000
Two foot turn front to back, on spot				0,3	0,1				0,000
Rotate one circle or more with marching feet in place				0,3	0,1				0,000
Level 2 (at least 3 elements)									
Consecutive forward one-foot swizzles (L & R each 5m)				0,4	0,133				0,000
Consecutive backward one-foot swizzles (L & R each 5 m)				0,4	0,133				0,000
Backward one-foot glide (L & R, each length of body)				0,4	0,133				0,000
Bunny Hop				0,4	0,133				0,000
T-stop (left or right)				0,4	0,133				0,000
Backward stroking for a distance of 5 metres				0,4	0,133				0,000
2 foot turn gliding forward to backward (length of body)				0,4	0,133				0,000
2 foot turn gliding backwards to forward (length of body)				0,4	0,133				0,000
Forward pivot (one circle)				0,4	0,133				0,000
Forward two-foot spin (min 3 revs)				0,4	0,133				0,000
Forward 2 foot 3 turn on a circle (c + cc, edges length of body)				0,4	0,133				0,000
Forward outside one foot three-turn (L & R - 1 metre edges)				0,4	0,133				0,000
Consecutive forward crossovers (L & R in semi-circle)				0,4	0,133				0,000
Forward outside edge (L & R, edges on a semi-circle)				0,4	0,133				0,000
Forward inside edge (L & R, edges on a semi-circle)				0,4	0,133				0,000
Forward Lunge or drag (at any depth for length of body)				0,4	0,133				0,000
Shoot the Duck (at any depth for length of body)				0,4	0,133				0,000
				Number of elements called:		0			
Total Technical Elements				Total judges score for elements				0,000	
				Factor	WPI	WPI incl age			
Impairment Compensation (1,4 x WPI)				1,4	0,00%	0,00%	0,000		
Artistic performance & Execution (Factor x Score)				1,5				0,000	
Deductions							0,00		
				Total Score for Performance				0,00	

Off-ice Program				Level: 3					
Competition:				Paralympic Class:					
Skater:		Sex:		Facilitation:					
Age January 1st:		Age category: Pre-Novice		Support needed:					
Club:		Country:							
Elements Permitted				IJS Base	Technical	Element order Nbr. Elements: 6	Element Called (Y)	Grade of Execution	Mark awarded
max 3 jump elements				For Official Use Only		Skater to fill in		For Official Use Only	
Level 2									
Consecutive forward one-foot swizzles (L & R each 5 metres)				0,4	0,133				0,000
Consecutive backward one-foot swizzles (L & R each 5 metres)				0,4	0,133				0,000
Backward one-foot glide (L & R, each length of body)				0,4	0,133				0,000
Bunny Hop				0,4	0,133				0,000
T-stop (left or right)				0,4	0,133				0,000
Forward pivot (one circle)				0,4	0,133				0,000
Forward two-foot spin (3 revs)				0,4	0,133				0,000
Forward outside one foot three-turn (L & R for 1 metre)				0,4	0,133				0,000
Consecutive forward crossovers (L & R in semi-circle)				0,4	0,133				0,000
Forward outside edge (L & R in a semi-circle)				0,4	0,133				0,000
Forward inside edge (L & R in a semi-circle)				0,4	0,133				0,000
Forward Lunge or drag (at any depth for length of body)				0,4	0,133				0,000
F Duck (at any depth for length of body)				0,4	0,133				0,000
Level 3 (at least 3 elements)									
Waltz Jump				0,4	0,133				0,000
Salchow				0,4	0,133				0,000
Toe Loop				0,4	0,133				0,000
Forward spiral - 5 metres				0,4	0,133				0,000
Backward spiral - length of body				0,4	0,133				0,000
Hockey Stop				0,4	0,133				0,000
Five consecutive Backward crossovers (L & R)				0,4	0,133				0,000
Consecutive forward outside edges (L & R on semi-circle)				0,4	0,133				0,000
Consecutive forward inside edges (L & R on semi-circle)				0,4	0,133				0,000
Consecutive backward outside edges (L & R on semi-circle)				0,5	0,167				0,000
Consecutive backward inside edges (L & R on semi-circle)				0,5	0,167				0,000
Forward inside one foot three turn (L & R) edges for 1 metre				0,5	0,167				0,000
