



Inclusive Skating

Technical Handbook

2025 (10th Edition)
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**Free, Pair, Dance, Synchro,
Badge /Test Program,
Compulsory Elements, Figures,
& Speed**

**Performed on
Ice, In-line, Roller & Off Ice**

Official Website:
For further information on Inclusive Skating: www.inclusiveskating.org



GENERAL

Inclusive Skating provides International, national and local competition in Figure Skating for skaters with all forms of additional needs. Events take place Virtually and at Venues.

Skaters can compete in ice skating, roller skating and/or in-line skating. Off-ice events wearing footwear are also available.

There is a wide range of events to choose from within the competition structure based on levels, Championship results, combined levels and Championships, InclusivePara Skating Championships and Disability specific events provided by Inclusive Skating and/or partners.

There are many disciplines to choose from. These include: Free, Pair, Dance, Figure, Speed and Synchro events for duets, trios, quads, groups from 5 to 10 skaters and teams with 11 to 16 skaters.

The wide range of events and disciplines allow for the inclusion of skaters with all forms of disability and support needs, including those that use a harness, frame, balance facilitator or wheelchair. We aim to provide an opportunity for everyone to participate.

The type of event and the disciplines available for each event will be specified in the Announcement and Event Entry form.

Inclusive Skating will continue to pioneer the development of skating competitions for Inclusive and Unified Skaters.

The Inclusive Skating Technical Handbook provides detailed information on the events that are available, their operation, the technical elements, the scoring and the judging system.

Please may we at Inclusive Skating extend a warm welcome to everyone.

FOR FURTHER INFORMATION:

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1. ELIGIBILITY FOR ENTRY AND CLASSIFICATION

Skaters with any form of impairment may enter Inclusive Skating competitions, including visual, hearing, biomechanical, intellectual or any impairment that functionally limits skating. The functioning of the skater for skating will be assessed during classification. The Classification Handbook 6th Edition (or as amended) provides guidance on impairments that functionally impact skating. The classification process follows the Code of Classification and the Classification Handbook for Inclusive Skating.

Inclusive Skaters with a classified impairment have an impairment compensation added to their skating score providing their impairment comes within an impairment within the scope of the Rondinelli Guides 6th Edition. All impairments must be permanent to be classifiable under the Rondinelli Guides. Skaters who do not have an impairment as defined in the Rondinelli Guides 6th Edition have no impairment compensation added to their score. This Technical Handbook authorizes the addition of the skater's impairment compensation to the skating score.

The assessment of the skater's needs and abilities is undertaken functionally during classification in the context of a competition performance. It follows that skaters must enter a virtual competition to obtain a classification. Virtual Worlds is open for entry throughout the year and skaters are welcome to enter Virtual Worlds at their earliest convenience to allow time for classification to take place. To obtain a classification skaters should enter compulsory elements at their current technical level and additional competitions.

Skaters who are attending their first Inclusive Skating competition are often concerned that they will not have a classified impairment. Please be reassured. Skaters self-refer for participation. The Skater will be permitted to skate in the event and obtain a result and medals at the level entered. Inclusive and Unified Classes are included within all virtual events. So, skaters without a classifiable impairment will be automatically included in the Unified results.

If there is a classifiable impairment a whole person impairment percentage is assessed, and any facilitation requirements are approved. The whole person impairment percentage will depend on how the skater's medical conditions affect the permanent ability to learn, practice or participate in skating. The whole person impairment percentage (WPI%) is the basis for calculating the impairment compensation which is added to the skating score.

The functional balance of the skater will usually determine the technical level of the skater for events based on a level result. Some skaters may, with practice, improve their balance and functioning and they may progress as their technical skills improve. Some skaters may not be able to progress up the technical levels. The WPI% remains constant and will not change as the skater improves with practice. The WPI% is determined by the impairments and not by the skater's training. So, the WPI% does not operate like a golf handicap. The WPI% will not reduce because the skater improves with training and practice.

The Classification Panel assess skaters individually. During the classification process, there is an assessment of the skater's functioning for skating. This is done initially by assessing the information the skater has added to the registration platform and videos provided for the virtual competition. There may also be a meeting with a member of the classification panel. Discussions and meetings usually take place virtually. The classifiers will continue their observation of the skater performing in practice and/or competition. A confirmed classification usually takes place after two years of review. The review period may be extended if skaters are competing only in virtual events or there is limited scope for assessing the skater during practice. Observation continues throughout all future skating competitions. The review period may also be extended if the skater has a progressive condition or has a condition that is likely to improve. The WPI may increase or decrease accordingly.

Please provide the relevant information that you have on the condition for classification and record this in the skater's profile on the Sport 80 platform. Please do not send e-mails or post medical information. Doctor's letters or reports etc. must not be e-mailed or posted. During classification meetings on zoom additional information may be read on shared screens but detailed medical information will not be recorded. Skaters will retain and keep a copy of all their own medical records and Inclusive Skating will not retain any medical records. Records will be limited to the relevant information necessary for the skater's participation in events and these should be maintained on the skater's membership platform.

Any additional needs are also assessed and approved for facilitation during classification. We will keep a record of any impairment compensation that is to be added to the skating score and record the necessary facilitation. The Whole Person Impairment Percentage is published in the World Rankings annually.

When completing a competition entry form always repeat the current facilitation requirements and highlight any up-dates or changes. Skaters who have been classified at previous Inclusive Skating classification events do not usually require to be classified again unless there has been a material change in their functioning.

Facilitation

Facilitation to meet the skater's needs can take many forms and is approved during classification. The Inclusive Skating Classification Handbook 6th Edition provides examples. This Technical Handbook provides the competition rules and authorizes the use of facilitation.

Facilitators who have no disability are eligible to participate and support Inclusive Skaters. In synchro events they participate as Unified Unclassified skaters.

Facilitators are permitted to ensure the safety of the skaters, but they are not permitted to assist the skater's solo performance by pushing, lifting or any action that gives the skater an undue or unfair advantage. In solo dance events the facilitator must not hold or skate the dance steps with the skater. In solo events where the facilitator is not participating in the performance the facilitator is not marked or included in the result. The result remains that of the Inclusive Skater.

If the facilitator is participating in the performance, e.g. couple dance event, pairs or synchro the facilitator is marked and included in the performance and medals are awarded accordingly.

A supportive environment is provided with extensive accreditation of the Inclusive Skater's care givers. This policy is implemented through the Announcement and competition entry process. All accredited persons must comply with the Code of Conduct for Officials. All Skaters, Inclusive and Unified alike, therefore receive necessary support and facilitation to meet their needs through the accreditation of their care givers and the facilitation rules.

Unified Skaters

Inclusive Skating Unified Championships and events may be available for those who do not have a classification and/ or do not have an impairment that functionally impacts skating. The Unified Class has now evolved to include Unified Unclassified for those with no additional support requirements and Unified Classified for those who need additional support. Skaters with additional or support needs without a physical basis are therefore also welcomed on a unified basis at events that include a Unified event.

Unified team events are included. The impairment compensation in unified events with more than one person is the average of all the team members. Results and medals will be awarded accordingly.

2. EVENT GUIDANCE

Events can be based on:

- Levels
- Championship
- Combined Championship and Levels
- InclusivePara Skating Championships
- Disability Specific Events combined with any of the above

Levels

If the event provides a Level result, then skaters skate at the Level of competition that matches their technical ability and obtain a skating score with the addition of any impairment compensation. Medals are awarded according to the age and level of the skater.

There are no test entry requirements and skaters should with the guidance of their coach choose the technical level of competition closest to their current ability. If the skater chooses a technical level that is significantly different from their current technical level, then the Technical Delegate may assign the program component factor appropriate to the skater's actual technical level as reflected in their technical score and relevant program component score.

Championships

At Championship events the results across the levels are combined and a Championship result is provided. The Inclusive Skating Championship results are calculated by amalgamating all the results across all the levels. An adjustment for time is made for fairness.

Combined Championship and Levels

At Combined Championship and Level events additional level results may also be provided for skaters who do not medal at the Championships. This ensures that all skaters have a development pathway and that recreational skaters or skaters new to the sport can be successful too. This is the event structure that is usually adopted for Inclusive Skating events.

InclusivePara Skating Championships

At InclusivePara Skating Championships skaters compete in their InclusivePara Skating class according to their InclusivePara Skating classification.

The InclusivePara Skating classes are:

1. Physical Independent and Deaf - The factor for the programme component score is 3.0 and the average hypothetical score is 24.00. The Technical A programme is the average for this class after 10 years of training.
2. Physical Facilitated - The factor for the Programme Components Score is 1.0 The average hypothetical score is 1.50. The Technical C programme is the average for this class after 10 years of training.
3. Visual Independent - The factor for the programme component score is 3.0 The average hypothetical score is 24.00. The Technical A programme is the average for this class after 10 years of training.
4. Visual Facilitated - The factor for the programme component scores is 2.50 and the average hypothetical score is 9.60. The Technical B programme is the average for this class after 10 years of training.

5. Intellectual Independent - The factor for the programme component scores is 2.50 and the average hypothetical score is 9.60. The Technical B programme is the average for this class after 10 years of training.

6. Intellectual Facilitated - The factor for the Programme Components Score is 1.0 The average hypothetical score is 1.50. The factor for the Programme Components Score is 1.0 The average hypothetical score is 1.50. The Technical C programme is the average for this class after 10 years of training.

7. Unified – Where permitted at InclusivePara Skating events, the Unified skaters are separated into Unified Classified or Unclassified. The factor for the programme component score is 3.0 The average hypothetical score is 24.00. The Technical A programme is the average for this class after 10 years of training.

Disability Specific Events combined with any of the above

Disability specific events operate on a cost-effective basis within this structure. Additional results from the same performance score may also be provided for Inclusive skating events and / or partnership events based on specific disabilities. Inclusive Skating has hosted Special Olympic events since 2012 and British Blind Sport Events in 2016.

In 2017, the Inclusive Skating for Genes British Championships was founded. This is the first event specifically for children with genetic disorders.

Special Olympics events are based on level results and will apply to skaters who have an additional Special Olympics classification.

At the bottom of this section there is a Table that provides the functional balance progression for skating and the expected technical level that follow. The table also contrasts this functional approach with the technical level of Special Olympics that is based on a badge system. Additional guidance on the impact on choreography, skating skill scores and some clarifications is also provided. Permission may be granted to skate at level below Inclusive Skating Balance Functional assessment if skater is competing at Special Olympics World Winter Games or similar within 3 to 6 months of Inclusive Skating Event.

Technical Skating Levels for Single Free Skating Guidance

Inclusive Skating Level	Inclusive Skating Balance Functional Assessment	Choreographic Consequence of functional balance	Program component skating skill score average range	Special Olympics Badge based assessment / Elements required	Inclusive Skating Guidance
BHF (1 and 2)	Require balance facilitation	Limited ability to use arms + legs	0.01 - 0.5	Not available	Facilitation permitted and level available
1 and BHF 3	skating on 2 feet with balance between feet	Able to use arms in limited range	0.25 – 0.99	Badge levels 1 to 5 And requires a one foot glide	Skaters performing a one foot glide for more than length of body are IS level 2*
2	Upright balance on 1 foot	Able to use arms + legs in limited range	1.0 – 1.99	Badge levels 1 to 9 and requires forward cross-overs	Skaters performing forward crossovers on edges are IS level 3*
3	Able to lean on Forward edges E.g. FO and FI and Forward Crossovers	Able to use arms + legs with extension going forwards	2.0 – 2.99	Badge levels 1 to 12 and requires back cross-overs	Skaters performing back crossovers on edges are IS level 4*
4	Able to lean on Back edges	Able to use arms + legs with extension going back wards	3.0 - 3.99	Badges 1 – 12 and Footwork and difficult jumps and spins and spirals	Skaters should be able to do BO and BI edges for semi circle &/ or loop jump*
5	Able to change edge + control Back double three turns	Able to use changes of direction on 1 edge	4.0 – 4.99	Badges 1 – 12 and Footwork and difficult jumps and spins and spirals	Skaters should be able to do back double three &/or all single jumps to flip
6	Able to reverse and increase rotation on edge	Full use of body - able to reverse rotation + control multiple rotations	5.0 – 5.99 +	Badges 1 – 12 and Footwork and difficult jumps and spins and spirals	Skaters should be able to perform brackets &/or axle
7	Able to reverse & increase rotation on edge & when changing circle, e.g. counter	Full use of body - able to reverse rotation + control multiple rotations at speed	6.0 +	Badges 1 – 12 and Footwork and difficult jumps and spins and spirals	Skaters should be able to perform counters and rockers, &/or double jumps*

3. TECHNICAL RULES

3.1 Judging

Skaters will receive a total skating score that will include the Technical Execution Scores for the technical elements performed and the Performance Scores for Technical Skating Skill and Artistic Performance and Execution.

A consensus judging system is used at Inclusive Skating events. The purpose of using the consensus judging system and the following rules is to minimize costs in running Inclusive skating events and the demand on results officials.

The final score awarded to the skater should stay broadly the same. The use of a wider range of marks with the use of all decimal places in the range will increase the accuracy of judging of the elements.

We hope as a result to benefit the skaters by increasing the accuracy of the judging, reduce costs and entry fees and to increase the number of events that are made available at International, National and local level.

TECHNICAL ELEMENTS SCORE

The elements are scored as follows.

Each element will be given an Inclusive Skating technical value mark on a range from 0 to 10.0. The person fulfilling the technical judge role has first call to decide what element has been performed and if any credit for additional levels of difficulty or downgrades are to be awarded. This determines the base score.

The person fulfilling the performance judge role starts from the base score and has first call to decide on the grade of execution for the element. The base grade of execution is on a scale of 0.1 to 10.0. For example, 3 is the starting base or average for the average of Inclusive Skaters competing at levels 3/4. The judges can use all the marks, including all decimals available in the range to reflect the quality of the element.

INCREASE IN TECHNICAL LEVEL

If the level of technical difficulty of the element is higher than base the grade of execution score is increased by one for each additional level of technical difficulty. E.g. position, placement on music, difficult entry or exit etc.

Average Up to Level 2 Free Base technical values are 3.0 in range of 0.1 to 6.

Average Up to Level 3/4 Free Base technical values are 4.0 in range of 1.1 to 7.0

Average Up to Level 5 to 7 Free Base technical values are 5.0 in range of 2.1 to 8.0

Additional technical difficulty increases Free Base technical values to 6.0 and range of 3.1 to 9.0

Maximum Additional technical difficulty increases Free Base technical values to 7.0 and range of 4.1 to 10.0

DECREASE IN TECHNICAL LEVEL

If the level of technical difficulty of the element is lower the grade of execution score is decreased by one for each downgrade in the level of technical difficulty, e.g. minor or major under-rotation of jumps or spins, extensive 2 footed skating.

Additional Downgrade one technical values the base score is 2.0 and the range is 0.1 to 5.0

Maximum Downgrade the base score is 1.0 and the range is 0.1 to 4.0

CALCULATION OF TECHNICAL, PERFORMANCE AND FINAL SCORE

On a panel of three, the technical value of the element (identified by the technical judge) is multiplied by the grade of execution (first call by the Performance GOE Judge). The Performance/ Senior Judge makes the first call on the program component scores.

The panel may be increased or decreased according to the number of competitors and the seniority and availability of judges,

The Technical Delegate decides on deductions, facilitation, impairment compensation and the factors.

All decisions are then reviewed by the entire panel until a consensus is reached. The final Decision on all scores is agreed by the full judging panel on a consensus basis. The decision of the judging panel becomes a field of play decision and cannot be reviewed. Arithmetic errors can be corrected if identified in sufficient time.

IJS SYSTEM AND UNIFIED EVENTS

Inclusive Skating, at the request of the International Skating Union (ISU), implemented the IJS system in 2012. The IJS system may still be used at Inclusive skating events. The IJS system may be used at ISU/ ISU member events that operate Inclusive Skating events on a Unified basis as agreed by both parties.

The IJS values for Inclusive Skating Elements for such events are shown in the Appendix at the end.

Inclusive Skating Guidance on Technical Elements Calling Procedures

Element	Inclusive Skating General Principle	Practical Guideline	Grade of Execution score average range	Average/ Base GOE
All	Element must be recognisable to Technical Judge	50% of the element is performed and attempts called	0.01 – 6.00	3.00
All	Element must be recognisable to Technical Judge	Element is placed within musical structure	Increase GOE range by 1.00	4.00
All	Element must be recognisable to Technical Judge	Element is performed at speed	Increase GOE range by 1.00	5.00
Level 1, 2 and BHF and Inclusive Para C	Element must be recognisable to Technical Judge	Element performed on flats and/or two feet	0.01 – 6.00	3.00
Levels 3 and 4 and Inclusive Para B	Element must be recognisable to Technical Judge	Element performed on edges	1.00 -7.00	4.00
Levels 5.6 and 7 and Inclusive Para A	Element must be recognisable to Technical Judge	Element performed whilst demonstrating changes of edge + control of rotation	2.00 -8.00	5.00
Increase GOE range by 1.00 for difficult position, entry and/or exit and by 1.00 for providing aesthetic element performed with speed and flow throughout - Average Base GOE range increases to maximum of 7.00 and the range is 4.00 - 10.00				

Spins				
Spin/ three turn	Entry three turn performed	Spin recognisable but no centre of spin established	0.01-1.00	0.50
Spin clearly recognisable	1 rotation performed (entry three turn plus ½ rotation)	Centre of spin established	0.01-2.00	1.00
Spin established	1 ½ rotations	Spin established	1.00 - 3.00	2.00
Spin maintained	2 rotations	Spin maintained	2.00 - 4.00	3.00
Spin sustained	2.5 rotations	Spin sustained	3.00 – 5.00	4.00
Spin fully established	3.00 or more rotations	Spin fully established + position clear	4.00 – 6.00	5.00
Spin position	½ rotation	Position identified	GOE reflects Quality of position and the number of revolutions in position	
Upright spin	Standing leg close to upright	Call Upright spin		
Sit-spin	Free foot below bent standing knee	Call sit-spin		
Camel Spin	Free foot behind + above standing knee	Call camel spin		
Layback spin	Standing hip moves forward/ side from centre axis	Call layback spin		
<p>Increase GOE range for difficult position, entry, exit, change in speed, direction or edge providing aesthetic controlled spin throughout</p> <p>If the skater does not establish the spin with the correct entry three turn then the GOE must be significantly reduced.</p>				

Rules of Competition on Violations

Inclusive Skating Events Deductions for Violations are largely based on the need to ensure the Safety of Participants.

