

Free skating programme					Level: 1 BHF		
Competition:							
First name:		Last name:		Sex:			
Age Jan 1st:		Age category:		Country:			
Classification:		Support needed:		Club:			
Elements Permitted		Technical	Element order Nbr. Elements: 4	Element Called (Y)	Grade of Execution	Mark awarded	
		Official Use Only	Skater to fill in	Official Use Only			
Level 1 BHF							
Forward march or stroking (5 metres)		0,1				0,000	
Backward wiggle or march (5 metres)		0,1				0,000	
Forward two-foot glide (length of body)		0,1				0,000	
Backward two-foot glide (length of body)		0,1				0,000	
Forward gliding dip (length of body)		0,1				0,000	
Backward gliding dip (length of body)		0,1				0,000	
One foot forward snowplow stop (L or R)		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 (1,25 x WPI)		1,25	0,00%	0,00%	0,000		
Technical Skating Skills (Factor x Score)		0,5				0,000	
Artistic performance & Execution (Factor x Score)		0,5				0,000	
Deductions						0,00	
Total Score for Performance						0,00	
Programme duration (min): 1		Time Adjusted Championship World Ranking Score				0,00	

Free skating programme				Level: 2 BHF			
Competition:							
First name:		Last name:		Sex:			
Age Jan 1st:		Age category: Pre-Novice		Country:			
Classification:		Support needed:		Club:			
Elements Permitted		Technical	Element order Nbr. Elements: 5	Element Called (Y)	Grade of Execution	Mark awarded	
		Official Use Only	Skater to fill in	Official Use Only			
Level 2 BHF							
Forward march or stroking (5 metres)		0,1				0,000	
Backward wiggle or march (5 metres)		0,1				0,000	
Forward swizzles 2 foot (aka lemons or fishes) (5 metres)		0,1				0,000	
Backward swizzles 2 foot (aka lemons or fishes) (5 metres)		0,1				0,000	
Forward two-foot glide (length of body)		0,1				0,000	
Backward two-foot glide (length of body)		0,1				0,000	
Forward one foot glide for length of body (L and R)		0,1				0,000	
Backward one foot glide for length of body (L and R)		0,1				0,000	
Forward gliding dip (length of body)		0,1				0,000	
Backward gliding dip (length of body)		0,1				0,000	
1 foot forward snowplow stop (L or R)		0,1				0,000	
Rotate one circle or more with marching feet in place		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 (1,5 x WPI)		1,5	0,00%	0,00%	0,000		
Technical Skating Skills (Factor x Score)		0,75				0,000	
Artistic performance & Execution (Factor x Score)		0,75				0,000	
Deductions					0,00		
Total Score for Performance					0,00		
Programme duration (min): 1,5			Time Adjusted Championship World Ranking Score			0,00	

Free skating programme				Level: 3 BHF			
Competition:							
First name:		Last name:		Sex:			
Age Jan 1st:		Age category:		Country:			
Classification:		Support needed:		Club:			
Elements Permitted		Technical	Element order Nbr. Elements: 6	Element Called (Y)	Grade of Execution	Mark awarded	
		Official Use Only	Skater to fill in	Official Use Only			
Level 3 BHF							
Forward march or stroking (5 metres)		0,1				0,000	
Backward wiggle or march (5 metres)		0,1				0,000	
Forward swizzles 2 foot (aka lemons or fishes) (5 metres)		0,1				0,000	
Backward swizzles 2 foot (aka lemons or fishes) (5 metres)		0,1				0,000	
Forward 2 foot glide (length of body)		0,1				0,000	
Backward 2 foot glide (length of body)		0,1				0,000	
Forward one foot glide for length of body (L and R)		0,1				0,000	
Backward one foot glide for length of body (L and R)		0,1				0,000	
Forward gliding dip (length of body)		0,1				0,000	
Backward gliding dip (length of body)		0,1				0,000	
Forward Crossover x3		0,1				0,000	
Backward Crossover x3		0,1				0,000	