Forward inside Mohawk (L & R for 1m free leg extended)				0,5	0,167				0,000
Simple footwork for distance of 5m or more				0,5	0,167				0,000
Field moves (spirals, lunges etc.) for distance of 5+metres				0,5	0,167				0,000
One foot Upright spin - minimum of 3 revolutions				0,6	0,2				0,000
				Number of elements called:		0			
Total Technical Elements						Total judges score for elements		0,000	
				Factor	WPI	WPI incl age			
Impairment Compensation (2,5 x WPI)				2,5	0,00%	0,00%		0,000	
Artistic performance & Execution (Factor x Score)				2			0,000		
Deductions								0,00	
Total Score for Performance								0,00	

Off-ice Program				Level: 4					
Competition:				Paralympic Class:					
Skater:		Sex:		Facilitation:					
Age January 1st:		Age category: Pre-Novice		Support needed:					
Club:		Country:							
Elements Permitted				IJS Base	Technical	Element order Nbr. Elements: 7	Element Called (Y)	Grade of Execution	Mark awarded
max 4 jump elements				For Official Use Only		Skater to fill in	For Official Use Only		
Level 2 and 3									
Bunny Hop		0,4	0,133						0,000
Forward pivot (one circle)		0,4	0,133						0,000
Forward two-foot spin (3 revs)		0,4	0,133						0,000
Waltz Jump		0,4	0,133						0,000
Salchow		0,4	0,133						0,000
Toe Loop		0,4	0,133						0,000
Forward spiral - 5 metres		0,4	0,133						0,000
Backward spiral - length of body		0,4	0,133						0,000
Hockey Stop		0,4	0,133						0,000
Five consecutive backward crossovers (L & R)		0,4	0,133						0,000
Consecutive forward outside edges (L & R on semi-circle)		0,4	0,133						0,000
Consecutive forward inside edges (L & R on semi-circle)		0,4	0,133						0,000
Consecutive backward outside edges (L & R on semi-circle)		0,5	0,167						0,000
Consecutive backward inside edges (L & R on semi-circle)		0,5	0,167						0,000
Forward inside one foot three turn (L & R) edges for 1 metre		0,5	0,167						0,000
Forward inside Mohawk (L & R for 1m free leg extended)		0,5	0,167						0,000
Simple footwork for distance of 5m or more		0,5	0,167						0,000
Field moves choreo sequence (spirals, lunges etc.) for distance of 5+metres		0,5	0,167						0,000
One foot Upright spin - minimum of 3 revolutions		0,6	0,2						0,000
Level 4 (at least 4 elements)									
1/2 revolution jumps (split jump etc.)		0,4	0,133						0,000
Single Salchow		0,4	0,133						0,000
Single Toe loop		0,4	0,133						0,000
Loop		0,5	0,167						0,000
Single Waltz + Single Toe loop Combination		0,8	0,267						0,000
Single Salchow + Single Toe loop Combination		0,8	0,267						0,000
1 foot spin - min 3 revs. and max of 2 positions - no change of foot		0,6	0,2						0,000
Upright Back spin - any entry allowed 1 foot or 2 foot		0,9	0,3						0,000
Attempt at sitspin or camel spin		0,9	0,3						0,000
Upright spin		1	0,333						0,000
Sitspin		1,1	0,367						0,000
Camel Spin		1,1	0,367						0,000
Layback Spin		1,2	0,4						0,000
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						0,000
				Number of elements called:		0			
Total Technical Elements				Total judges score for elements				0,000	
				Factor	WPI	WPI incl age			
Impairment Compensation (4 x WPI)				4	0,00%	0,00%	0,000		
Artistic performance & Execution (Factor x Score)				2,5				0,000	
Deductions							0,00		
				Total Score for Performance				0,00	

Off-ice Program				Level: 5					
Competition:				Paralympic Class:					
Skater:		Sex:		Facilitation:					
Age January 1st:		Age category: Pre-Novice		Support needed:					
Club:		Country:							
Elements Permitted				IJS Base	Technical	Element order Nbr. Elements: 8	Element Called (Y)	Grade of Execution	Mark awarded
max 4 jump elements				For Official Use Only		Skater to fill in	For Official Use Only		
Level 3 and 4									
1/2 revolution jumps (split jump etc.)				0,4	0,133				0,000