Who is Responsible?

	Description	Penalty	Who is Responsible
1.	Time violation	Time violations will not incur any deduction, but the skater will be asked to leave the ice after completion of the compulsory elements and allotted time for the performance. The judges shall cease judging at the sound of the whistle. No points will be deducted if a skater has not completed the programme provided that the required elements have been included.	Technical Delegate. A whistle shall be blown 10 seconds after the expiration of the time limit and the skater shall be instructed to leave the ice surface 10 seconds after the whistle is blown regardless of whether the programme is finished or not.
2.	Music violation (Programmes may be performed to vocal or instrumental)	Mandatory deduction of 0.50 if the skater's music is not suitable for athletic performance.	Deduction will be made by the Judges Panel including the Technical Delegate on a majority of votes with no deduction in the case of 50:50 split.
3.	Costume/ prop violations if props are used and/or costume is not appropriate for athletic performance	Mandatory deduction of 1.0 per programme.	Deduction will be made by the Judges Panel including the Technical Delegate on a majority of votes with no deduction in the case of 50:50 split.
4.	Illegal Elements/ Movements – -somersault type jumps. -cartwheels or any similar movement that involves the skater balancing on the ice with their hands -lifts with wrong holds -lifts with more than 3 1/2 revolutions of the man -spinning movements in which the man swings the lady around in the air while holding her hand or foot -twist-like or rotational movements during which the lady is turned over with her skating foot leaving the ice -rotational movements with the grip of one of the partners on the leg, arm	Mandatory deduction of 2.0 per violation and element given no value	The Technical Delegate identifies and after consultation with the judging panel deducts.

	<p>and neck of their partner –jumps of one of the partners towards the other partner –lying and prolonged and/or stationary kneeling on both knees on the ice at any moment. Note: If there is an illegal movement during the execution of any element, then the element has no value.</p>		
5.	Fall during the programme	The judges will reflect the fall on an element in the Execution Score or if it occurs between elements in the Artistic Performance and Execution Score.	
6.	Interruption of programme	Interruption of programme will incur no additional deduction. The judges will reflect the interruption in the Artistic Performance and Execution Score where appropriate.	The Technical Delegate makes the decision and advises the judges if the interruption is the result of the disability or not.
7.	Fresh Start or Late Start	No deduction	The Technical Delegate makes the decision and advises the judges as appropriate
8.	Elements not according to requirements or non-compliance with well-balanced free skating programme requirements	The judges will reflect non-compliance in their marking or as advised.	Technical Delegate authorizes or corrects deletion of elements.
9.	Bonus for Distribution of highlights in the second half of the programme	There is no bonus for distribution of highlights in the second half of the programme in Inclusive Skating.	
10.	Dangerous or inappropriate behaviour or conduct	Disqualification or Suspension	The Technical Delegate can take immediate action to disqualify or manage the skater as appropriate. The Technical Delegate can decide that the skater will take no further part in the event.

3.2.a. General Technical Details

- a) The skills may be performed in any order unless it is solo pattern dance or is otherwise specified. The order of elements planned by the skater must be identified in the marking sheet where required.
- b) The maximum number of technical elements marked and given an execution score by the Judging panel at each level is specified.
- c) Attempts at elements, including spins, jumps and steps that do not meet the definition and criteria intended may meet other criteria and will be called accordingly. Spin positions are called when the attempted position is clear.
- d) Additional elements and transitional elements appropriate to the level of skating are permitted. Such elements are assessed in the grade of execution and/or the programme component scores.
- e) The skater will be judged on the overall content and quality of performance and execution, which will be reflected in the programme component scores for Technical Skills and Artistic Performance and Execution respectively. The Programme Component Scores are evaluated in a range of 0.00 to 10.00. All decimal places in the range can be used. The consensus judging panel may find it convenient to use 0.25, 0.50, 0.75 etc. marks more frequently but this is not required.
- f) The planned elements should be selected by the skater from the list of elements permitted for that level. This is to be found in the Planned program content sheet for the specified Level. The sections to be filled in by the skater are indicated and are usually shaded. The remaining sections are to be left blank as they will be used as the marking sheet for the skater.
- g) In the Planned Program Content Sheet, the skater should select the elements:
 - 1. that they are planning to skate in the program,
 - 2. the elements that are to be marked as technical elements and
 - 3. the order that all the elements are to be performed.
- h) Elements will have the IS Scale of Values as specified in this Announcement.
- i) Technical elements are called when 50% or more of the element is performed and/or the general intent of the technical element is clear. Where appropriate, guidance on the general intent of the technical element will be provided (see above) and/or by the current skating standards worldwide.
- j) Where elements are required to be performed on left and right foot and/ or repeated they must be performed consecutively to be called as technical elements.
- k) Only the first attempt at the technical element in the order selected by the skater can be called. Subsequent attempts will be ignored by the Judging Panel but may be taken into account by the judges in the Programme Component score.
- l) If the skater does not provide a marking sheet or does not follow the marking sheet provided then the first technical elements performed by the skater (until the requisite number specified for that level are satisfied) will be marked as technical elements and all remaining elements will be regarded as additional transitional elements and evaluated in the programme component score. The judging panel will therefore call the first elements performed by the skater, but these will be displaced from the results if the skater performs the elements selected by them in their planned program content sheet.
- m) All technical elements have fixed technical and base value and are evaluated in the execution score. Additional features and downgrades will be taken into consideration for an adjustment in the base value and GOE as specified.
- n) Skater may start programme at any location on the ice surface unless otherwise specified.
- o) Judging and timing will begin when skater begins to move or skate and ends when the skater arrives at a complete stop at the end of the programme, or it becomes clear that the skating performance has ended.
- p) Elements using the same definition, or same box in the judging sheet or same IJS abbreviation may not be repeated. Spins of a similar nature may be repeated provided they are using a different box in the judging sheet.
- q) Pre-recorded video entry is available where specified. Video performance of skater may be used for judging performances. The skater's performance may be shown on screen at main venue or online. Skaters should follow Specific Video Rules.
- r) Pre-recorded video entry, where permitted, follows the usual rules with the following modifications. Videos must be sent to the event organiser at least 10 days before the event or by the specified date whichever is sooner. It is the entrant's responsibility to ensure that the

video is received and can be downloaded. Any system that allows the video to be downloaded by the event organiser is permitted. Systems used so far include: e-mail, Facebook messenger, Dropbox, Youtube, WeTransfer etc. We Transfer is becoming the preferred method of transfer. The video must be a single recording of a single performance. The performance should wherever possible be on clear ice and should ensure that the skater's performance is clearly visible at all times. No other person should appear in the video without their consent. The performance being entered in the event should be contemporaneous. In normal circumstances the performance should be recorded in the period from the closing date to 21 days prior to the event unless otherwise specified.

s) The programme may be performed to instrumental music or vocal music

t) All spins positions in change of foot and combination spins include the attempt at the position (and intermediate position) and are evaluated in the grade of execution accordingly.

u) Skaters using balance equipment may enter all events subject to their classification. Separate results may be provided as appropriate.

3.2.b. General Technical Details for Compulsory Elements & Figures

- a) The compulsory elements are optional in IS events and separate results will be provided for free skating and compulsory elements.
- b) The judges will give each specified element an Execution Score.
- c) At Levels 1, 2 and 3 for Singles an Artistic Performance and Execution score in relation to the ease of movement and posture of the skater is awarded. The Programme Component Scores are evaluated in a range of 0.00 to 10.00. All decimal places can be used. The consensus judging panel may find it convenient to use 0.25, 0.50, 0.75 etc. marks more frequently but it is not required.
- d) At Levels 4, 5 and 6 for Singles and Levels 1,2 and 3 for Pairs a Technical Skills and Artistic Performance and Execution score is awarded. The Programme Component Scores are evaluated in a range of 0.00 to 10.00. All decimal places can be used. The consensus judging panel may find it convenient to use 0.25, 0.50, 0.75 etc. marks more frequently.
- e) No factor is applied to the Compulsory Elements or Figures Group.
- f) Where the skater has two opportunities to perform the element then the Execution Score of the attempt which produces the highest Execution Score will be used towards the skater's final Execution Score: the other Execution Score will be discarded. The score awarded by the judge should reflect the element obtaining the higher Execution Score but this can take account of the discarded attempt at the discretion of the judge.
- g) The compulsory elements are marked according to the scale of values specified by IS.
- h) There is no time limit unless otherwise specified and skaters will be given a reasonable time to skate the elements. Skaters who perform very slowly are advised to make only one attempt at each element.
- i) In exceptional circumstances or where pre-recorded video entry is generally available video performance of skater may be used for judging performances. The skater's performance may be shown on screen at main venue.
- j) The compulsory elements may be performed in any order unless otherwise specified.
- k) The compulsory elements are performed without music.
- l) At levels 1 and 2 the skater may be asked to perform the compulsory elements immediately before their free skating routine.
- m) Results may be delayed for classification purposes. Compulsory elements performances are particularly relevant for classification.
- n) Compulsory Figures are assessed on the following technical elements. Each element is given an Execution Score for the following:
1. Circle
 2. Centre
 3. Tracing
 4. Symmetry and Geometry
 5. Cleanness of edges and turns
 6. An artistic Performance and Execution score in relation to the ease of movement and posture of the skater is also awarded.

3.3 Technical Content -Free Skating

Level 1 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 considered 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.
- $$\text{WPI\%} \times 1.25 = \text{Impairment Compensation}$$
- $$\text{Impairment Compensation} + \text{Skating score} = \text{Skaters Total Score}$$

Level 2 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 30 seconds +/- 10 seconds.
- c) The skater should be of an ability level where they can perform elements mostly on 2 feet but they are making the transition to one foot skating with the assistance of a harness, frame or balance facilitator. Therefore, the following specified elements will be called. 5 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 BHF Level 2 are not called by the Judging Panel and are not considered in the Technical Skills and Artistic Performance and Execution Scores by the judges.

Additional and transitional elements appropriate to BHF Level 2 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 swizzles 2 foot (aka lemons or fishes) (5 metres)	0.1
Backward swizzles 2 foot (aka lemons or fishes) (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 one foot glide for length of body (left and right).	0.1
Backward one foot glide for length of body (left and right).	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
Rotate one circle or more with marching feet in place	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 Programme Components Score is 0.75

f) The average hypothetical score is 1.50. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 1.50 = \text{Impairment Compensation}$$

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

Level 3 Balance Facilitator, Harness & Frame (BHF) Free Skating Programme

a) Well balanced free skating programme with emphasis on balance and glide.

b) Duration 1 minutes 30 seconds +/- 10 seconds.

c) The skater should be of an ability level where they can perform elements 2 feet, but they have made the transition to one foot skating with the assistance of a harness, frame or balance facilitator. Therefore, the following specified elements will be called. 6 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 BHF Level 3 are considered in the Technical Skills and Artistic Performance and Execution Scores by the judges.

Additional and transitional elements appropriate to BHF Level 3 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 swizzles 2 foot (aka lemons or fishes) (5 metres)	0.1
Backward swizzles 2 foot (aka lemons or fishes) (5 metres)	0.1
Forward 2 foot glide (length of body)	0.1
Backward 2 foot glide (length of body)	0.1
Forward one foot glide for length of body (left and right).	0.1
Backward one foot glide for length of body (left and right).	0.1

Forward gliding dip (length of body)	0.1
Backward gliding dip (length of body)	0.1
Forward Crossover x3	0.1
Backward Crossover x3	0.1
Forward one foot swizzles (length of body R + L)	0.1
Backward one foot swizzles (length of body R + L)	0.1
1 foot forward snowplow stop (L & R)	0.1
Rotate one circle or more with marching feet in place	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 Programme Components Score is 1.0

f) The average hypothetical score is 1.50. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$WPI\% \times 1.50 = \text{Impairment Compensation}$

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

Level 1 – Free Skating programme

a) Well balanced free skating programme with emphasis on balance and glide on 2 feet.

b) Duration 1 minutes +/- 10 seconds.

c) The skater should be of an ability level where they perform elements mostly on 2 feet. 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. Maximum of 1 jump (2-foot jump or beginner bunny hop in place or movement) is permitted as a called element. Elements above Level 1 are not called by the Judging Panel and are not considered in the Technical Skills and Artistic Performance and Execution Scores by the judges.

Level 1 Technical Elements	Technical Value of Element
Forward march, wiggle or stroking (5 metres)	0.1
Backward wiggle or march (5 metres)	0.1
Forward swizzles 2 foot (aka lemons or fishes) (5 metres)	0.1
Backward swizzles 2 foot (aka lemons or fishes) (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
Forward one foot glide for length of body (left and right).	0.1
Two-foot jump or beginner bunny hop in place or moving	0.1
One foot forward snowplow stop (left or right).	0.1
Forward two foot curves left and right (length of body)	0.1
Rotate one circle or more with marching feet in place	0.1

d) All Level 1 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 Programme Components Score is 1.0

f) The average hypothetical score is 2.45. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$WPI\% \times 2.45 = \text{Impairment Compensation}$

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

Level 2 – Free Skating programme

a) Well balanced free skating programme with emphasis on glide on one foot and beginning basic forward edges and turns.

b) Duration 1 minute 30 seconds +/- 10 sec.

c) The skater should be of an ability level where they perform elements mostly on 1 foot. The planned program content can contain only the Level 1 elements permitted (see entry form and below) and at least 3 of the following specified Level 2 elements. 5 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 2 single jumps (2-foot jump in place or movement / bunny hop) are permitted as called elements. Added elements above Level 2 are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution score by the judging panel. Additional & transitional elements appropriate to level 2 are permitted.

Level 1 Permitted Technical Element	Technical Value of Element
Forward swizzles 2 feet (5 metres)	0.1
Backward swizzles 2 foot (5 metres)	0.1
Forward gliding dip (length of the body)	0.1
Backward gliding dip (length of body)	0.1
Forward one foot glide for length of body (left & right).	0.1
Two-foot jump or beginner bunny hop in place or moving	0.1
One foot forward snowplow stop (left or right).	0.1
Forward two foot curves left and right (length of body)	0.1
Rotate one circle or more with marching feet in place	0.1

Level 2 Technical Element (at least 3 must be selected)	Technical Value of Element
Consecutive forward one-foot swizzles (left foot and right foot, each for a distance of 5 metres)	0.133
Consecutive backward one-foot swizzles (left foot and right foot, each for a distance of 5 metres)	0.133
Backward one-foot glide (left foot + right foot, each length of body)	0.133
Bunny Hop	0.133
T-stop (left or right).	0.133
Backward stroking for a distance of 5 metres	0.133
Two-foot turn gliding forward to backward (length of the body)	0.133
Two-foot turn gliding backwards to forward (length of the body)	0.133
Forward pivot (one circle)	0.133
Forward two-foot spin (at least 3 revolutions)	0.133
Forward two-foot turn on a circle (c + cc, edges length of body)	0.133
Forward outside one foot three-turn (left and right, edges 1 metre)	0.133
Consecutive forward crossovers (left and right in a semi-circle)	0.133
Forward outside edge (left and right both edges on a semi circle)	0.133
Forward inside edge (left and right both edges on a semi circle)	0.133
Forward Lunge or drag (at any depth for length of body)	0.133
Shoot the Duck (at any depth for length of body)	0.133

d) All Level 1 elements are valued at 0.1 and have a technical score of 0.3 if given a base GOE of 3.0. All Level 2 elements are valued at 0.133 and have a technical score of 0.4 if given a base GOE of 3.0

e) The factor for the Programme Components Score is 1.50

f) The average hypothetical score is 4.25. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$WPI\% \times 4.25 = \text{Impairment Compensation}$

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

Level 3 – Free Skating programme

a) Well balanced free skating programme with emphasis on Flow, Carriage and a slightly more advanced skill level demonstrating the use of forward outside and inside edges.

b) Duration 2 minutes +/- 10 sec.

c) Only Level 2 elements on the permitted list (see entry form and below) and Level 3 elements will be called elements. At least 3 of the following specified Level 3 elements must be included. 6 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 3 single jumps are permitted as called elements. Spins and steps will be called under IS rules. Added elements above Level 3 are not called by the Judging Panel and are not considered in the Technical Skills and Artistic Performance and Execution score by the judging panel. Additional and transitional elements appropriate to level 3 are permitted.