Forward one foot swizzles (length of body R + L)		0,1				0,000	
Backward one foot swizzles (length of body R + L)		0,1				0,000	
1 foot forward snowplow stop (L & R)		0,1				0,000	
Rotate one circle or more with marching feet in place		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 (1,5 x WPI)		1,5	0,00%	0,00%		0,000	
Technical Skating Skills (Factor x Score)		1,0				0,000	
Artistic performance & Execution (Factor x Score)		1,0				0,000	
Deductions						0,00	
Total Score for Performance						0,00	
Programme duration (min): 1,5		Time Adjusted Championship World Ranking Score				0,00	

Free skating programme					Level: 1		
Competition:							
First name:		Last name:		Sex:			
Age Jan 1st:		Age category:		Country:			
Classification:		Support needed:		Club:			
Elements Permitted		Technical	Element order Nbr. Elements: 4	Element Called (Y)	Grade of Execution	Mark awarded	
		Official Use Only	Skater to fill in	Official Use Only			
Level 1							
Forward march, wiggle or stroking (5 metres)		0,1				0,000	
Backward wiggle or march (5 metres)		0,1				0,000	
Forward swizzles 2 foot (aka lemons or fishes) (5 metres)		0,1				0,000	
Backward swizzles 2 foot (aka lemons or fishes) (5 metres)		0,1				0,000	
Forward two-foot glide (length of body)		0,1				0,000	
Backward two-foot glide (length of body)		0,1				0,000	
Forward gliding dip (length of body)		0,1				0,000	
Backward gliding dip (length of body)		0,1				0,000	
Forward one foot glide for length of body (L & R)		0,1				0,000	
Two-foot jump or beginner bunny hop in place or moving		0,1				0,000	
One foot forward snowplow stop (L or R)		0,1				0,000	
Forward two foot curves left and right (length of body)		0,1				0,000	
Rotate one circle or more with marching feet in place		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 (2,45 x WPI)		2,45	0,00%	0,00%	0,000		
Technical Skating Skills (Factor x Score)		1,0			0,000		
Artistic performance & Execution (Factor x Score)		1,0			0,000		
Deductions						0,00	
Total Score for Performance						0,00	
Programme duration (min): 1				Time Adjusted Championship World Ranking Score		0,00	

Free skating programme					Level: 2		
Competition:							
First name:		Last name:		Sex:			
Age Jan 1st:		Age category:		Country:			
Classification:		Support needed:		Club:			
Elements Permitted		Technical	Element order Nbr. Elements: 5	Element Called (Y)	Grade of Execution	Mark awarded	
		Official Use Only	Skater to fill in		Official Use Only		
Level 1							
Forward swizzles 2 feet (5m)	0,1					0,000	
Backward swizzles 2 feet (5m)	0,1					0,000	
Forward gliding dip (length of body)	0,1					0,000	
Backward gliding dip (length of body)	0,1					0,000	
Forward one foot glide for length of body (L & R)	0,1					0,000	
Two-foot jump or beginner bunny hop in place or moving	0,1					0,000	
One foot forward snowplow stop (L or R)	0,1					0,000	
Forward 2 foot curves left and right (length of body)	0,1					0,000	
Rotate one circle or more with marching feet in place	0,1					0,000	
Level 2							
Consecutive forward one-foot swizzles (L & R each 5m)	0,133					0,000	
Consecutive backward one-foot swizzles (L & R each 5 m)	0,133					0,000	
Backward one-foot glide (L & R, each length of body)	0,133					0,000	
Bunny Hop	0,133					0,000	
T-stop (left or right)	0,133					0,000	
Backward stroking for a distance of 5 metres	0,133					0,000	
Two-foot turn gliding forward to backward (length of body)	0,133					0,000	
Two-foot turn gliding backwards to forward (length of body)	0,133					0,000	
Forward pivot (one circle)	0,133					0,000	