Waltz jump				0,4	0,133				0,000
Single Waltz + Single Toe Loop				0,8	0,267				0,000
Single Salchow + Single Toe loop Combination				0,8	0,267				0,000
Forward spiral - 5 metres				0,4	0,133				0,000
Backward Spiral - length of body				0,4	0,133				0,000
Simple footwork for distance of 5m +				0,5	0,167				0,000
Field moves (Spirals, lunges etc.) 5m+				0,5	0,167				0,000
1 foot spin - min 3 revs. and max of 2 positions - no change of foot				0,6	0,2				0,000
Upright Back Spin, any entry, 1 or 2 foot				0,9	0,3				0,000
Attempt sitspin or camel spin				0,9	0,3				0,000
Upright Spin				1	0,333				0,000
Sitspin				1,1	0,367				0,000
Camel Spin				1,1	0,367				0,000
Layback Spin				1,2	0,4				0,000
Spin combination, 2 pos, no foot change				1,5	0,5				0,000
Level 5 (at least 4 elements)									
Single Salchow				0,4	0,133				0,000
Single Toe loop				0,4	0,133				0,000
Loop				0,5	0,167				0,000
Single Flip Jump				0,5	0,167				0,000
Single Lutz				0,6	0,2				0,000
Single Loop, Flip or Lutz + Toe loop combination				0,9	0,3				0,000
Single Loop, Flip or Lutz + Loop combination				1,05	0,35				0,000
Upright Spin, one change of foot, no pos change				1,5	0,5				0,000
Sit Spin, one change of foot, no pos change				1,6	0,533				0,000
Camel Spin, one change of foot, no pos change				1,7	0,567				0,000
Layback Spin, one change of foot, no pos change				1,7	0,567				0,000
Spin Combination 2 position + one foot change				1,6	0,533				0,000
Spin Combination 3 position + no foot change				1,7	0,567				0,000
Spin Combination 3 position + one foot change				1,8	0,6				0,000
Step (full length of rink or full circle)				1,5	0,5				0,000
Choreographic Sequences (2 or more field moves, jumps and artistic movements covering full ice)				2	0,667				0,000
				Number of elements called:		0			
Total Technical Elements				Total judges score for elements				0,000	
				Factor	WPI	WPI incl age			
Impairment Compensation (6,5 x WPI)				6,5	0,00%	0,00%	0,000		
Artistic performance & Execution (Factor x Score)				2,5				0,000	
Deductions							0,00		
				Total Score for Performance				0,00	

Off-ice Program				Level: 6					
Competition:		Sex:		Paralympic Class:					
Skater:		Age category:		Facilitation:					
Age January 1st:		Country:		Support needed:					
Club:									
Elements Permitted				IJS Base	Technical	Element order Nbr. Elements: 9	Element Called (Y)	Grade of Execution	Mark awarded
max 5 jump elements				For Official Use Only		Skater to fill in	For Official Use Only		
Level 4 and 5									
Salchow				0,4	0,133				0,000
Toe Loop				0,4	0,133				0,000
Single Flip Jump				0,5	0,167				0,000
Loop				0,5	0,167				0,000
Single Lutz				0,6	0,2				0,000
Upright Spin				1	0,333				0,000
Sit spin				1,1	0,367				0,000
Camel Spin				1,1	0,367				0,000
Layback Spin				1,2	0,4				0,000
Upright Spin, one change of foot, no pos change				1,5	0,5				0,000
Sit Spin, one change of foot, no pos change				1,6	0,533				0,000
Camel Spin, one change of foot, no pos change				1,7	0,567				0,000
Layback Spin, one change of foot, no pos change				1,7	0,567				0,000
Spin combination, 2 pos, no foot change				1,5	0,5				0,000
Spin Combination 3 position + no foot change				1,7	0,567				0,000
Spin Combination 2 position + one foot change				1,6	0,533				0,000
Spin Combination 3 position + one foot change				1,8	0,6				0,000
Step (full surface of rink)				1,5	0,5				0,000
Choreographic Seq (2 or more field moves, jumps etc)				2	0,667				0,000
Level 6 (at least 4 elements)									
Axle				1,1	0,367				0,000
Double Salchow				1,3	0,433				0,000
Double Toe loop				1,3	0,433				0,000
Flying spin – (all permitted)				1,6	0,533				0,000
Single Loop, Flip or Lutz + Toe loop combination				0,9	0,3				0,000