Level 2 permitted Technical Elements	Technical Value of Element
Consecutive forward one-foot swizzles (L & R each 5 metres)	0.133
Consecutive backward one-foot swizzles (L & R each 5 metres)	0.133
Backward one-foot glide (L & R, each length of body)	0.133
Bunny Hop	0.133
T-stop (left or right).	0.133
Forward pivot (one circle)	0.133
Forward two-foot spin (3 revs)	0.133
Forward outside one foot three-turn (L & R for 1 metre)	0.133
Consecutive forward crossovers (L & R in semi-circle)	0.133
Forward outside edge (L & R in a semi circle)	0.133
Forward inside edge (L & R in a semi circle)	0.133
Forward Lunge or drag (at any depth for length of body)	0.133
F Duck (at any depth for length of body)	0.133

Level 3 Technical Element (select at least 3 elements)	Technical Value of Element
Waltz jump	0.133
Salchow	0.133
Toe Loop	0.133
Forward spiral – 5 metres	0.133
Backward spiral – length of body	0.133
Hockey stop	0.133
Five consecutive backward crossovers (left and right)	0.133
Consecutive forward outside edges (left and right on semi-circle)	0.133
Consecutive forward inside edge (left and right on semi-circle)	0.133
Consecutive backward outside edges (left + right on semi-circle).	0.17
Consecutive backward inside edges (left + right on semi-circle).	0.17
Forward inside one foot three turn (left + right) edges for 1 metre	0.17
Forward inside Mohawk (left + right for 1m free leg extended).	0.17
Simple footwork for distance of 5 metres or more	0.17
Field moves (spirals, lunges etc.) for distance of 5+ metres	0.17
One foot Upright spin – minimum of three revolutions	0.2

d) All Level 2 and some of Level 3 elements are valued at 0.133 and have a technical score of 0.4 if given a base GOE of 3.0.
Some Level 3 elements are valued at 0.17 and have a technical score of 0.51 if given a base GOE of 3.0. The spin at Level 3 is valued at 0.2 and has a technical score of 0.6 if given a base GOE of 3.0.

e) The factor for the programme component score is 2.00

f) The average hypothetical score is 6.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$WPI\% \times 6.00 = \text{Impairment Compensation}$

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

Level 4 – Free Skating programme

a) Well balanced Free Skating programme with emphasis on spins and jumps that demonstrates mastery of backward skating on edges.

b) Duration 2 minutes 15 seconds +/- 10 sec.

c) Only the following specified elements and at least 4 of the following specified Level 4 elements will be called as technical elements.

d) 7 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 4 single jumps with half rotation (including Waltz jump, Salchow, Toe Loop and Loop) and one combination jump (Waltz or Salchow/ Toe Loop) and maximum of two one-foot basic position spins are allowed as called elements. See below. It is not necessary to identify transitional elements in the marking sheet. Added elements above Level 4 are not called by the Judging Panel and are not taken into account in the Technical Skills and Artistic Performance and Execution score by the judges. Additional elements (i.e. Full rotation jumps and change of foot spins) other than those listed are not permitted. Additional and transitional elements appropriate to Level 4 are permitted.

e) Spins may be called as performed (this may differ from the element selected by the skater)

f) Steps and simple footwork will be called under IS rules (see Level 3 simple footwork- sfm and field).

Level 2 and 3 permitted Technical Element	Technical Value of Element
Bunny Hop	0.133
Forward pivot (one circle)	0.133
Forward two-foot spin (3 revs)	0.133
Waltz jump	0.133
Salchow	0.133
Toe Loop	0.133
Forward spiral – 5 metres	0.133
Backward spiral – length of body	0.133
Hockey stop	0.133
Five consecutive backward crossovers (left and right)	0.133
Consecutive forward outside edges (left and right on semi-circle)	0.133
Consecutive forward inside edge (left and right on semi-circle)	0.133
Consecutive backward outside edges (left + right on semi-circle).	0.17
Consecutive backward inside edges (left + right on semi-circle).	0.17
Forward inside one foot three turn (left + right) edges for 1 metre	0.17
Forward inside Mohawk (left + right for 1m free leg extended).	0.17
Simple footwork for distance of 5 metres or more	0.17
Field moves choreo sequence (spirals, lunges etc.) for distance of 5+ metres	0.17
One foot Upright spin – minimum of three revolutions	0.2

Level 4 Technical Element (select at least 4)	Technical Value of Element
½ revolution jumps (split jump etc.)	0.133
Single Salchow	0.133
Single Toe loop	0.133
Loop	0.17
Single Waltz + Single Toe Loop	0.27
Single Salchow + Single Toe loop Combination	0.27
One foot spin – minimum of three revolutions and a maximum of two positions – no change of foot allowed	0.2
Upright Back spin – any entry allowed, 1 foot or 2 foot	0.3
Attempt at sitspin or camel spin	0.3
Upright Spin	0.33
Sitspin	0.37
Camel Spin	0.37
Layback Spin	0.4
Spin Combination with change of position and no change of foot (two positions including attempts at sitspin and/or camel spin)	0.5

g) All elements have a technical value that depends on their relative difficulty. The base value of the element is the technical value multiplied by 3. The score is calculated by multiplying the technical value of the element by the GOE.

h) The factor for the programme component scores is 2.50

i) The average hypothetical score is 9.60. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 9.60 = \text{Impairment Compensation}$$

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

Level 5 – Free Skating programme

a) Well balanced free skating programme with emphasis placed on spins, combination of position spins, change of foot spins, all single jumps (except axle), single jump combinations as specified and footwork that demonstrates the ability to change edge and use back turns. Single jumps such as toe loop should be cleanly performed.

b) Duration 2 minutes 30 seconds +/- 10 seconds.

c) The programme can contain only the elements specified and at least 4 of the following Level 5 free skating elements.

d) 8 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 5 single jumps and no more than 3 two jump combinations is permitted as called elements. Added elements above Level 5 are not called by the Judging Panel and are not considered in the Technical Skills and Artistic Performance and Execution score.

e) All technical elements specified below, including spins, have the scale of values specified in the list below.

Level 3 and 4 permitted Technical Element	Technical Value of Element
½ revolution jumps (split jump etc.)	0.133
Waltz jump	0.133
Single Waltz + Single Toe Loop	0.27
Single Salchow + Single Toe loop Combination	0.27
Forward spiral – 5 metres	0.133
Backward spiral – length of body	0.133
Simple footwork for distance of 5 metres or more	0.17
Field moves (spirals, lunges etc.) for distance of 5+ metres	0.17
One foot spin - 3 revolutions & max of 2 positions – no change of foot	0.2
Upright Back spin – any entry allowed, 1 foot or 2 foot	0.3
Attempt at sitspin or camel spin	0.3
Upright Spin	0.33
Sitspin	0.37
Camel Spin	0.37
Layback Spin	0.4
Spin Combination with change of position and no change of foot (two positions including attempts at sitspin and/or camel spin)	0.5

Level 5 Technical Element (at least 4 elements)	Technical Value of Element
Single Salchow	0.133
Single Toe loop	0.133
Loop	0.17
Single Flip Jump	0.17
Single Lutz	0.2
Single Loop or Flip or Lutz + Single Toe Loop combination	0.3
Single Loop or Flip or Lutz + Single Loop Combination	0.35
Upright Spin with one change of foot + no change of position	0.5
Sit Spin with one change of foot + no change of position inc. attempts at sitspin (aka Intermediate position)	0.533
Camel spin with one change of foot + no change of position inc. attempts at camel (aka Intermediate position)	0.533
Layback Spin with one change of foot +no change of position inc. attempts at layback (aka Intermediate position)	0.57
Spin Combination with change of position + one change of foot (two positions) including attempts at sit, camel or layback (aka Intermediate position)	0.57
Spin Combination with change of position and no change of foot (three positions)) including attempts at sit, camel or layback (aka Intermediate position)	0.57
Spin Combination with change of position and change of foot (three positions)) including attempts at sit, camel or layback (aka Intermediate position)	0.60
Step (full length of rink or full circle)	0.5
Choreographic Sequences (2 or more field moves, jumps and artistic movements covering full ice)	0.67

f) All elements have a technical value that depends on their relative difficulty. The base value of the element is the technical value multiplied by 3. The technical element score is calculated by multiplying the technical value of the element by the GOE.

g) The factor for the Programme components score is 2.5.

h) The average hypothetical score is 20.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 20.00 = \text{Impairment Compensation}$$

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

Level 6 – Free Skating programme

a) Well balanced free skating programme of an advanced nature including axles and/or some multi rotation jumps.

b) Duration 3 minutes +/- 10 seconds

c) The programme can contain the specified elements and at least 4 of the following free skating Level 6 elements. A maximum of 5 jump elements and no more than 4 two or three jump combinations are permitted.

d) 9 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. All Jumps, spins and step sequences may be called.

e) No element of an identical nature may be repeated.

f) All elements are permitted (providing they are safe) and may be called by the Judging Panel to the maximum permitted.

g) All technical elements specified below, including spins and steps, have the technical values specified below. If the skater plans an element that is not on the list then the value of the element will be determined prior to the event on a pro rata basis and by reference to customary practice and knowledge.

Level 4 and 5 Permitted Technical Element	Technical Value of Element
Salchow	0.133
Toe Loop	0.133
Single Flip Jump	0.17
Loop	0.17
Single Lutz	0.2
Upright Spin	0.33
Sit spin	0.37
Camel Spin	0.37
Layback Spin	0.4
Upright Spin - 1 change of foot & no change of position	0.5
Sit Spin with 1 foot change & no change of position	0.533
Layback Spin – 1 change of foot & no change of position	0.57
Camel Spin with 1 change of foot & no change of position	0.57
Spin Combination with position change +no foot change (2 positions)	0.5
Spin Combination with change of position and no change of foot (three positions)	0.57
Spin Combination with change of position + one change of foot (two positions)	0.533
Spin Combination with change of position and change of foot (three positions)	0.60
Step (full surface of rink)	0.5
Choreographic Seq (2 or more field moves, jumps etc.)	0.67

Level 6 Technical Element (at least 4 required)	Technical Value of Element
Axle	0.37
Double Salchow	0.433
Double toe loop	0.433
Flying spin – (all permitted)	0.53 or use from above and Add 0.2 or as advised by IS

Single Loop or Flip or Lutz + Single Toe Loop combination	0.3
Single Loop or Flip or Lutz + Single Loop Combination	0.35
Single Axle + Single Toe loop Combination	0.5
Single Axle + Single loop Combination	0.567
2 jump combination with single euler as transitional jump between the 2 single jumps (all single jumps are permitted)	Use above from levels 4.5 and 6 with 0.17 added for euler
2 jump combination or sequence (all permitted- at least one level 6 jump including axle as first or second jump)	Use above from levels 4.5 and 6 or as advised by IS + calculated pro rata
3 jump combination (all permitted- at least one level 6 jump or jump combination)	Use above from levels 4.5 and 6 or as advised by IS + calculated pro rata

h) All elements have a technical value that depends on their relative difficulty. The base value of the element is the technical value multiplied by 3. The technical element score is calculated by multiplying the technical value of the element by the GOE.

i) The factor for the programme component score is 3.0

j) The average hypothetical score is 24.00. 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% x 24.00 = Impairment Compensation

Impairment Compensation + Skating score = Skaters Total Score

Level 7 – Free Skating programme

- a) Well balanced free skating programme of an advanced nature including axles and multi rotation jumps.
- b) Duration 3 minutes +/- 10 seconds
- c) The programme can contain the specified elements and at least 4 of the following free skating Level 7 elements. A maximum of 5 jump elements and no more than 4 two or three jump combinations are permitted, and triple and double jumps can be repeated once in combination.
- d) 9 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. All Jumps, spins and step sequences may be called.
- e) No element of an identical nature may be repeated.
- f) All elements are permitted (providing they are safe) and may be called by the Judging Panel to the maximum permitted.
- g) All technical elements specified below, including spins and steps, have the technical values specified below. If the skater plans an element that is not on the list, then the value of the element will be determined prior to the event on a pro rata basis and by reference to customary practice and knowledge.

Level 4, 5 and 6 Permitted Technical Element	Technical Value of Element
Salchow	0.133
Toe Loop	0.133
Single Flip Jump	0.17
Loop	0.17
Single Lutz	0.2
2 jump combination with single euler as transitional jump between the 2 single jumps (all single jumps are permitted)	Use above from levels 4.5 and 6 with 0.17 added for euler
2 jump combination or sequence (all permitted- at least one level 6 jump including axle as first or second jump)	Use above from levels 4.5 and 6 or as advised
3 jump combination (all permitted- at least one level 6 jump or jump combination)	Use above from levels 4.5 and 6 or as advised by IS
Upright Spin	0.33
Sit spin	0.37
Camel Spin	0.37
Layback Spin	0.4
Upright Spin - 1 change of foot & no change of position	0.5
Sit Spin with 1 foot change & no change of position	0.533
Layback Spin – 1 change of foot & no change of position	0.57
Camel Spin with 1 change of foot & no change of position	0.57
Spin Combination with position change +no foot change (2 positions)	0.5
Spin Combination with change of position and no change of foot (three positions)	0.57
Spin Combination with change of position + one change of foot (two positions)	0.533
Spin Combination with change of position and change of foot (three positions)	0.60
Step (full surface of rink)	0.5
Choreographic Seq. (2 or more field moves, jumps etc.)	0.67

Level 7 Technical Element (at least 4 required)	Technical Value of Element
Axle	0.37
Double Salchow	0.433
Double toe loop	0.433
Flying spin – (all permitted)	0.53 or use from above and Add 0.2 or as advised by IS
Double loop	0.6
Double Flip	0.633
Double Lutz	0.7
Double Axle	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 with euler as transitional jump (all permitted- at least one level 7 jump)	Use above from levels 4.5 6 and 7 or as advised by IS + calculated pro rata
2 jump combination (all permitted- at least one level 7 jump)	
3 jump combination (all permitted- at least one level 7 jump)	

h) All elements have a technical value that depends on their relative difficulty. The base value of the element is the technical value multiplied by 3. The technical element score is calculated by multiplying the technical value of the element by the GOE.

i) The factor for the programme component score is 3.0

j) The average hypothetical score is 24.00. 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% x 24.00 = Impairment Compensation

Impairment Compensation + Skating score = Skaters Total Score

3.4 Technical Content for InclusivePara Skating Championships

The InclusivePara Skating technical rules apply when specified.

When the InclusivePara Skating rules apply there will be no level results provided.

Skaters will compete within their InclusivePara Classes divided according to physical, visual, intellectual and being either facilitated or independent. Unified classes will be either classified or unclassified where permitted. The Physical Independent and Deaf class may be separated.

At InclusivePara Skating Championships skaters compete in their InclusivePara Skating class according to their InclusivePara Skating classification.

The InclusivePara Skating classes are:

1. Physical Independent and Deaf - The factor for the programme component score is 3.0 and the average hypothetical score is 24.00. The Technical A programme is the average for this class after 10 years of training.

2. Physical Facilitated - The factor for the Programme Components Score is 1.0 The average hypothetical score is 1.50. The Technical C programme is the average for this class after 10 years of training.

3. Visual Independent - The factor for the programme component score is 3.0 The average hypothetical score is 24.00. The Technical A programme is the average for this class after 10 years of training.

4. Visual Facilitated - The factor for the programme component scores is 2.50 and the average hypothetical score is 9.60. The Technical B programme is the average for this class after 10 years of training.

5. Intellectual Independent - The factor for the programme component scores is 2.50 and the average hypothetical score is 9.60. The Technical B programme is the average for this class after 10 years of training.

6. Intellectual Facilitated - The factor for the Programme Components Score is 1.0 The average hypothetical score is 1.50. The factor for the Programme Components Score is 1.0 The average hypothetical score is 1.50. The Technical C programme is the average for this class after 10 years of training.

7. Unified – Where permitted at InclusivePara Skating events, the Unified skaters are separated into Unified Classified or Unclassified. The factor for the programme component score is 3.0 The average hypothetical score is 24.00. The Technical A programme is the average for this class after 10 years of training.

Skaters are permitted to select any one of the following technical programme specifications.

If skaters are unable to perform the required number of elements there are no deductions. The element box will be left empty. The skater will be evaluated in program component scores for technical skating skills and performance and execution with no further deductions.