Forward two-foot spin (min 3 revs)	0,133					0,000	
Forward two-foot turn on a circle (c + cc, edges length of body)	0,133					0,000	
Forward outside one foot three-turn (L & R, 1 metre edges)	0,133					0,000	
Consecutive forward crossovers (L & R in semi-circle)	0,133					0,000	
Forward outside edge (L & R, edges on a semi-circle)	0,133					0,000	
Forward inside edge (L & R, edges on a semi-circle)	0,133					0,000	
Forward Lunge or drag (at any depth for length of body)	0,133					0,000	
Shoot the Duck (at any depth for length of body)	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 (4,25 x WPI)	4,25	0,00%	0,00%	0,000			
Technical Skating Skills (Factor x Score)	1,5				0,000		
Artistic performance & Execution (Factor x Score)	1,5				0,000		
Deductions						0,00	
Total Score for Performance						0,00	
Programme duration (min): 1,5		Time Adjusted Championship World Ranking Score				0,00	

Free skating programme				Level: 3		
Competition: _____						
First name: _____		Last name: _____		Sex: _____		
Age Jan 1st: _____		Age category: Pre-Novice		Country: _____		
Classification: _____		Support needed: _____		Club: _____		
Elements Permitted		Technical	Element order Nbr. Elements: 6	Element Called (Y)	Grade of Execution	Mark awarded
		Official Use Only	Skater to fill in		Official Use Only	
Level 2						
Consecutive forward one-foot swizzles (L & R each 5 metres)	0,133					0,000
Consecutive backward one-foot swizzles (L & R each 5 metres)	0,133					0,000
Backward one-foot glide (L & R, each length of body)	0,133					0,000
Bunny Hop	0,133					0,000
T-stop (left or right)	0,133					0,000
Forward pivot (one circle)	0,133					0,000
Forward two-foot spin (3 revs)	0,133					0,000
Forward outside one foot three-turn (L & R for 1 metre)	0,133					0,000
Consecutive forward crossovers (L & R in semi-circle)	0,133					0,000
Forward outside edge (L & R in a semi-circle)	0,133					0,000
Forward inside edge (L & R in a semi-circle)	0,133					0,000
Forward Lunge or drag (at any depth for length of body)	0,133					0,000
F Duck (at any depth for length of body)	0,133					0,000
Level 3 (at least 3 elements)						
Waltz Jump	0,133					0,000
Salchow	0,133					0,000
Toe Loop	0,133					0,000
Forward spiral - 5 metres	0,133					0,000
Backward spiral - length of body	0,133					0,000
Hockey Stop	0,133					0,000
Five consecutive backward crossovers (L & R)	0,133					0,000
Consecutive forward outside edges (L & R on semi-circle)	0,133					0,000
Consecutive forward inside edges (L & R on semi-circle)	0,133					0,000
Consecutive backward outside edges (L & R on semi-circle)	0,167					0,000
Consecutive backward inside edges (L & R on semi-circle)	0,167					0,000
Forward inside one foot three turn (L & R) edges for 1 metre	0,167					0,000
Forward inside Mohawk (L & R for 1m free leg extended)	0,167					0,000
Simple footwork for distance of 5m or more	0,167					0,000
Field moves (spirals, lunges etc.) for distance of 5+metres	0,167					0,000
One foot Upright spin - minimum of 3 revolutions	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 (6 x WPI)		6,0	0,00%	0,00%	0,000	
Technical Skating Skills (Factor x Score)		2,0				0,000
Artistic performance & Execution (Factor x Score)		2,0				0,000
Deductions					0,00	
Total Score for Performance					0,00	
Programme duration (min): 2		Time Adjusted Championship World Ranking Score				0,00

Free skating programme					Level: 4		
Competition: _____							
First name: _____		Last name: _____		Sex: _____			
Age Jan 1st: _____		Age category: _____		Country: _____			
Classification: _____		Support needed: _____		Club: _____			