Single Loop, Flip or Lutz + Loop combination				1,05	0,35				0,000
Single Axle + Single Toe loop Combination				1,5	0,5				0,000
Single Axle + Single Loop combination				1,7	0,567				0,000
2 jump combination with single Euler as transitional jump (all single jumps permitted)				Use above/ as advised + 0.17 added for Euler					0,000
2 jump combination (all permitted - at least one level 6 jump including axle as first or second jump)				Use above/ as advised and calculate pro rata					0,000
3 jump combination (all permitted - at least one level 6 jump or jump combination)									0,000
				Number of elements called:		0			
Total Technical Elements				Total judges score for elements				0,000	
				Factor	WPI	WPI incl age			
Impairment Compensation (8 x WPI)				8	0,00%	0,00%	0,000		
Artistic performance & Execution (Factor x Score)				3			0,000		
Deductions								0,00	
				Total Score for Performance				0,00	

Off-ice Program				Level: 7					
Competition:		Sex:		Paralympic Class:					
Skater:		Age category:		Facilitation:					
Age January 1st:		Country:		Support needed:					
Club:									
Elements Permitted max 5 jump elements				IJS Base	Technical	Element order Nbr. Elements: 9	Element Called (Y)	Grade of Execution	Mark awarded
				For Official Use Only		Skater to fill in		For Official Use Only	
Level 4, 5 and 6									
Salchow				0,4	0,133				0,000
Toe Loop				0,4	0,133				0,000
Single Flip Jump				0,5	0,167				0,000
Loop				0,5	0,167				0,000
Single Lutz				0,6	0,2				0,000
2 jump combination with single Euler as transitional jump (all single jumps permitted)				Use above/ as advised + 0.17 added for Euler					0,000
2 jump combination (all permitted - at least one level 6 jump including axle as first or second jump)				Use above/ as advised and calculate pro rata					0,000
3 jump combination (all permitted - at least one level 6 jump or jump combination)									0,000
Upright Spin				1	0,333				0,000
Sit spin				1,1	0,367				0,000
Camel Spin				1,1	0,367				0,000
Layback Spin				1,2	0,4				0,000
Upright Spin, one change of foot, no pos change				1,5	0,5				0,000
Sit Spin, one change of foot, no pos change				1,6	0,533				0,000
Camel Spin, one change of foot, no pos change				1,7	0,567				0,000
Layback Spin, one change of foot, no pos change				1,7	0,567				0,000
Spin combination, 2 pos, no foot change				1,5	0,5				0,000
Spin Combination 3 position + no foot change				1,7	0,567				0,000
Spin Combination 2 position + one foot change				1,6	0,533				0,000
Spin Combination 3 position +one foot change				1,8	0,6				0,000
Step (full surface of rink)				1,5	0,5				0,000
Choreographic Seq (2 or more field moves, jumps etc)				2	0,667				0,000
Level 7 (at least 4 elements)									
Axle				1,1	0,367				0,000
Double Salchow				1,3	0,433				0,000
Double Toe loop				1,3	0,433				0,000
Flying spin – (all permitted)				1,6	0,533				0,000
Double Loop				1,8	0,6				0,000
Double Flip				1,9	0,633				0,000
Double Lutz				2,1	0,7				0,000
Double Axle				3,3	1,1				0,000
Triple or Quad (all permitted)				Use above from levels 4,5,6 and 7 or as advised by IS + calculated pro rata					0,000
2 jump combination with Euler as transitional jump (all permitted - at least one level 7 jump)									0,000
2 jump combination (all permitted - at least one level 7 jump)									0,000
3 jump combination (all permitted at least one level 7 jump)									0,000
				Number of elements called:		0			
Total Technical Elements						Total judges score for elements		0,000	
				Factor	WPI	WPI incl age			
Impairment Compensation (10 x WPI)				10	0,00%	0,00%		0,000	
Artistic performance & Execution (Factor x Score)				3				0,000	
Deductions								0,00	
				Total Score for Performance				0,00	