InclusivePara Free Skating - Technical A (approx. IS Levels 6+)

- a) Well balanced free skating programme of an advanced nature including at least one axle and/or a multi rotation jumps. If skaters do not perform the axle and/or multi rotation jump, then they will be marked according to the Technical B criteria.
- b) Duration 2 minutes 50 seconds +/- 20 seconds
- c) The programme can contain the specified elements from the list below. A maximum of 5 jump elements and no more than 4 two or three jump combinations are permitted, and triple and double jumps can be repeated once in combination.
- d) 9 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. All Jumps, spins and step sequences may be called.
- e) No element of an identical nature may be repeated.
- f) All elements are permitted (providing they are safe) and may be called by the Judging Panel to the maximum permitted.
- g) All technical elements specified below, including spins and steps, have the technical values specified below. If the skater plans a jump element that has no specified value, then the value of the element will be determined on a pro rata basis and by reference to customary practice and knowledge.
- h) All elements have a technical value that depends on their relative difficulty. The technical element score is calculated by multiplying the technical value of the element by the GOE.
- i) The factor for the programme component score is 3.0
- j) The average hypothetical score is 24.00. 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% x 24.00 = Impairment Compensation
 - Impairment Compensation + Skating score = Skaters Total Score

Technical Element	Technical Value of Element
Flip Jump	0.17
Lutz	0.2
Axle	0.37
Double Salchow	0.433
Double toe loop	0.433
Double loop	0.6
Double Flip	0.633
Double Lutz	0.7
Double Axle	1.1
Triple or Quad (all permitted)	Use values above or as advised by IS + calculated pro rata
2 jump combination with euler as transitional jump (all permitted)	Use values above or as advised by IS + calculated pro rata
2 jump combination (Must include a Technical A jump)	Use values above or as advised by IS + calculated pro rata
2 jump combination (Must include a Technical A jump)	Use values above or as advised by IS + calculated pro rata
3 jump combination (Must include a Technical A jump)	Use values above or as advised by IS + calculated pro rata
One foot spin – minimum of three revolutions and a maximum of two positions – no change of foot allowed	0.2
Upright Back spin – any entry allowed, 1 foot or 2 foot	0.3
Attempt at sitspin or camel spin	0.3
Upright Spin	0.33
Sitspin	0.37
Camel Spin	0.37
Layback Spin	0.4
Upright Spin - 1 change of foot & no change of position	0.5
Sit Spin with 1 foot change & no change of position	0.533
Layback Spin – 1 change of foot & no change of position	0.57
Camel Spin with 1 change of foot & no change of position	0.57
Spin Combination with position change +no foot change (2 positions)	0.5
Spin Combination with change of position and no change of foot (three positions)	0.57
Spin Combination with change of position + one change of foot (two positions)	0.533
Spin Combination with change of position and change of foot (three positions)	0.60
Flying spin – (all permitted)	Use from above and Add 0.2 or as advised by IS
Step (full surface of rink)	0.5
Choreographic Seq. (2 or more field moves, jumps etc.)	0.67

InclusivePara Free Skating - Technical B (approx. IS Levels 2 to 5)

- a) Well balanced Free Skating programme with emphasis on spins and jumps that demonstrates mastery of skating on edges.
- b) Duration 2 minutes 10 seconds +/- 20 sec.
- c) 7 elements are to be selected by the skater as technical elements to be called and identified on the marking sheet. Maximum of 4 jump elements and one combination jump and maximum of two spins are allowed as called elements.
- d) No identical element can be repeated and each box can be filled once only. Added elements are taken into account in the Technical Skills and Artistic Performance and Execution score by the judges and are permitted providing they are safe.
- e) Spins may be called as performed (this may differ from the element selected by the skater)
- f) Steps and simple footwork will be called under IS rules (see Level 3 simple footwork)
- g) All elements have a technical value that depends on their relative difficulty. The score is calculated by multiplying the technical value of the element by the GOE.
- h) The factor for the programme component scores is 2.50
- i) The average hypothetical score is 9.60. 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% x 9.60 = Impairment Compensation
 - Impairment Compensation + Skating score = Skaters Total Score

Technical Element	Technical Value of Element
Bunny Hop	0.133
½ revolution jumps (split jump etc.)	0.133
Waltz jump	0.133
Salchow	0.133
Toe Loop	0.133
Loop	0.17
Flip	0.17
Lutz	0.2
Single jump + Single Toe Loop Combination	0.27
Single jump + Single Loop Combination	0.27
Forward spiral – 5 metres	0.133
Backward spiral – length of body	0.133
Hockey stop	0.133
Five consecutive forward crossovers (left and right)	0.133
Five consecutive backward crossovers (left and right)	0.133
Consecutive forward outside edges (left and right on semi-circle)	0.133
Consecutive forward inside edge (left and right on semi-circle)	0.133
Consecutive backward outside edges (left + right on semi-circle).	0.17
Consecutive backward inside edges (left + right on semi-circle).	0.17
Forward inside one foot three turn (left + right) edges for 1 metre	0.17
Forward inside Mohawk (left + right for 1m free leg extended).	0.17
Simple footwork for distance of 5 metres or more	0.17
Field moves choreo sequence (spirals, lunges etc.) for distance of 5+ metres	0.17
Forward pivot (one circle)	0.133
Forward two-foot spin (3 revs)	0.133
One foot Upright spin – minimum of three revolutions	0.2
One foot spin – minimum of three revolutions and a maximum of two positions – no change of foot allowed	0.2
Upright Back spin – any entry allowed, 1 foot or 2 foot	0.3
Attempt at sitspin or camel spin	0.3
Upright Spin	0.33
Sitspin	0.37
Camel Spin	0.37
Layback Spin	0.4
Spin Combination with change of position and no change of foot (two positions including attempts at sitspin and/or camel spin)	0.5

InclusivePara Free Skating - Technical C (approx. IS levels BHF to L1)

- a) Well balanced free skating programme with emphasis on balance and glide.
- b) Duration 1 minute 30 seconds +/- 20 seconds.
- c) 6 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. Additional and Transitional Elements are permitted and are considered in the Technical Skills and Artistic Performance and Execution Scores by the judges.
- d) All 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 Programme Components Score is 1.0
- f) The average hypothetical score is 1.50. 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% x 1.50 = Impairment Compensation
- Impairment Compensation + Skating score= Skaters Total Score

BHF Technical Element	Technical Value of Element
Forward march or stroking (5 metres)	0.1
Backward wiggle or march (5 metres)	0.1
Forward swizzles 2 foot (aka lemons or fishes) (5 metres)	0.1
Backward swizzles 2 foot (aka lemons or fishes) (5 metres)	0.1
Forward 2 foot glide (length of body)	0.1
Backward 2 foot glide (length of body)	0.1
Forward one foot glide for length of body (left and right).	0.1
Backward one foot glide for length of body (left and right).	0.1
Forward gliding dip (length of body)	0.1
Backward gliding dip (length of body)	0.1
Forward Crossover x3	0.1
Backward Crossover x3	0.1
Forward one foot swizzles (length of body R + L)	0.1
Backward one foot swizzles (length of body R + L)	0.1
1 foot forward snowplow stop (L & R)	0.1
Rotate one circle or more with marching feet in place	0.1
Bunny Hop	0.133

InclusivePara Skating - Free Dance

Program length 2 minute 30 seconds +/- 20 seconds.

Skaters to perform a well-balanced program with emphasis on performing advanced dance elements. Skaters must include the following elements, a set of twizzles, 2 separate single poses, step sequence and a spin.

Results will be split according to Paralympic Classes.

Required elements.

Twizzles.

- Twizzles, skater must perform one set of synchronised twizzles, two rotations or more for each twizzle, one clockwise one anticlockwise.
- Skaters may perform any twizzle - forward inside, backward inside, forward outside and backward inside twizzles.
- A maximum of three linking steps can be performed within the twizzle sequence.
- Skaters can include additional features within the set of twizzles

Pose.

- Skaters are required to perform 2 poses within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.
- The second pose must be 3 steps or more after the first pose

Step Sequence.

- Skaters should include a straight-line (midline or diagonal) or curved step sequence which covers the full ice surface.
- The step sequence should have emphasis on more advanced turns and steps for example double three-turns, twizzles, mohawks, toe steps and brackets etc.

Dance Spin.

- Skaters must include one dance spin within their free dance program
- Spins include, upright, sit or camel position spins, with one change of position and/or foot permitted
- Spins should be held for 3 rotations and will be called under the Guidance for Spins and should emphasize the choreographic quality of spins.

The hypothetical average is 40.0 for the purposes of impairment compensation.

The factor for the program component scores is 2.5

Free Dance Technical Element	Technical Value of Element
Twizzles, 2 rotations on any edge, c + cc, max 3 linking steps, additional features permitted	1.87
Pose 1 (3 to 6 seconds)	1.00
Pose 2 (3 to 6 seconds)	1.00
Step sequence (straight line, full ice surface, brackets twizzles more adv. Turn)	1.87
One Dance Spin (1 Change of position and one change of foot permitted)	1.53

3.5 Technical Details – Pair Skating

Skaters should only perform elements that are safe for them given their size and disability.

Pair Evaluation

Competitors will be judged according to the Inclusive Skating Judging System (“ISJS”). Separate results will be provided for the compulsory element group and free skating in the category. The Compulsory elements are optional.

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

(WPI% of Man + WPI% of Woman) divided by 2 = WPI%

WPI% x average hypothetical for the level = Impairment Compensation

Impairment Compensation + Skating score = Skaters Total Score

Level 1 - Pair Skating

a) Eligibility: Skaters participating in this event must be at a skill level of at least a Level 2 singles skater, but not higher than a Level 3 singles skater.

The skaters do not have to be at the same singles level but should be in the range of Singles Level 2 and Level 3. Team shall consist of two athletes.

b) Level 1 Pairs Freestyle program

1. This is a beginning pair program.
2. Duration 1 minutes 30 seconds +/- 10 seconds.
3. 5 elements are to be selected by the skater from the list below as technical elements and these should be listed in the order to be skated in the planned program sheet.
4. Any spin beyond a two-foot spin and any jump beyond a Bunny hop is not permitted. Additional and transitional elements appropriate to level 1 are permitted. Added elements are not called by the Judging Panel but can be considered in the Technical Skills and Artistic Performance and Execution score.
5. The factor for the Technical Skills and Artistic Performance and Execution Score is 1.0
6. The hypothetical average is 4.00 for the purposes of impairment compensation.

Level 1 Pairs Free Technical Element	Technical Value of Element
Forward stroking in unison hand in hand for 5+ metres	0.10
Forward cross overs in unison, hand in hand clockwise	0.133
Forward cross overs in unison, hand in hand counterclockwise	0.133
Synchronised two foot spin – side by side	0.133
Two foot pair spin, position optional	0.133
Pair Spiral/ Glide, position optional	0.133
Synchronised bunny hop/ 2 foot jump, hand in hand	0.133
Straight line step sequence	0.17
Backward stroking, hand in hand for a distance of at least 5m	0.133
Lunge hand in hand or in any holding position	0.17

Level 2 - Pair Skating

a) Eligibility: Skaters participating in this event must be at a skill level of at least a Level 3 singles skater.

The skaters do not have to be at the same singles level but should be in the range of Singles Level 3 and 4. Pairs shall consist of two athletes.

b) Level 2 Pairs Free Skating program

1. This is an intermediate pair program.
2. Duration 2 minutes +/- 10 seconds.
3. 6 elements must be selected by the skater from the list below as technical elements and these should be listed in the order to be skated in the planned program sheet.
4. Additional and transitional elements appropriate to level 2 are permitted. Added elements above Level 2 skating are not called by the Judging Panel but can be considered in the Technical Skills and Artistic Performance and Execution score.
5. The following elements are NOT permitted in this program:
 - a. Overhead lifts that require full extension of both of the man's arms
 - b. Death spiral
 - c. Throws
6. The factor for the Technical Skills and Artistic Performance and Execution Score is 1.5
7. The hypothetical average is 5.00 for the purposes of impairment compensation.

Level 2 Pairs Technical Element	Technical Value of Element
Five consecutive backward crossovers, position optional – clockwise	0.133
Five consecutive backward crossovers, position optional – counter clockwise	0.133
Forward Lunge or drag (at any depth for length of body) in a holding position	0.133
Forward or Backward spiral – 5 metres- in a holding position, position optional	0.133
Bunny Hop Lift	0.133
Synchronised waltz jump	0.17
Step sequence (pattern optional) straight line, circular or serpentine, minimum of 8 steps.	0.17
Synchronized half rotation jump (jump optional)	0.133
One foot Synchronised spin – minimum of three revolutions	0.3
One foot or two foot Pair spin – position optional, minimum of three revolutions	0.2

Level 3 - Pair Skating

a) Eligibility: Skaters participating in this event must be at a skill level of at least a Level 4 singles skater.

The skaters do not have to be at the same singles level, but should be in the range of Singles Level 4, 5 and 6. Pairs shall consist of 2 athletes.

b) Level 3 Pairs Free Skating program

1. This is a more advanced pair program.
2. Duration 2 minutes 30 seconds +/- 10 seconds.
3. 7 elements must be selected by the skater from the lists below as technical elements and these should be listed in the order to be skated in the planned program sheet. No element may be repeated.
4. Additional and transitional elements appropriate to level 3 are permitted. Added elements above Level 3 skating are not called by the Judging Panel but can be considered in the Technical Skills and Artistic Performance and Execution score.
5. The following elements are NOT permitted in this program:
 - a. Overhead lifts that require full extension of both of the man's arms
 - b. Death spiral where the skater is put at risk
 - c. throws where the skater is put at risk
6. The factor for the Technical Skills and Artistic Performance and Execution Score is 2.5
7. The hypothetical average is 15.00 for the purposes of impairment compensation.

Level 3 Pair Free Technical Elements	Technical Value of Element
Any side-by-side full rotation (or more) jump combination	0.37
Synchronised one position spin (no change of foot)	0.333
Pair Spin	0.57
Pair Spin Combination	0.6
Lift limited to 1.5 turn by man + 2 turns by lady – man's arms no full extension (Waltz jump lift permitted)	0.333
One single or double Throw jump	See relevant jump element and add 0.2
Choreographic sequence (moves in the field) utilization of at least half of the ice surface and pair hold	0.67
Pivot Spiral - modified death spiral	0.33

Level 3 Free Skating/ Pair Technical Elements below	Technical Value of Element
Salchow	0.133
Toe Loop	0.133
Forward or backward spiral – 5 meters	0.133
One foot Upright spin – minimum of three revolutions	0.2
Step – Covering full surface of rink	0.5
Field moves (spirals, lunges etc.) for distance of 5+ metres	0.17
Hockey stop	0.133

3.6 Technical Details – Dance Events

Separate results are provided for Solo Pattern Dance and Free Dance

3.6.1 Eligibility

These provide the minimum skill level. Skaters may be at a different level in pattern dances and dance from other events as skaters start dance after they have developed basic technical skating skills.

Level 1 Dance - Skaters should be able to skate on one foot forward. E.g., Figure Level 2.

Level 2 Dance - Skaters should be able to skate competently on one foot forward and backwards. E.g., Figure Level 3.

Level 3 Dance - Skaters should be able to skate on forward and backward edges. E.g., Figure level 4

Level 4 Dance - Skaters should be able to perform all forward and backward edges and basic turns. E.g., Figure Level 5

Level 5 Dance - Skaters should be able to perform most complicated turns E.g., Figure level 6.

Level 6 Dance - Skaters competing in Level 6 Ice Dance should be able to perform all turns.

3.6.2 Pattern Dance Events

Standard patterns accepted globally as a matter of skating custom will be used. The Music Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance plus or minus 2 beats per minute.

Each pattern or sequence will be divided into 2 (or in some exceptional cases 3) sections and will be called when 50% or more of the section is performed. The Base Value of each section will vary according to the level of difficulty and the number of sections in each pattern. Details are provided in the pattern dance marking sheets. Skaters should assume that a sequence is the steps that form one half of a standard ice rink following the customary patterns. The sections are the steps that form one quarter of a standard ice rink following the customary patterns.

During performance the steps evaluated will be the same even if the pattern is not followed.

Skaters are required to perform one pattern dance of their choice from the appropriate level.

Pattern Dances

Level 1 Solo Dance

Canasta Tango, Dutch Waltz,

Canasta Tango – 4/4 Tango – 104 beats per minute; two patterns or one time around the ice surface

Dutch Waltz – 3/4 Waltz – 138 beats per minute; two patterns or one time around the ice surface

The Technical Value is 0.17 and the Base value of each section will be as 0.5

The hypothetical average is 5.0 for the purposes of impairment compensation.

The factor for the program component scores is 1.0

Level 2 Solo Dance

Rhythm Blues, Fiesta Tango

Rhythm Blues - 4/4 Blues - 88 beats per minute; 2 patterns or 1 time around the ice surface.

Fiesta Tango - 4/4 Tango - 108 beats per minute: 2 patterns or 1 time around the ice surface.

The Technical Value is 0.233 and the Base value of each section will be as 0.7.

The hypothetical average is 7.00 for the purposes of impairment compensation.

The factor for the program component scores is 1.0.

Level 3 Solo Dance

Fourteen Step, European Waltz,

Fourteen Step – March 2/4 or 6/8; 112 beats per minute, 4 sequences

European Waltz – Waltz $\frac{3}{4}$; 135 beats per minute: 2 sequences,

Steps may be adjusted in non-standard ice rinks.

E.g. steps 3 to 7 in the European Waltz may be deleted

The overall intent of the dance must be maintained.

The Technical Value is 0.333 and the Base Value of each section of the Fourteen Step will be as 1.0

The Technical Value is 0.67 and the Base Value of each section of the European Waltz will be as 2.0

The hypothetical average is 10.0 for the purposes of impairment compensation.

The factor for the purposes of the program component scores is 1.0

Eligibility: Skaters competing in Level 3 Ice Dance must have be at a skill level of at or above Figure Level 3 and should be able to skate on forward and backward edges.

Level 4 Solo Dance

Foxtrot, American Waltz,

Foxtrot - Foxtrot 4/4, 100 beats per minute, 4 Sequences

American Waltz – Waltz $\frac{3}{4}$; 66 measures of 3 beats per minute, 198 beats per minute: 2 Sequences repeated. See marking sheet

The Technical Value is 0.5 and the Base Value of each section of the Foxtrot will be as 1.5

The Technical Value is 0.5 and the Base Value of each section of the American Waltz will be as 1.5

The factor for the Technical Skills and Artistic Performance and Execution scores is 1.0

The hypothetical average is 12.00 for the purposes of impairment compensation.