		Technical	Element order Nbr. Elements: 7	Element Called (Y)	Grade of Execution	Mark awarded	
Elements Permitted		Official Use Only	Skater to fill in	Official Use Only			
Level 2 and 3							
Bunny Hop	0,133					0,000	
Forward pivot (one circle)	0,133					0,000	
Forward two-foot spin (3 revs)	0,133					0,000	
Waltz Jump	0,133					0,000	
Salchow	0,133					0,000	
Toe Loop	0,133					0,000	
Forward spiral - 5 metres	0,133					0,000	
Backward spiral - length of body	0,133					0,000	
Hockey Stop	0,133					0,000	
Five consecutive backward crossovers (L & R)	0,133					0,000	
Consecutive forward outside edges (L & R on semi-circle)	0,133					0,000	
Consecutive forward inside edges (L & R on semi-circle)	0,133					0,000	
Consecutive backward outside edges (L & R on semi-circle)	0,167					0,000	
Consecutive backward inside edges (L & R on semi-circle)	0,167					0,000	
Forward inside one foot three turn (L & R) edges for 1 metre	0,167					0,000	
Forward inside Mohawk (L & R for 1m free leg extended)	0,167					0,000	
Simple footwork for distance of 5m or more	0,167					0,000	
Field moves choreo sequence (spirals, lunges etc.) for distance of 5+metres	0,167					0,000	
One foot Upright spin - minimum of 3 revolutions	0,2					0,000	
Level 4 (at least 4 elements)							
1/2 revolution jumps (split jump etc.)	0,133					0,000	
Single Salchow	0,133					0,000	
Single Toe loop	0,133					0,000	
Loop	0,167					0,000	
Single Waltz + Single Toe loop Combination	0,267					0,000	
Single Salchow + Single Toe loop Combination	0,267					0,000	
One foot spin - min 3 revs. and max of 2 positions - no change of foot	0,2					0,000	
Upright Back spin - any entry allowed 1 foot or 2 foot	0,3					0,000	
Attempt at sitspin or camel spin	0,3					0,000	
Upright spin	0,333					0,000	
Sitspin	0,367					0,000	
Camel Spin	0,367					0,000	
Layback Spin	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)	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 (9,6 x WPI)	9,6	0,00%	0,00%	0,000			
Technical Skating Skills (Factor x Score)	2,5				0,000		
Artistic performance & Execution (Factor x Score)	2,5				0,000		
Deductions					0,00		
Total Score for Performance					0,00		
Programme duration (min): 2,25			Time Adjusted Championship World Ranking Score			0,00	

Free skating programme				Level: 5			
Competition:							
First name:		Last name:		Sex:			
Age Jan 1st:		Age category:	Pre-Novice	Country:			
Classification:		Support needed:		Club:			
Elements Permitted			Technical	Element order Nbr. Elements: 8	Element Called (Y)	Grade of Execution	Mark awarded
			Official Use Only	Skater to fill in	Official Use Only		
Level 3 and 4							
1/2 revolution jumps (split jump etc.)			0,133				0,000
Waltz jump			0,133				0,000
Single Waltz + Single Toe Loop Combination			0,267				0,000
Single Salchow + Single Toe loop Combination			0,267				0,000
Forward spiral - 5 metres			0,133				0,000
Backward Spiral - length of body			0,133				0,000
Simple footwork for distance of 5m+			0,167				0,000
Field moves (Spirals, lunges etc.) 5m+			0,167				0,000
One foot spin - min 3 revs. and max of 2 positions - no change of foot			0,2				0,000
Upright Back Spin, any entry, 1 or 2 foot			0,3				0,000
Attempt sitspin or camel spin			0,3				0,000
Upright Spin			0,333				0,000
Sitspin			0,367				0,000
Camel Spin			0,367				0,000
Layback Spin			0,4				0,000
Spin Combination with change of pos and no change of foot (two pos incl attempts at sitspin and/or camel spin)			0,5				0,000
Level 5 (at least 4 elements)							
Single Salchow			0,133				0,000
Single Toe loop			0,133				0,000
Loop			0,167				0,000
Single Flip Jump			0,167				0,000
Single Lutz			0,2				0,000
Single Loop, Flip or Lutz + Single Toe loop combination			0,3				0,000
Single Loop, Flip or Lutz + Single Loop combination			0,35				0,000
Upright Spin, one change of foot, no pos change			0,5				0,000
Sit Spin, one change of foot, no pos change incl. attempts at sitspin (aka intermediate position)			0,533				0,000
Camel Spin, one change of foot, no pos change incl. attempts at camel (aka intermediate position)			0,533				0,000
Layback Spin, one change of foot, no pos change incl. attempts at layback (aka intermediate position)			0,567				0,000
Spin Combination 2 position + one foot change incl. attempts at sit, camel or layback (aka intermediate position)			0,567				0,000
Spin Combination 3 position + no foot change incl. attempts at sit, camel or layback (aka intermediate position)			0,567				0,000
Spin Combination 3 position + one foot change incl. attempts at sit, camel or layback (aka intermediate position)			0,6				0,000
Step (full length of rink or full circle)			0,5				0,000
Choreographic Sequences (2 or more field moves, jumps and artistic movements covering full ice)			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 (20 x WPI)			20,0	0,00%	0,00%	0,000	
Technical Skating Skills (Factor x Score)			2,5				0,000
Artistic performance & Execution (Factor x Score)			2,5				0,000
Deductions							0,00
Total Score for Performance							0,00
Programme duration (min): 2,5			Time Adjusted Championship World Ranking Score				0,00

Free skating programme					Level: 6		
Competition: _____							
First name: _____		Last name: _____		Sex: _____			
Age Jan 1st: _____		Age category: Pre-Novice		Country: _____			
Classification: _____		Support needed: _____		Club: _____			
Elements Permitted		Technical	Element order Nbr. Elements: 9	Element Called (Y)	Grade of Execution	Mark awarded	
		Official Use Only	Skater to fill in		Official Use Only		
Level 4 and 5							
Salchow	0,133					0,000	
Toe Loop	0,133					0,000	
Single Flip Jump	0,167					0,000	
Loop	0,167					0,000	
Single Lutz	0,2					0,000	
Upright Spin	0,333					0,000	
Sit spin	0,367					0,000	
Camel Spin	0,367					0,000	
Layback Spin	0,4					0,000	
Upright Spin, one change of foot, no pos change	0,5					0,000	
Sit Spin, one change of foot, no pos change	0,533					0,000	
Camel Spin, one change of foot, no pos change	0,567					0,000	
Layback Spin, one change of foot, no pos change	0,567					0,000	
Spin combination, 2 pos + no foot change	0,5					0,000	
Spin Combination 3 position + no foot change	0,567					0,000	
Spin Combination 2 position + one foot change	0,533					0,000	
Spin Combination 3 position + foot change	0,6					0,000	
Step (full surface of rink)	0,5					0,000	
Choreographic Seq (2 or more field moves, jumps etc)	0,667					0,000	
Level 6 (at least 4 elements)							
Axle	0,367					0,000	
Double Salchow	0,433					0,000	
Double Toe loop	0,433					0,000	
Flying spin – (all permitted) Technical: Or use above/ as advised + 0.2	0,533					0,000	
Single Loop, Flip or Lutz + Single Toe loop combination	0,3					0,000	
Single Loop, Flip or Lutz + Single Loop combination	0,35					0,000	
Single Axle + Single Toe loop Combination	0,5					0,000	
Single Axle + Single Loop combination	0,567					0,000	
2 jump combination with single Euler as transitional jump (all single jumps permitted) Technical: 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) Technical: Use above/ as advised and calculate pro rata						0,000	
3 jump combination (all permitted - at least one level 6 jump or jump combination) Technical: Use above/ as advised and calculate pro rata						0,000	