Level 5 Solo Dance

Tango, Blues,

Tango, Tango 4/4, 27 measures of 4 beats, 108 beats per minute, 2 sequences,

Blues – 4/4, 22 measures of 4 beats 88 beats per minute, 3 sequences

The Technical Value is 0.67 and the Base Value of each section of the Tango will be as 2.0
The Technical Value is 0.67 and the Base Value of each section of the Blues will be as 2.0

The hypothetical average is 16.0 for the purposes of impairment compensation.
The factor for the program component scores is 1.0

Level 6 Solo Dance

Choose 2 from Rocker Foxtrot, Starlight Waltz, Kilian

Rocker Foxtrot 4/4, 26 measures of 4 beats 104 beats per minute, 4 sequences

Starlight Waltz, Waltz $\frac{3}{4}$, 58 measures of 3 beats, 174 beats per minute, 2 sequences,

Kilian, March 2/4 and 4/4, 58 measures of 2 beats per minute or 29 measures of 4 beats per minute or 100 Beats per minute, 4 sequences

The Technical Value is 1.0 and the Base Value of each section of the Rocker Foxtrot will be as 3.0

The Technical Value is 1.0 and the Base Value of each section of the Starlight Waltz will be 3.0.

The Technical Value is 1.0 and the Base Value of each section of the Kilian will be as 3.0

The hypothetical average is 40.0 for the purposes of impairment compensation.
The factor for the program component scores is 1.5

3.6.3 Solo Rhythm Dance

Rhythm/Music: Skaters may select any music that follows any rhythm from Level 1 to 6 Solo Dance Levels above or has a rhythm suitable for dance.

Programme Length: 2 minutes +/- 10 seconds

Required Elements

- 1. Pattern / Rhythm Dance Element:** A pattern of steps skated to the same rhythm and timing of music, following either:
 - a. the specified steps and timing of the pattern dance selected for a minimum of one half of the rink following the standard pattern, or
 - b. following a dance rhythm in a step that covers the full ice surface.If a standard pattern dance is followed, then the pattern should begin on the first step of the standard pattern and should form one sequence of the dance unless the dance sequence is exceptionally short or long. Approximately one half of the rink.
- 2. Step Sequences:** One (1) Step Sequence covering the full ice surface
- 3. Twizzles:** One (1) Combination Set of Sequential Twizzles

Rhythm Dance Technical Elements	Technical Value of Element
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Pattern / Rhythm Dance Element	See value of 1 sequence of pattern dance selected or 2.00
Step sequence	2.00
Twizzles	2.00

The hypothetical average is 50.0 for the purposes of impairment compensation.

The factor for the Skating Skills and Artistic Performance and Execution PCS scores is 2.5

3.6.4 Free Dance

Eligibility Criteria for each level are specified. If the skater does not meet the eligibility criteria for the level skated, then the Technical Delegate will make this known to the judging panel and the judging panel will decide by consensus what level of skating was performed by the skater. The hypothetical average and factor for the program component scores for the level skated will then be applied. If the element does not meet the criteria for the element specified, then the value of the element should be adjusted to meet the relevant level.

Level 1 Free Dance (Solo and Couples)

Eligibility: Skater should be able to skate forward using a combination of 2 foot and 1 foot skating

Program length 1 minute 30 seconds +/- 5 seconds.

Skaters to perform a well-balanced program with emphasis on basic and beginner dance elements. Skaters must include one of each of the following elements: a pose, step sequence and a spin. Each element has a base value of around 1.0.

Pose.

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.

Step Sequence.

- Skaters should include a straight-line step sequence (midline or diagonal), which covers the full ice surface.
- The step sequence should have emphasis on basic turns and steps for example, two-foot turns, forward three-turns and forward cross rolls etc.

Spin.

- Skaters must include one spin within their free dance program, either a two- or one-foot spin.
- One-foot spins must be a forward upright spin, skaters can choose whether to enter the spin from backward crossovers or pushing straight into the forward outside edge.
- Spins should be held for 3 rotations and will be called under the Guidance for Spins.

The hypothetical average is 6.0 for the purposes of impairment compensation.

The factor for the program component scores is 1.0.

Level 1 Free Dance Technical Elements	Technical Value of Element
Pose (3 to 6 seconds)	0.33
Step sequence (straight line, basic F 3 turns, Fx rolls etc)	0.37
Spin (1 foot upright +/- or 2 feet)	0.33

Level 2 Free Dance (Solo and Couples)

Eligibility: Skater should be able to skate forward using 1 foot skating. Backward skating can be a combination of 1 foot and 2 foot skating.

Program length 1 minute 30 seconds +/- 5 seconds.

Skaters to perform a well-balanced program with emphasis on basic and beginner dance elements. Skaters must include one of each of the following elements: a pose, step sequence and a spin. Each element has a base value of 1.5.

Pose.

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.

Step Sequence.

- Skaters should include a straight-line step sequence (midline or diagonal), which covers the full ice surface.
- The step sequence should have emphasis on basic turns and steps for example, forward three-turns, mohawks and forward and backward cross rolls etc.

Spin.

- Skaters must include one spin within their free dance program, either a two- or one-foot spin.
- One-foot spins must be a forward upright spin, skaters can choose whether to enter the spin from backward crossovers or pushing straight in to the forward outside edge.
- Spins should be held for 3 rotations and will be called under the Guidance for Spins. The rotations may be on one foot and/or two feet.

The hypothetical average is 9.00 for the purposes of impairment compensation.

The factor for the program component scores is 1.5.

Level 2 Free Dance Technical Elements	Technical Value of Element
Pose (3 to 6 seconds)	0.5
Step sequence (straight line, basic F 3 turns, Fx rolls etc)	0.5
One position spin (no change of foot)	0.5

Level 3 Free Dance (Solo and Couples)

Eligibility: Skater should be able to skate forward and backward using 1 foot skating. All Forward three turns must be performed on one foot. Twizzles can be a combination of 1 foot and 2 foot skating.

Program length 2 minute +/- 10 seconds.

Skaters to perform a well-balanced program with emphasis on performing good quality basic dance elements, starting the transition to performing more advanced dance elements. Skaters must include one of each of the following elements, a set of twizzles, a pose, step sequence and a spin.

Required elements.

Twizzles.

- Twizzles, skater may perform either two foot or one-foot twizzles, one rotation or more for each twizzle, one clockwise one anti-clockwise.

- For two-foot twizzles skaters need to show correct change of weight across the midline of the body.
- Only forward inside twizzles are permitted for skaters performing one-foot twizzles.
- A maximum of three linking steps can be performed within the twizzle sequence.

Pose.

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.

Step Sequence.

- Skaters should include a straight-line step sequence (midline or diagonal), which covers the full ice surface.
- The step sequence should have emphasis on basic turns using both outside and inside edges and steps. For example, forward and backward three-turns, mohawks, forward and backward cross rolls and toe steps etc.

Spin.

- Skaters must include one dance spin within their free dance program (combination spins not permitted).
- Spins include, upright, sit or camel position spins, with no change of foot and no change of position.
- Spins should be held for 3 rotations and will be called under the Guidance for Spins and should be performed on one foot. Spins should emphasize the choreographic quality of spins

The hypothetical average is 20.0 for the purposes of impairment compensation.

The factor for the Technical Skills and Artistic Performance and Execution Scores is 1.5

Level 3 Free Dance Technical Elements	Technical Value of Element
Twizzles, 1 Foot or 2 feet, c + cc, 1 + rotation, max 3 linking steps	1.03
Pose (3 to 6 seconds)	0.67
Step sequence (straight line, full ice surface, basic F + B 3 turns etc)	0.87
One position Dance Spin (no change of foot)	0.87

Level 4 Free Dance (Solo and Couples)

Eligibility: Skater should be able to skate forward and backward using 1 foot skating. All Forward and Backward three turns must be performed on one foot. Double Twizzles can be a combination of 1 foot and 2 foot skating.

Separate results will be provided for Solo and Couples

Program length 2 minute +/- 10 seconds.

Skaters to perform a well-balanced program with emphasis on performing advanced dance elements. Skaters must include the following elements, a set of twizzles, a pose, step sequence and a spin. The Base Value of each element is in the range of 3.0 to 4.6

Required elements.

Twizzles.

- Twizzles, skater must perform one set of at least one rotation on one foot synchronised twizzles, two rotations or more for each twizzle, one clockwise one anti-clockwise.
- Skaters may perform any twizzle - forward inside, backward inside, forward outside and backward inside twizzles.
- A maximum of three linking steps can be performed within the twizzle sequence.

Pose.

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.

Step Sequence.

- Skaters should include a straight-line step sequence (midline or diagonal) or curved step sequence, which covers the full ice surface.
- The step sequence should have emphasis on more advanced turns and steps for example double three-turns, twizzles, mohawks, toe steps etc.

Dance Spin.

- Skaters must include one dance spin within their free dance program
- Spins include, upright, sit or camel position spins, with no change of foot
- Spins should be held for 3 rotations and will be called under the Guidance for Spins and should emphasise the choreographic quality of spins.

The hypothetical average is 30.0 for the purposes of impairment compensation.

The factor for the program component scores is 2.5

Level 4 Free Dance Technical Elements	Technical Value of Element
Twizzles, 1 rotation on 1 foot + more on 2 feet on any edge, c + cc, max 3 linking steps	1.53
Pose (3 to 6 seconds)	1.0
Step sequence (straight line, full ice surface, double 3 turns, twizzles + more adv. Turns)	1.37
One position Dance Spin (no change of foot)	1.2

Level 5 Free Dance (Solo and Couples)

Eligibility: Skater should be able to skate forward and backward using 1 foot skating for all basic turns. Skater should be able to perform Backward double three turns on one foot and good attempts at brackets, counters and/or rockers. Double Twizzles should be performed on 1 foot.

Program length 2 minute 15 seconds +/- 10 seconds.

Skaters to perform a well-balanced program with emphasis on performing advanced dance elements. Skaters must include the following elements, a set of twizzles, 2 separate single poses, step sequence and a spin.

Required elements.

Twizzles.

- Twizzles, skater must perform one set of synchronised twizzles, two rotations or more for each twizzle, one clockwise one anti-clockwise.
- Skaters may perform any twizzle - forward inside, backward inside, forward outside and backward inside twizzles.

- A maximum of three linking steps can be performed within the twizzle sequence.
- Skaters can include additional features within the set of twizzles

Pose.

- Skaters are required to perform one pose within the program.
- Poses should be held for at least 3 seconds but no more than 6 seconds.
- The second pose must be 3 steps or more after the first pose

Step Sequence.

- Skaters should include a straight-line (midline or diagonal) or curved step sequence which covers the full ice surface.
- The step sequence should have emphasis on more advanced turns and steps for example double three-turns, twizzles, mohawks, toe steps and brackets etc.

Dance Spin.

- Skaters must include one dance spin within their free dance program
- Spins include, upright, sit or camel position spins, with one change of position and/or foot permitted
- Spins should be held for 3 rotations and will be called under the Guidance for Spins and should emphasise the choreographic quality of spins.

The hypothetical average is 40.0 for the purposes of impairment compensation.

The factor for the program component scores is 2.5

Level 5 Free Dance Technical Element	Technical Value of Element
Twizzles, 2 rotations on any edge, c + cc, max 3 linking steps, additional features permitted	1.87
Pose 1 (3 to 6 seconds)	1.00
Pose 2 (3 to 6 seconds)	1.00
Step sequence (straight line, full ice surface, brackets twizzles more adv. Turn)	1.87
One Dance Spin (1 Change of position and one change of foot permitted)	1.53

Level 6 Free Dance (Solo and Couples)

Eligibility: Skater should be able to skate forward and backward using 1 foot skating for all turns including brackets, loops, twizzles, counters and rockers.

Separate results will be provided for Solo and Couples

Program length 2 minutes 30 seconds +/- 10 seconds, change of tempo and expression is optional.

Skaters to perform a well-balanced program with emphasis on performing advanced dance elements. Skaters must include the following elements, a set of twizzles, a combination pose, a single separate pose, step sequence and a dance spin.

Required elements.

Twizzles.

- Skaters must perform one set of synchronised twizzles.
- At least 2 twizzles must have Three rotations or more for each twizzle
- One twizzle must be clockwise and one twizzle must be anti-clockwise.

- Skaters must perform at least 2 different twizzles - forward inside, backward inside, forward outside and backward inside twizzles.
- A maximum of three linking steps can be performed linking each twizzle.
- Skaters can include additional features within the set of twizzles to increase the level of difficulty.

Poses.

- Skaters are required to perform a combination pose within the program
- The combination pose should be held for a maximum duration of 12 seconds with each intended position being attained and held for a minimum of 3 seconds.
- The Basic requirements for a combination pose are two different pose positions attained and held for a minimum of 3 seconds for each part linked by a maximum of three connecting steps.

Choreographic Dance Element

- Skaters are required to perform a choreographic rotational movement, choreographic step sequence or choreographic sliding movement
- The element is to be performed on the short axis where possible if it is composed of steps
- The rotational movement where performed must contain at least 3 rotations and must not be a spin or a twizzle

Step Sequence.

- Skaters should include either a straight-line (midline or diagonal) or curved step sequence.
- The step sequence should have emphasis on advanced turns and steps for example twizzles, counters, choctaws, brackets and rockers etc.

Dance Spin.

- Skaters must include one dance spin within their free dance program. Spins should be held for 3 rotations and will be called under the Guidance for Spins and should emphasise the choreographic quality of spins.

The hypothetical average is 50.0 for the purposes of impairment compensation.

The factor for the program component scores is 2.5

Level 6 Free Dance Technical Value of Element	Technical Value of Element
Twizzles, 3 or more rotations on any edge, c + cc on any edges, max 3 linking steps, additional features permitted	2.20
Combination Pose 12 secs with linking steps (each pose min 3 seconds)	1.33
Choreographic dance element	1.70
Step sequence (straight line or curved, full ice surface, counters, rockers, twizzles etc)	2.37
One Dance Spin (all permitted)	1.87

3.6.5 Evaluation

The result for solo pattern dance will be determined firstly by the pattern dance entered. Separate results will be awarded to the free dance. Skaters do not have to compete at the same level for solo dance and free dance. If an overall Dance Championship is being held the pattern dance or the rhythm dance will be added to the free dance.

Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score. As an example where 30.0 is the average hypothetical.

E.g.

$WPI\% \times 30.00 = \text{Impairment Compensation}$

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

Where couples are skating together their impairment compensation will be added together and then divided by 2 to provide their average impairment compensation.

3.6.6 Facilitators

Competitors may either skate alone in a solo event or with a facilitator in a couple event. In a solo event the facilitator may guide the skater but must not hold the skater or perform the steps with the skater. In a couple event the facilitator must perform the steps and holds of the partner according to the customary official dance descriptions. The facilitator will be judged as a competitor in the couple event and will receive a medal accordingly. In a couple event the facilitator will be allowed to dance with and thereby assist the competitor during his or her performance See "Facilitators" below for further details.

3.7 Technical details – Synchro and Theatre

3.7.1 Eligibility

These provide the minimum skill level where appropriate. Skaters may be at a higher level in synchro. The minimum skill levels do not apply to wheelchair users.

Skaters may be any combination of disability (including wheelchair users) providing that there is either a majority or an equal number of classified skaters. The majority rule may be waived for family groups and/or where there are significant facilitation requirements.

Team Members

Please indicate on the entry form the names and contact details for all team members and if entering as a synchro or theatre. The person submitting the entry form should ensure that all members of the team agree to all the Terms and Conditions of the event and will be the person who the organizing committee will contact on behalf of all the team. Accordingly the persons making the entry should be an adult skater member.

Level 1 Synchro – Skaters who are ambulant should be able to skate on one foot forward. E.g. Figure Level 2.

Level 2 Synchro - Skaters should be able to skate competently on one foot forward and backwards and perform most basic turns. E.g. Figure Level 3.

Level 3 Synchro - Skaters should be able to perform most complicated turns E.g. Figure level 5/6

3.7.2 Synchro Duets, Trios and Quartets

Synchro groups consist of 2-4 skaters, 2 = duets, 3 = trio, 4 = quartet

3.7.3 Synchro Group

Synchro Team consists of 5-10 skaters

3.7.4 Synchro Team

Synchro Super Team consists of 11-16

3.7.5 Order of Synchro Elements

Skaters should perform the elements in the following order: circle, line then creative. Alternatively, the team captain may inform the Technical Delegate or Judging Panel of an alternative order immediately prior to the commencement of the warm-up

Level 1 Synchro

Program length 1 minute 30 seconds +/- 5 seconds.

Skaters to perform a well-balanced program with emphasis on basic and beginner skating elements. Skaters must include one of each of the following elements: a circle element, straight line element and a creative element. Each element has a base value of 1.0

Circle.

- Skaters are required to perform one rotating circle within the program.
- Circles should be held for at least 3 seconds.
- Circles do not require a handhold.
- Wheelchair skaters may perform a small rotating spin as their circle element

Straight line.

- Skaters should include a straight-line element that covers the full ice surface.
- Straight lines should be held for at least 3 seconds.
- The straight line does not require a handhold.
- At least 2 steps must be performed

Creative element.