		Number of elements called:		0			
Total Technical Elements		Total judges score for elements:				0,000	
	Factor	WPI	WPI incl age				
Impairment Compensation (24 x WPI)	24,0	0,00%	0,00%	0,000			
Technical Skating Skills (Factor x Score)	3,0				0,000		
Artistic performance & Execution (Factor x Score)	3,0				0,000		
Deductions					0,00		
Total Score for Performance					0,00		
Programme duration (min): 3		Time Adjusted Championship World Ranking Score				0,00	

Free skating programme				Level: 7			
Competition:							
First name:		Last name:		Sex:			
Age Jan 1st:		Age category:		Country:			
Classification:		Support needed:		Club:			
		Technical	Element order Nbr. Elements: 9	Element Called (Y)	Grade of Execution	Mark awarded	
Elements Permitted		Official Use Only	Skater to fill in	Official Use Only			
Level 4, 5 and 6							
Salchow		0,133				0,000	
Toe Loop		0,133				0,000	
Single Flip Jump		0,167				0,000	
Loop		0,167				0,000	
Single Lutz		0,2				0,000	
2 jump combination with single Euler as transitional jump (all single jumps permitted)						0,000	
Technical: Use above/ as advised + 0.17 added for Euler							
2 jump combination (all permitted - at least one level 6 jump including axle as first or second jump)						0,000	
Technical: Use above/ as advised and calculate pro rata							
3 jump combination (all permitted - at least one level 6 jump or jump combination)						0,000	
Technical: Use above/ as advised and calculate pro rata							
Upright Spin		0,333				0,000	
Sit spin		0,367				0,000	
Camel Spin		0,367				0,000	
Layback Spin		0,4				0,000	
Upright Spin, one change of foot, no pos change		0,5				0,000	
Sit Spin, one change of foot, no pos change		0,533				0,000	
Camel Spin, one change of foot, no pos change		0,567				0,000	
Layback Spin, one change of foot, no pos change		0,567				0,000	
Spin combination, 2 pos, no foot change		0,5				0,000	
Spin Combination 3 position + no foot change		0,567				0,000	
Spin Combination 2 position + one foot change		0,533				0,000	
Spin Combination 3 position + one foot change		0,6				0,000	
Step (full surface of rink)		0,5				0,000	
Choreographic Seq (2 or more field moves, jumps etc)		0,667				0,000	
Level 7 (at least 4 elements)							
Axle		0,367				0,000	
Double Salchow		0,433				0,000	
Double Toe loop		0,433				0,000	
Flying spin – (all permitted)		0,533				0,000	
Technical: Or use above/ as advised + 0.2							
Double Loop		0,6				0,000	
Double Flip		0,633				0,000	
Double Lutz		0,7				0,000	
Double Axle		1,1				0,000	
Triple or Quad (all permitted)						0,000	
Technical: Use above/ as advised and calculate pro rata							
2 jump combination with Euler as transitional jump (all permitted - at least one level 7 jump)						0,000	
Technical: Use above/ as advised + 0.17 added for Euler							
2 jump combination (all permitted - at least one level 7 jump)						0,000	
Technical: Use above/ as advised and calculate pro rata							
3 jump combination (all permitted at least one level 7 jump)						0,000	
Technical: Use above/ as advised and calculate pro rata							
Number of elements called:				0			
Total Technical Elements				Total judges score for elements:		0,000	
	Factor	WPI	WPI incl age				
Impairment Compensation (24 x WPI)	24,0	0,00%	0,00%			0,000	
Technical Skating Skills (Factor x Score)	3,0					0,000	
Artistic performance & Execution (Factor x Score)	3,0					0,000	
Deductions						0,00	
Total Score for Performance						0,00	
Programme duration (min): 3				Time Adjusted Championship World Ranking Score		0,00	