- Skaters must include one creative element.
- The element begins from either, a) the start of the program if placed as the first element, b) the transition from the previous element and ends with the transition into the next element, or c) the transition from the final element until the end of the program.
- All skaters must participate in the creative element
- The chosen movement may be executed at the same time, in syncopation or at different times. Wheelchair users may perform an adapted form of the chosen movement.
- The chosen movement may be performed as individual skaters, pairs or groups of any size.
- The chosen movement must enhance the musical structure and interpretation of the music.

The hypothetical average is 6.0 for the purposes of impairment compensation.

The factor for the program component scores is 1.0

Level 1 Synchro Technical Elements	Technical Value of Element
Circle	0.333
Straight line	0.333
Creative	0.333

Level 2 Synchro

Program length 2 minute +/- 5 seconds.

Skaters to perform a well-balanced program with emphasis on skating elements. Skaters should be able to perform basic skating turns. Skaters must include one of each of the following elements: a circle element, straight line element and a creative element. Each element has a base value of 1.5

Circle.

- Skaters are required to perform one rotating circle within the program.
- Circles should be held for at least 3 seconds.
- The Circles must include at least one handhold.
- Wheelchair skaters may perform a small rotating spin as their circle element

Straight line.

- Skaters should include a straight-line element that covers the full ice surface.
- Straight lines should be held for at least 3 seconds.
- The straight line must include at least one handhold.
- At least 2 steps must be performed
- Forward and backward skating steps must be performed
-

Creative element.

- Skaters must include one creative element.
- The element begins from either, a) the start of the program if placed as the first element, b) the transition from the previous element and ends with the transition into the next element, or c) the transition from the final element until the end of the program.
- All skaters must participate in the creative element
- The chosen movement may be executed at the same time, in syncopation or at different times. Wheelchair users may perform an adapted form of the chosen movement.
- The chosen movement may be performed as individual skaters, duets, trios or quads.
- The chosen movement must enhance the musical structure and interpretation of the music.

The hypothetical average is 10.0 for the purposes of impairment compensation.

The factor for the program component scores is 1.0

Level 2 Synchro Technical Element	Technical Value of Element
Circle	0.5
Straight line	0.5
Creative	0.5

Level 3 Synchro

Program length 2 minute 30 seconds +/- 5 seconds.

Skaters to perform a well-balanced program with emphasis on performing good quality advanced skating elements. Skaters should be able to perform most turns.

Skaters to perform a well-balanced program with emphasis on skating elements. Skaters must include one of each of the following elements: a circle element, straight line element and a creative element. Each element has a base value of 3.0.

Circle.

- Skaters are required to perform one rotating circle within the program.
- Circles should be held for at least 3 seconds.

- The Circles must include at least one handhold.
- Wheelchair skaters may perform a small rotating spin as their circle element

Straight line .

- Skaters should include a straight-line element that covers the full ice surface.
- Straight lines should be held for at least 3 seconds.
- The straight line must include at least one handhold and must include one no hold section
- At least 2 steps must be performed
- Forward and backward skating steps must be performed

Creative element.

- Skaters must include one creative element.
- The element begins from either, a) the start of the program if placed as the first element, b) the transition from the previous element and ends with the transition into the next element, or c) the transition from the final element until the end of the program.
- All skaters must participate in the creative element
- The chosen movement may be executed at the same time, in syncopation or at different times. Wheelchair users may perform an adapted form of the chosen movement.
- The chosen movement may be performed as individual skaters, pairs or groups of any size.
- The chosen movement must enhance the musical structure and interpretation of the music.

The hypothetical average is 18.0 for the purposes of impairment compensation.

The factor for the Technical Skills and Artistic Performance and Execution Score is 1.5

Level 3 Synchro Technical Value of Element	Technical Value of Element
Circle	1.0
Straight line	1.0
Creative	1.0

Theatre

Alternatively, teams may enter as a theatre group. The rules are the same as for synchro except as follows. Props are permitted in theatre groups. The team should ensure that safety is always ensured when using props. Numbers within the team may exceed 16 providing a safe number are always participating. No elements are required, and the performance is marked only in PCS for skating skills and performance and execution.

3.8 Technical Details – Compulsory Elements and Figures

3.8.1 Eligibility

Please refer to Free skating

Level BHF – Compulsory Elements Group

The skater should perform the following 3 Compulsory Elements in any order in isolation.

BHF Compulsory Technical Element	Technical Value of Element
1. Forward march for a distance of 5 metres	0.07
2. Backward march for a distance of 5 metres	0.07
3. Two foot glide for a distance of 1 metre	0.07

The average hypothetical score is 0.65. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 0.65 = \text{Impairment Compensation}$$

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

Level 1 – Compulsory Elements Group

The skater should perform the following 3 Compulsory Elements in any order in isolation. The skater has two opportunities to perform each element.

Level 1 Compulsory Technical Element	Technical Value of Element
1. Forward swizzles for a distance of 10 metres	0.13
2. Backward swizzles for a distance of 10 metres	0.13
3. One foot forward snowplow stop (left or right).	0.13

The average hypothetical score is 1.40. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 1.40 = \text{Impairment Compensation}$$

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

Level 2 – Compulsory Elements Group

The skater should perform the following Compulsory Elements in succession in the order specified. The skater has two opportunities to perform the elements.

Skaters shall skate the first three elements in succession. After completion of the first three elements the skater will perform the fourth element. The Skater starts at one end of the rink and begins when so instructed by the Technical Delegate.

Level 2 Compulsory Technical Element	Technical Value of Element
1. Skater skates forward using stroking motion to a point approximately one-third the length of the skating area where the skater performs a forward to backward two-foot turn.	0.17
2. Skater skates backward using stroking motion to a point approximately two-thirds the length of the skating area where the skater performs a backward to forward two-foot turn.	0.17
3. The skater skates forward “using stroking motion” to the end of the rink where the skater performs a T-Stop.	0.17

4. Forward one foot glide for distance of 10 metres (left and right).	0.17
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The average hypothetical score is 2.75. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 2.75 = \text{Impairment Compensation}$$

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

Level 3 – Compulsory Elements Group

Skaters shall skate all of the following elements in isolation. The skater has two opportunities to perform the elements. Skater starts elements at a point designated by the Technical Delegate and begins elements when so instructed by the Technical Delegate. Preliminary steps are permitted for Forward outside and inside edges. The elements are:

Level 3 Compulsory Technical Element	Technical Value of Element
1. 4 consecutive forward outside edges (left + right, all edges on a semi circles)	0.17
2. 4 consecutive forward inside edges (left + right, all edges on a semi circles)	0.17
3. Forward outside one foot three-turn (left + right, edges on one foot for 1 metre)	0.17
4. Forward inside open Mohawk (left + right, edges for 1 metre with free leg extended)	0.17

The average hypothetical score is 3.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 3.00 = \text{Impairment Compensation}$$

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

Level 4 – Compulsory Elements Group

Skaters shall skate all of the following elements in isolation. The skater has two opportunities to perform the elements. Skater starts elements at a point designated by the Technical Delegate and begins elements when so instructed by the Technical Delegate. Preliminary steps are permitted for Backward outside and inside edges. The skating pushes shall be short strokes with correct take-offs from one foot to the other.

Level 4 Compulsory Technical Element	Technical Value of Element
1. 4 Consecutive backward outside edges (left and right on semi-circles).	0.17
2. 4 Consecutive backward inside edges (left and right on semi-circles).	0.17
3. Mohawk Step: Forward crossover, inside Mohawk, backward crossover step (left and right). See detailed description and Diagram 1 below	0.17
4. Waltz three step sequence: (left and right) See Diagram 2 and description below	0.17

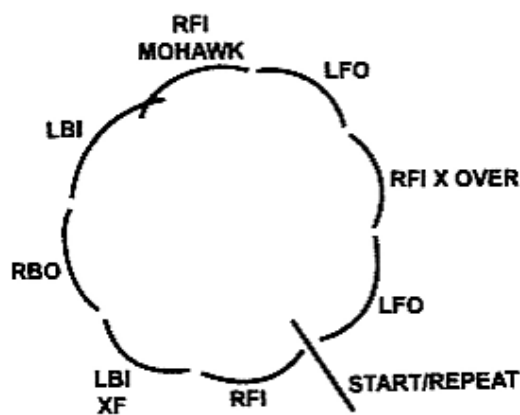
Mohawk Step:

The following steps shall be performed in sequence in a circular figure of eight pattern both clockwise and counter-clockwise. See diagram below for counter-clockwise steps beginning LFO.

- Left forward outside edge
- Right forward inside edge crossover
- Left forward outside edge
- Right forward inside Mohawk
- * Left back inside edge
- Right back outside edge
- Left back inside crossover
- Right forward inside edge

Step sequence must be performed clockwise with steps of a same nature beginning RFO.

Diagram 1



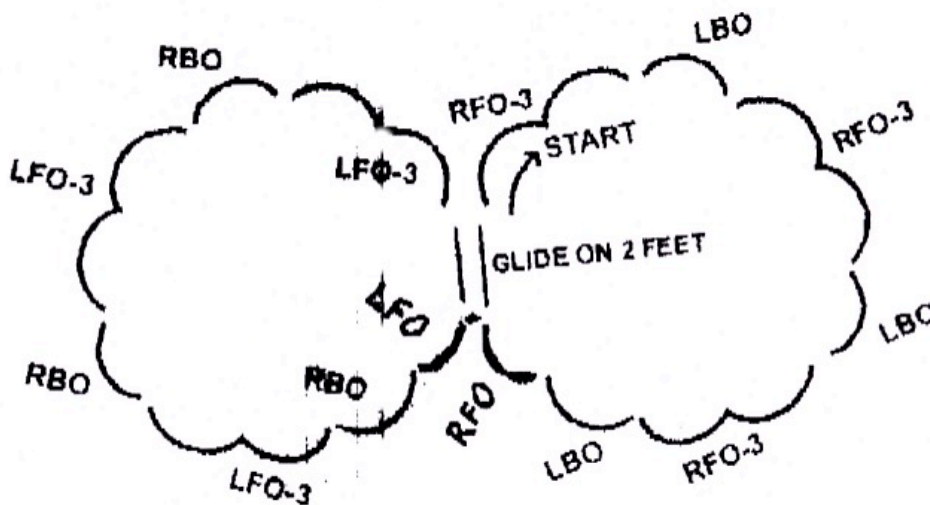
Waltz three step sequence:

Performed in a figure eight pattern. A two step introduction may be added

- Right forward outside three turn
- Left back outside edge
- Right forward outside three turn
- Left back outside edge
- Right forward outside three turn
- Left backward outside edge
- Step forward to RFO edge
- Glide on two feet back to centre
- Left forward outside three turn
- Right back outside edge
- Left forward outside three turn
- Right back outside edge
- Left forward outside three turn
- Right back outside edge
- Step forward to LFO edge
- Glide on two feet back to centre

A minimum of three, three-turn/back edge sequence per circle must be performed

Diagram 2



The average hypothetical score is 4.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 4.00 = \text{Impairment Compensation}$$

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

Level 5 – Compulsory Elements Group

The skater has two opportunities to perform the following elements. Skater starts elements at a point designated by the Technical Delegate and begins elements when so instructed by the Technical Delegate. Preliminary and linking steps are permitted throughout.

Level 5 Compulsory Technical Element	Technical Value of Element
1. Right Change of Edge three turn Step. See detailed description and Diagrams 3 and 4 below	0.17
2. Left Change of Edge three turn Step. See detailed description and Diagrams 5 and 6 below	0.17
3. Right back outside three inside mohawk repeat on circle. See detailed description and Diagram 7 below	0.17
4. Left back outside three inside mohawk repeat on circle. See detailed description and Diagram 7 below	0.17

1. Right Change of Edge Step

The following element will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used before each of the exercises and in between 3 and 4 and in between 5 and 6.

Right forward outside to inside change of edge into left forward inside three turn. (See Diagram 3)

Right forward inside to outside change edge into left forward outside three turn. (See Diagram 4)

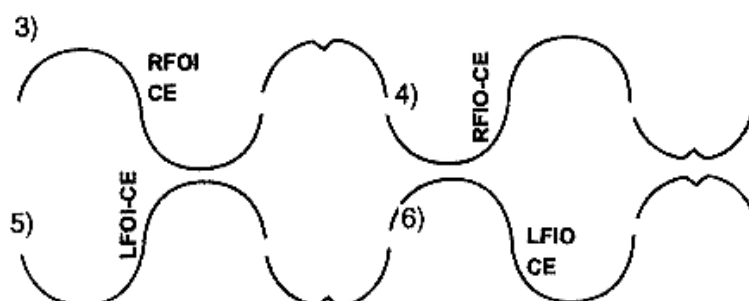
2. Left Change of Edge Step

The following element will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used before each of the exercises and in between 3 and 4 and in between 5 and 6.

Left forward outside to inside change edge into right forward inside three turn. (See Diagram 5)

Left forward inside to outside change edge into right forward outside three turn. (See Diagram 6)

Diagram 3, 4, 5 and 6



Level 5 Technical Elements 3 and 4

Elements 3 and 4 will be performed in a figure eight pattern. The skater may commence on the right foot back outside three or the left foot back outside three.

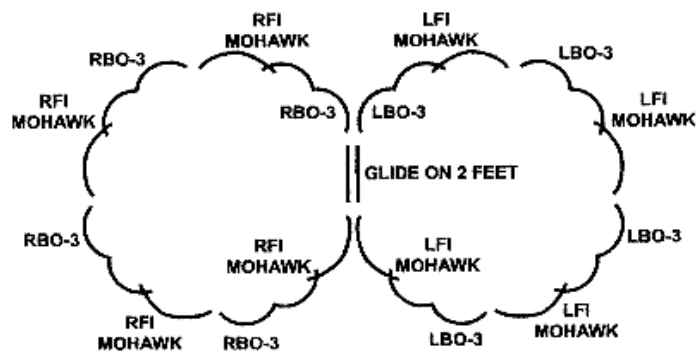
3. Left Back Outside Three step

Glide on two feet into left backward outside three turn into left forward inside Mohawk repeat to complete first half of figure eight.

4. Right Back Outside Three step

Glide on two feet into right backward outside three turn into right forward inside Mohawk repeat to complete second half of figure eight.

Diagram 7



The average hypothetical score is 4.50. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI}\% \times 4.50 = \text{Impairment Compensation}$$

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

Level 6 – Compulsory Elements Group

The skater has two opportunities to perform the following elements. Skater starts elements at a point designated by the Technical Delegate and begins elements when so instructed by the Technical Delegate. Preliminary and linking steps are permitted.

Level 6 Compulsory Technical Element	Technical Value of Element
1. Forward Outside Double Threes. R and L followed by Forward Inside Double Three R and L. Step to be performed on long axis of rink. See Diagram 8a	0.17
2. L Right Forward Outside three change feet R Backward Outside Double three Forward Outside Three Back cross L Back inside double three. Repeat in anti-clockwise direction on opposite feet See Diagram 8b	0.17
3. Outside Bracket Step See detailed description and Diagram 9a below	0.17
4. Inside Bracket Step See detailed description and Diagram 9b below	0.17

1. Forward Double Three Step

Introduction steps are optional at the beginning of the element, some linking steps are permitted to change feet and an optional end pattern may be used between the next sequence should the skater choose to repeat the steps. An optional maximum of 3 steps is permitted between each double three

See Diagram 8a below

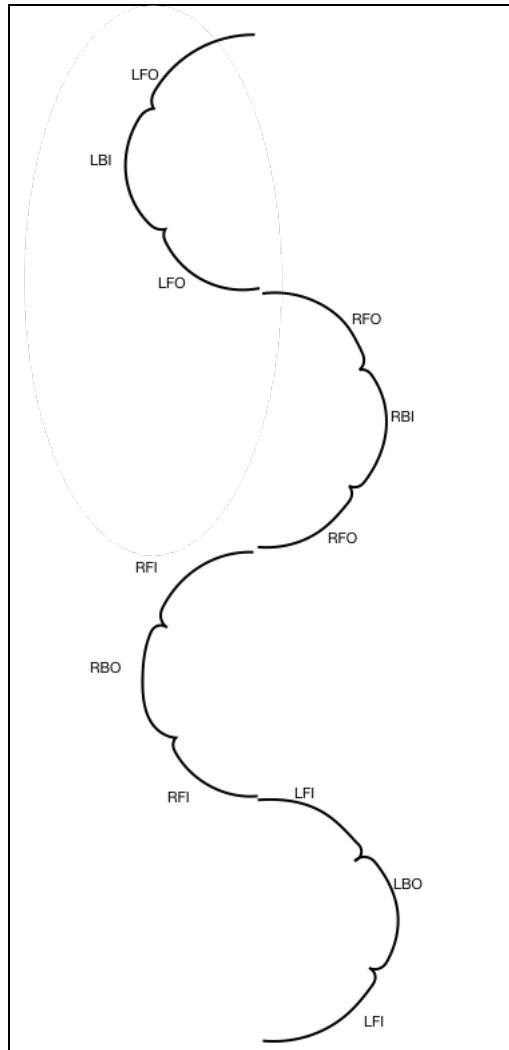


Diagram 8a

Skater commences with LFO Double three

2. Backward Double Three Step

Introduction steps are optional at the beginning of the element and an optional end pattern may be used between the next sequence should the skater choose to repeat the steps.

See Diagram 8

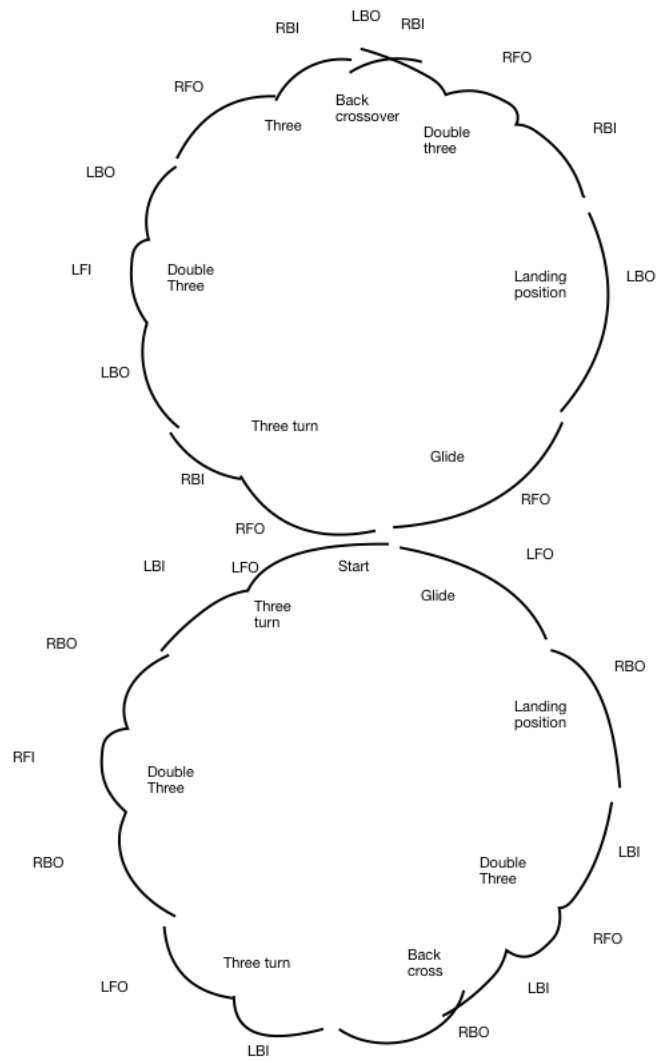


Diagram 8b

3. Outside Bracket Step

Beginning on circle Right forward outside bracket ... At centre of figure eight push backwards into a left backward inside bracket. Repeat for Left forward outside bracket. At centre of figure eight push backwards into a right backward inside bracket. All bracket turns may be placed between one quarter to one half of the circle and the pattern may be adjusted accordingly.

See Diagram 9a below

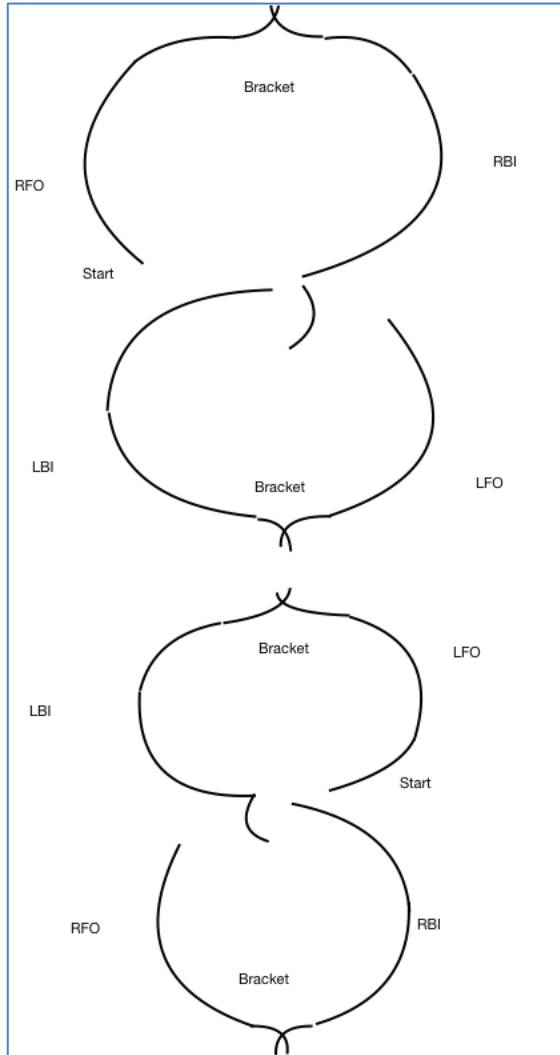


Diagram 9a

4. Inside Bracket Step

Beginning on circle Left forward inside bracket ... At centre of figure eight push backwards into a left backward outside bracket. Repeat for Right forward inside bracket. At centre of figure eight push backwards into a left backward inside bracket. All bracket turns may be placed between one quarter to one half of the circle and the pattern may be adjusted accordingly. The skater may commence with the Right foot exercise.

See Diagram 9b below

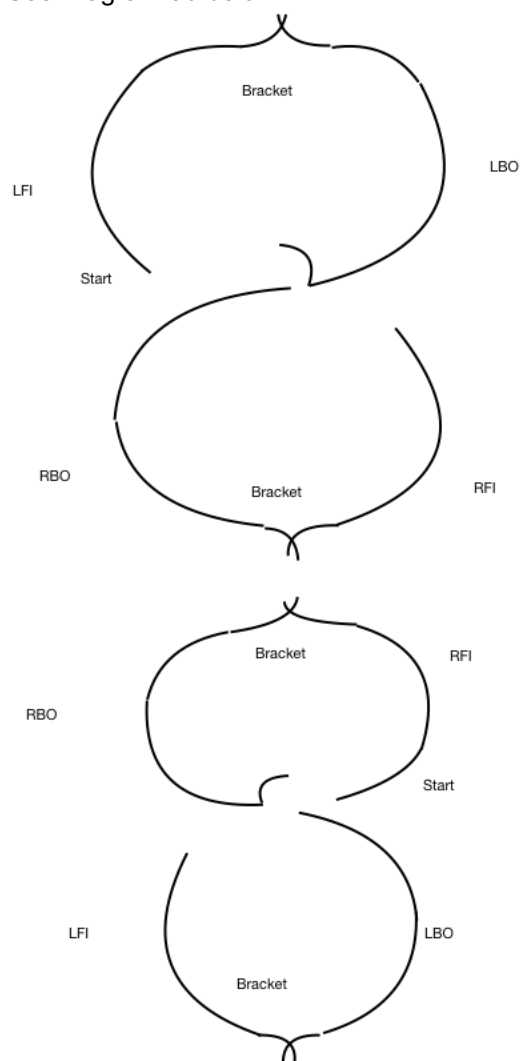


Diagram 9b

The average hypothetical score is 5.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 5.00 = \text{Impairment Compensation}$$

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

The average hypothetical score is 5.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 5.00 = \text{Impairment Compensation}$$

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

Level 7 – Compulsory Figures

Skater should select the 3 compulsory figures to be performed from the list below unless otherwise specified in the Announcement and/or Rules for the event. Skater should select figures with a different number and box.

Please refer to custom and practice for detail descriptions of the compulsory figures.

Skaters should perform the Figure 3 times on each foot (unless otherwise specified in the Announcement. At some events the skater should perform the Figure 6 times on each foot.)

Skater starts elements at a point designated by the Technical Delegate and begins the compulsory figure when so instructed by the Technical Delegate.

The 5 Technical Elements marked in each Compulsory Figure are as follows:

1. Circle
2. Centre
3. Tracing
4. Symmetry and Geometry
5. Cleanness of edges and turns, and

6. An artistic Performance and Execution score in relation to the ease of movement and posture of the skater is also awarded.

Each Figure is marked on a scale of 0.1 to 6.0 where 3.0 is the average.

The base or average score is 3 times the value of the technical value.

The average hypothetical score for each figure is calculated by multiplying the Technical Value for the figure by 18.

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% x average hypothetical = Impairment Compensation

Impairment Compensation + Skating score = Skaters Total Score

Level 7 Compulsory Figures	Technical Value of each Element for specified figure:
1. Forward Outside Eight, repeat 3 times on each foot	1.0
2. Forward Inside Eight, repeat 3 times on each foot	1.0
3. Back Outside Eight	1.5
4. Back Inside Eight	1.5
5. Forward Change of Edge, (Right Foot or Left)	1.5
6. Backward Change of Edge(Right Foot or Left)	2.0
7. Forward One Foot Eight (Right Foot or Left)	2.0
8. Backward One Foot Eight (Right Foot or Left)	2.5
9. Forward Outside Three to Back Inside Three (Right Foot or Left)	2.0
10. Forward Inside Three to Back Outside Three (Right Foot or Left)	2.0
11. Forward Outside Change of Edge and FI Three to Back Outside Change of Edge and BI Three (Right Foot or Left)	3.0
11. Forward Inside Change of Edge and FO Three to Back Inside Change of Edge and BO Three (Right Foot or Left)	3.0
11. Backward Outside Change of Edge and BI Three to Forward Outside Change of Edge and FI Three (Right Foot or Left)	3.5
11. Backward Inside Change of Edge and BO Three to Forward Inside Change of Edge and FO Three (Right Foot or Left)	3.5
12. Forward Outside Double threes	3.5
13. Forward Inside Double threes	3.5
14. Backward Outside Double threes	4.0
15. Backward Inside Double threes	4.0
16. Right Forward Outside Change of Edge and FI Double Three to Left FI Change of Edge and FO Double Three	4.0
17. Left Forward Outside Change of Edge and FI Double Three to Right Inside Change of Edge and FO DoubleThree	4.0
18. Right Backward Outside Change of Edge and BI Double Three to Left BI Change of Edge and BO Double Three	5.0
19. Left Backward Outside Change of Edge and BI Double Three to Right BI Change of Edge and BO DoubleThree	5.0
20. Forward Outside Paragraph Threes (Right Foot or Left)	6.0

21. Backward Outside Paragraph Threes (Right Foot or Left)	7.0
22. Forward Outside Paragraph Double Threes (Right Foot or Left)	8.0
23. Backward Outside Paragraph Double Threes (Right Foot or Left)	9.0
24. Forward Outside Brackets (Right Foot or Left)	4.0
25. Forward Inside Brackets (Right Foot or Left)	4.0
26. Forward Outside Change Brackets (Right Foot or Left)	6.0
26. Forward Inside Change Brackets (Right Foot or Left)	6.0
27. Forward Outside Paragraph Brackets (Right Foot or Left)	8.0
28. Backward Outside Paragraph Brackets (Right Foot or Left)	9.0
29. Counters Outside and Inside and Right and Left	6.0
30. Rockers Outside and Inside and Right and Left	7.0
31. Forward Loops Outside and Inside and Right and Left	4.0
32. Backward Loops Outside and Inside and Right and Left	5.0
33. Forward Change Loops Outside and Right and Left	6.0
34. Backward Change Loops Outside and Right and Left	7.0
35. Forward Paragraph Loops	8.0
36. Backward Paragraph Loops	9.0
37. Threes to a Centre	4.0
38. Waltz Eight	3.0

3.9 Technical – Pair Compulsory Elements

Level 1 Pair Skating

a) Eligibility: Skaters participating in this event must be at a skill level of at least a Level 2 singles skater, but not higher than a Level 3 singles skater.

The skaters do not have to be at the same singles level but should be in the range of Singles Level 2 and Level 3. Team shall consist of two athletes.

b) Level 1 Pairs Compulsory Element Group

1. Skaters start at a point designated by the Technical Delegate.
2. Skaters begin when so instructed by the Technical Delegate.
3. Skaters have a maximum of one (1) minute, thirty (30) seconds to perform without music, using the following skills.
4. Skaters shall perform the following elements as a team. Forward stroking to middle of rink, forward cross overs in middle of rink and forward stroking to end of rink to perform T stop and then two foot spin as specified below, The elements are to be performed as continuous moves without music.
5. The hypothetical average is 3.40 for the purposes of impairment compensation.
6. The factor for the Technical Skills and Artistic Performance and Execution Score is 1.0

Level 1 Compulsory Technical Element	Technical Value of Element
Forward stroking hand in hand for a distance of at least 5 metres	0.1
Forward crossovers in Figure of Eight (Clockwise + counter cwise)	0.17
Forward stroking to T stop for a distance of at least 5 metres	0.17
Side by side two foot spin	0.133

Level 2 Pair Skating

a) Eligibility: Skaters participating in this event must be at a skill level of at least a Level 3 singles skater..

The skaters do not have to be at the same singles level but should be in the range of Singles Level 3 and 4. Pairs shall consist of two athletes.

b) Level 2 Pairs Compulsory Element Group

1. Skaters may start at any point on the ice surface.
2. Skaters begin when so instructed by the Technical Delegate.
3. Skaters have a maximum of one (1) minute, thirty (30) seconds to perform without music, using the following skills.
4. Skaters shall perform the following elements as a team.
5. The elements are to be performed as continuous moves without music.
6. The skills may be done in any order, but no additional skills may be added.
7. The factor for the Technical Skills and Artistic Performance and Execution Score is 1.5
8. The hypothetical average is 6.40 for the purposes of impairment compensation.

Level 2 Pair Compulsory Technical Element	Technical Value of Element
Backward crossovers in a figure of eight pattern (one sequence clockwise and one sequence counterclockwise)	0.133
Side by side waltz jumps	0.133
Pair spin – position optional, minimum of two revolutions	0.2
Step sequence (pattern optional) straight line, circular or serpentine	0.17

Level 3 Pairs

a) Eligibility: Skaters participating in this event must be at a skill level of at least a Level 4 singles skater.

The skaters do not have to be at the same singles level, but should be in the range of Singles Level 4, 5 and 6. Pairs shall consist of 2 athletes.

b) Level 3 Pairs Compulsory Element Group

1. Skaters may start at any point on the ice surface.
2. Skaters begin when so instructed by the Technical Delegate.
3. Skaters have a maximum of one (1) minute, thirty (30) seconds to perform without music, using the following skills.
4. Skaters shall perform the following elements as a team.
5. The elements are to be performed as continuous moves without music.
6. The skills may be done in any order, but no additional skills may be added.
7. The factor for the Technical Skills and Artistic Performance and Execution Score is 1.5
8. The hypothetical average is 5.00 for the purposes of impairment compensation.

Level 3 Pairs Compulsory Technical Element	Technical Value of Element
Open mohawks on the circle (left + right in any hold position)	0.17
Pivot figure (one circle)	0.133
Pair spin – on one foot with change of optional positions	0.2
Step sequence (straight line)	0.17

3.10 Technical Details – Free Elements

The skating elements event can be performed off ice, in-line and/ or on the ice (music is optional) and will include the following elements:

Level 1/BHF - 3 elements should be selected from the Level 1/BHF Free Skating program
Factor – 0.9

Level 2 - 3 elements should be selected from the Level 2 Free Skating program with at least 2 Level 2 elements.
Factor – 1.1

Level 3 - 3 elements should be selected from the Level 3 Free Skating program with at least 2 Level 3 elements
Factor – 1.3

Level 4 - 3 elements should be selected from the Level 4 Free Skating program with at least 2 Level 4 elements
Factor – 2.0

Level 5 - 3 elements should be selected from the Level 5 Free Skating program with at least 2 Level 5 elements
Factor – 2.5

Level 6 - 4 elements should be selected from the Level 6 Free Skating program with at least 2 Level 6 elements
Factor – 6.0

Level 7 - 5 elements should be selected from the Level 7 Free Skating program with at least 2 Level 7 elements
Factor – 7.5

Notes:

1. Jump skill: TES score will be awarded. A maximum of 3 different solo jumps may be performed.
2. Balance skill: TES score. A maximum of 2 balance elements may be performed. e.g. Spiral holding the pose for 3 to 6 seconds on floor or wobble boards
3. Spin skill: - TES score - A maximum of 2 spins may be performed. Off-ice spinners are permitted
4. Please enter at the relevant level for the program attempted and use the usual planned program content sheet.
5. All elements must be performed on the same surface or use the same equipment.
6. Special Awards for Balance, Spin and Jumps may be awarded.
7. Skaters may participate at a higher level in elements than they are participating in programs. Skaters must always ensure that they choose elements that they can perform safely.
8. At location events skaters may take 2 attempts at each element and one element can be repeated 3 times.
9. For Virtual events skaters should select one attempt at each element and provide a single video of all the elements performed.

4. OFF ICE EVENTS

Off Ice Elements

The skating elements event can be performed off ice, in-line and/ or on the ice, music is optional, and will include the following:

Level 1/BHF - 3 elements should be selected from the Level 1/BHF Free Skating program

Level 2 - 3 elements should be selected from the Level 2 Free Skating program with at least 2 Level 2 elements.

Level 3 - 3 elements should be selected from the Level 3 Free Skating program with at least 2 Level 3 elements

Level 4 - 3 elements should be selected from the Level 4 Free Skating program with at least 2 Level 4 elements

Level 5 - 3 elements should be selected from the Level 5 Free Skating program with at least 2 Level 5 elements

Level 6 - 4 elements should be selected from the Level 6 Free Skating program with at least 2 Level 6 elements

Level 7 - 5 elements should be selected from the Level 7 Free Skating program with at least 2 Level 7 elements

Notes:

1. Jump skill: TES score will be awarded. A maximum of 3 different solo jumps may be performed.
2. Balance skill: TES score. A maximum of 2 balance elements may be performed. e.g. Spiral holding the pose for 3 to 6 seconds on floor or wobble boards
3. Spin skill: - TES score - A maximum of 2 spins may be performed. Off-ice spinners are permitted
4. Please enter at the relevant level for the program attempted and use the usual planned program content sheet.
5. All elements must be performed on the same surface or use the same equipment.
6. Special Awards for Balance, Spin and Jumps may be awarded.
7. Skaters may participate at a higher level in elements than they are participating in programs. Skaters must always ensure that they choose elements that they can perform safely.

Off-Ice program Event

The Off-Ice program Event is performed to music and no skates are worn
Off ice run through of free skating program performed to music. PCS scores for performance and execution and technical element scores for off ice jumps will be awarded. Please enter at the relevant level for the program attempted and use the usual planned program content sheet.

The maximum number of jumps for the Off-Ice program are as follows:

Level 1 - maximum of 1 jump elements should be selected from the Level 1 Free Skating program. Factor 1.3

Level 2 - maximum of 2 jump elements should be selected from the Level 2 Free Skating program. Factor 1.4

Level 3 - maximum of 3 jump elements should be selected from the Level 3 Free Skating program. Factor 2.5

Level 4 - maximum of 4 jump elements should be selected from the Level 4 Free Skating program Factor 4

Level 5 - maximum of 4 jump elements should be selected from the Level 5 Free Skating program. Factor 6.5

Level 6 - maximum of 5 jump elements should be selected from the Level 6 Free Skating program. Factor 8

Level 7 - maximum of 5 jump elements should be selected from the Level 7 Free Skating program. Factor 10

5. BADGE PROGRAM

The Inclusive Skating Badge Skills and Test Program (2nd Edition) is part of the Inclusive Skating format and all the relevant Technical and Classification Handbooks, Rules, Safety Policy and general Policies apply.

The technical requirements for ice, in-line and roller are the same. The certificates are different however and have different names and logos.

Skills (“Badge”) Program

There are several tiers that reflect Inclusive Skating functional classification and the InclusivePara classes. The tiers broadly reflect the required skating support, the technical ability, skill and the expected speed of skill acquisition. Most skaters should be able to complete at least one tier in a meaningful way.

1. **Tier 1** - Physically Facilitated and Intellectually Facilitated Skaters Skills Program – high skating support needs and most activities are performed with a facilitator.
2. **Tier 2** - Intellectually Independent Skaters and Visually Facilitated Skills Program - average skating support needs for Inclusive Skating and most activities are performed independently
3. **Tier 3** - Physically Independent and Visually Independent Skaters Skills Program – low skating balance support needs, activities are performed independently at a faster pace in a supportive environment.

Tier 1 is suitable for everyone because it also provides a protocol for a safe introduction to skating activities. Skaters with average skating support needs may progress very quickly through Tier 1 and may find that Tier 2 is the appropriate starting point for the award of certificates.

Skaters with low skating support needs, previous skating experience on a different surface and sound knowledge of safe skating practice may choose to start at Tier 3 for the award of certificates.

The Off-ice activities are also useful as a tool to prepare for all skating activities. Certificates for off-ice activities have a trainer logo. The skating activities are available for ice skating and in-line/roller skating. Ice Skating certificates have an ice-skating boot and in-line/ roller certificates have an in-line skating boot.

Please select the appropriate program and progression pathway for each individual skater.

Notes

1. Skaters should aim to complete 10 Skill badges and obtain certificates in one or more of the Tiers indicated.
2. Skaters should always choose the tier that meets their current technical ability. This tier may go up and down for skills, badges, tests and/or competitions.
3. Skaters may commence in the tier appropriate to their current technical skill level and move to the next tier to complete additional skill badges as they progress. For example, skaters may complete Badges in tier 1 and complete additional badges in tier 2 and tier 3.
4. Skaters may perform the skills or if they are not able to perform the skill they may also watch a video of the skill or activity being performed and demonstrate knowledge and/or understanding of the skill and/or activity. Skaters should perform the activity to the fullest extent that they are able to perform the skill. This may be independent or supported. Once a skater has reached their maximum potential then the skill is deemed to be performed.

5. On completion of a tier skaters may also progress to competition and/ or tests. Tier 1 progresses to Free Skating Balance, Frame and Harness Levels or synchro. Tier 2 progresses to Free Skating Level 1. Tier 3 usually progresses to Free Skating Level 2 (although some may choose to meet their needs by starting at Level 1).
6. Skills / Badges may be assessed by video using the system provided or be assessed by an Inclusive Skating Judge or Assessor. Skills assessed as being performed to a satisfactory standard are awarded a certificate.
7. A rink is any surface suitable for skating
8. Participation in activities may occur physically or by virtual means.
9. One-foot skills are performed on right foot and left foot separately.

Entry system

The badges are available to download on the website and an accredited Inclusive Skating Assessor may certify a pass.

Tier 1. Physically Facilitated and Intellectually Facilitated Skaters Badge Program

Badge 1

1. Enter rink venue and go to registration
2. Participate in the provision of registration details
3. Participate in risk assessment with activity leader

Badge 2

1. Go to side of rink and be in the rink environment
2. Touch skating boots
3. Touch balance frame

Badge 3

1. Put on skating boots
2. Put on safety equipment and clothing, e.g. helmet and gloves etc.
3. Participate in safety briefing

Badge 4

1. Wear skating boots for a few minutes
2. Participate in adjustment of balance aid to height and needs of skater (where available)
3. Participate in meeting of coaches/volunteers and parents/carers

Badge 5

1. Move to barrier side of rink
2. Demonstrate how to enter rink surface safely
3. Be on rink surface for a few minutes using relevant support either standing or supported

Badge 6

1. Whilst on rink bend knees or move closer to ice
2. Whilst on rink stretch arms up or move arms closer to ceiling
3. Whilst on rink stretch arms out to side of body and/or touch balance frame

Badge 7

1. Move forward across rink surface for a distance of 1 metre
2. Stop moving across rink surface safely
3. Demonstrate knowledge of how to get up from a fall

Badge 8

1. Move backward across rink surface for a distance of 1 metre
2. Look to Left and rotate one quarter of circle in place or moving.
3. Look to Right and rotate one quarter of circle in place or moving

Badge 9

1. Move towards volunteer/ coach
2. Copy movement of volunteer/ coach or follow one instruction
3. Swizzles movement standing still

Badge 10

1. Consecutive movement rotating to right and then rotating to left one quarter of turn
2. Move forward or stroking across full width of rink
3. Gliding movement- holding still in position for 3 seconds

Tier 2. Intellectually Independent/ Visually Facilitated Skaters Badge Program on skates

Badge 1

1. Stand unassisted on rink for 5 to 10 seconds
2. Knee dip standing still
3. March forward independently or with balance frame for 1 metre

Badge 2

1. Fall and stand up assisted (or unassisted) safely
2. Swizzles movement standing still
3. March across rink for 3 to 5 metres or centre of rink unassisted

Badge 3

1. Two-foot glide for 3 to 5 seconds
2. Swizzles movement while moving
3. Forward glide and bend knees

Badge 4

1. Forward two-foot glide for 1 metre and wait until glide stops
2. Backward wiggle or March for 1 metre
3. Rotate one circle with marching feet in place

Badge 5

1. Consecutive forward Swizzles (3 to 5 swizzles)
2. Two-foot glide rotating arms to right and holding for one quarter of circle or for 1 metre
3. Two-foot glide rotating arms to left and holding for one quarter of circle or for 1 metre

Badge 6

1. March across full width of rink
2. Beginner snowplough stop
3. Consecutive two-foot glide rotating arms one quarter circle to left and then right

Badge 7

1. Skate one circuit around full rink
2. Forward two-foot glide whilst moving and active stop
3. Forward glide and turn to backwards

Badge 8

1. Forward gliding dip for Length of body
2. Forward one-foot glide (right and Left foot) for length of body
3. Beginner jump at standstill

Badge 9

1. Two-foot glide for half circle clockwise and counter-clockwise
2. Backward march for distance of 3 to 5 metre or to centre of rink
3. Forward skating with push from right and left leg

Badge 10

1. Two-foot turn from forward to backwards whilst moving
2. Backward swizzles whilst moving
3. Beginner jump whilst moving

Tier 3. Physically Independent and Visually Independent Skaters Badge Program on skates

Badge 1

1. Forward march to middle of rink
2. From Standing position fall and get back up again safely and unassisted
3. Forward 2 foot glide and come to a standstill

Badge 2

1. Forward two-foot swizzles (5 consecutive)
2. Forward two-foot glide and bend knees
3. Forward two-foot glide and rotate arms clockwise and repeat counter clockwise

Badge 3

1. Forward march or skating across the full width of rink
2. Backward march for 1 metre
3. One half turn rotation on two-feet in place

Badge 4

1. Skate forward and two-foot turn to backwards
2. Forward gliding dip on 2 feet for length of body
3. Beginner two-foot bunny hop jump in place

Badge 5

1. Backward swizzles (5 consecutive)
2. Skate forward using both legs and one-foot Snowplough stop
3. Forward two-foot glide with lean into circle for one third of circle clockwise and counter clockwise

Badge 6

1. Forward one-foot glide in straight line Right and Left for 1 metre
2. Backward two-foot glide for length of body
3. Forward two-foot glide with one foot performing swizzles on circle clockwise + counter clockwise

Badge 7

1. Backward two-foot glide with one foot performing swizzles on circle clockwise + counter clockwise
2. Consecutive Forward two-foot curves left and right repeated 2 or 3 times
3. Forward skating full circuit of rink and two-foot snowplough stop

Badge 8

1. Skate backwards for 3 to 5 metres and turn to turn forwards
2. Forward one-foot glide for 1 metre on circle Left and right clockwise and counter clockwise
3. Forward skating with a full circuit of rink pushing on both right and left leg down length of rink

Badge 9.

1. Skate backwards for distance of 10 metres
2. Single forward crossover and step onto glide on 1 foot or 2 feet clockwise and counter clockwise
3. Beginner two-foot bunny hop jump whilst moving

Badge 10

1. Backward one-foot glide left and right for length of body
2. Backward gliding dip on 2 feet
3. Consecutive beginner forward cross overs clockwise and counter clockwise

Tier 1. Off Ice Skills Badge Program – wearing footwear (not skates)

Badge 1

1. Create profile on Inclusive Skating Platform, verify e-mail and go to membership registration
2. Participate in the provision of registration details and complete registration on platform
3. Participate in risk assessment with activity leader

Badge 2

1. Identify location of suitable and safe environment for skating
2. Ensure available skating boots are safe for your use
3. Ensure suitable and safe balance support is available if required

Badge 3

1. Put on skating boots
2. Put on safety equipment and clothing, e.g. helmet and gloves etc.
3. Participate in safety briefing

Badge 4

1. Wear skating boots for a few minutes
2. Participate in adjustment of balance aid and equipment to height and needs of skater
3. Participate in meeting of coaches/volunteers and parents/carers to discuss meeting of needs

Badge 5

1. Move safely to barrier side of rink and remove any guards on skates
2. Demonstrate how to enter Rink surface safely
3. Demonstrate using relevant support either standing or whilst supported

Badge 6

1. Bend knees or move closer to ice
2. Stretch arms up or move arms closer to ceiling
3. Stretch arms out to side of body and/or touch balance frame

Badge 7

1. Demonstrate how to move forward for a distance of 1 metre
2. Demonstrate how to stop moving safely
3. Demonstrate knowledge of how to get up from a fall

Badge 8

1. Demonstrate how to move backward across rink surface for a distance of 1 metre
2. Demonstrate how to Look to Left and rotate one quarter of circle in place or moving.
3. Demonstrate how to Look to Right and rotate one quarter of circle in place or moving

Badge 9

1. Move towards volunteer/ coach
2. Copy movement of volunteer/ coach or follow one instruction
3. Swizzles movement standing still

Badge 10

1. Consecutive movement rotating to right and then rotating to left one quarter of turn
2. Demonstrate how to move forward or stroking across full width of rink
3. Demonstrate how to do a gliding movement- holding still in position for 3 seconds

Tier 2 Off Ice Skills Badge Program – wearing footwear (not skates)

Badge 1

1. Stand unassisted on 2 feet and hold for 3 seconds
2. Knee dip standing still and hold for 3 seconds
3. Two-foot glide position rotating arms one quarter of circle right and left

Badge 2

1. Two foot standing and turn toes in and hold for 3 seconds
2. Two foot standing and turn toes out and hold for 3 seconds
3. Penguin walk forward for distance of 3 to 5 metres

Badge 3

1. Swizzles movement (see Badge 2 skills 1 and 2 above) standing still
2. Pigeon toe backward walk for distance of 3 to 5 metres
3. Standing still and making circle with arms

Badge 4

1. Starting position for forward stroking and press on inside edge of foot (right and left)
2. Standing wiggle rotation hips clockwise and counter clockwise
3. Rotate one circle with marching feet in place

Badge 5

1. Stand on one foot upright for 3 seconds (right and left)
2. Stand on two feet and rise to balls of feet
3. Two-foot glide with lean to right side and left side feeling weight shift onto side of foot

Badge 6

1. Forward pushing action and hold gliding position (right and left)
2. Beginner snowplough stop press on inside of both feet with knee bend
3. Consecutive two-foot glide with lean and rotating arms one quarter circle to left and then right

Badge 7

1. Consecutive stroking action
2. Stand on one foot and rise to ball of foot (right and left)
3. Forward turn to backwards on 2 feet (clock wise and counter clockwise)

Badge 8

1. one foot landing position and hold for 3 seconds
2. Forward one-foot quarter turn (right and left)
3. Standing on two feet place weight to back of foot – preparation for back turn

Badge 9

1. Backward march for distance of 1 metre
2. Standing on one foot lean weight to outside edges (little toe) and hold for 3 seconds
3. Standing on one foot lean weight to inside edges (big toe) and hold for 3 seconds

Badge 10

1. Consecutive Forward skating with push from right and left leg and with gliding position
2. Stand on one foot with free foot extended in front (right and left)
3. Beginner 2 foot jump at standstill

Tier 3 Off Ice Skaters Badge Program – wearing footwear (not skates)

Badge 1

1. Stand on 2 feet for 5 seconds
2. From Standing position fall and get back up again safely for skating activities and unassisted
3. 2 foot and rise to ball of foot and hold for 5 seconds

Badge 2

1. two-foot swizzles (5 consecutive)
2. two-foot glide position and bend knees and hold for 5 seconds
3. two-foot glide position and rotate arms clockwise half turn and repeat counter clockwise

Badge 3

1. Penquin position Consecutive Forward skating movements
2. Backward march for skating with toes turned in for a distance of approximately 1 metre
3. One half turn upper body rotation on two-feet in place right and left

Badge 4

1. Stand on two-foot, lift toes and rise to heel and hold balance for 5 seconds
2. Standing on one-foot upright with foot behind in straight line (Right and Left) and hold for 5 secs.
3. Standing on one-foot upright with foot in front in straight line (Right and Left) and hold for 5 secs

Badge 5

1. Standing on two feet place weight on to outside edge/ little toes and hold for 5 seconds
2. Standing on two feet place weight on to inside edge/ big toes - Snowplough stop - hold 5 secs.
3. Consecutive Forward two-foot glide position with lean into circle to right side and left side

Badge 6

1. Dip on 2 feet and hold for 5 seconds
2. Landing position with extended arms and legs (Right and Left)
3. Beginner two-foot bunny hop jump whilst moving

Badge 7

1. Standing on 2 feet lift one foot and cross in front (Right and Left)
2. Consecutive Forward two-foot curve action left and right repeated 2 or 3 times in quick time
3. Forward skating for 5 to 10 metres and two-foot snowplough stop

Badge 8

1. Stand and with weight on heel do a quarter turn to forwards (sideways) - back turn preparation
2. one-foot glide with lean and place weight onto outside edge/ little toes and hold for 5 seconds
3. one-foot glide with lean and place weight onto inside edge/ big toes and hold for 5 seconds

Badge 9.

1. Skating action for backward strokes right and left
2. Single forward crossover and step onto glide on 1 foot or 2 feet clockwise and counter clockwise
3. Beginner two-foot bunny hop jump in place or moving with landing position

Badge 10

1. Waltz jump and landing position
2. Extended spin preparation position to closed arms and one or two foot spin position
3. Consecutive beginner forward cross overs clockwise and counter clockwise

Tests

Tests are available through a range of formats. All events have test entry availability and additional test events are available on a regular basis. Test results are private and are not included in the competition results.

Entry is by pre-recorded video entry on the membership platform. The relevant competition rules on competition video entry apply except that the video will not be published on the Inclusive Skating YouTube channel. Videos for tests are private and will not be published unless the skater and Inclusive Skating both agree to such publication. This activity is therefore particularly suitable for skaters who wish to participate in private and measure their own performance against the current published standards for Inclusive Skating world-wide.

Electronic certificates will be awarded and sent by electronic communication, such as e-mail. The skater will also receive a copy of the relevant detailed marking sheet with judge's marks where relevant. Skaters may repeat the test to achieve a higher score if they wish.

Tests may be taken in all free skating singles events covered in the Technical Handbook and the technical criteria remain the same.

Free Skating Test Results for single skaters will be judged according to the following criteria using the Championship score system for free skating.

Standard	Championship Score	Award
World Class	10.00 and over	Gold Star
Gold	7.50 and over	Gold
Silver	5.00 and over	Silver
Bronze	2.50 and over	Bronze
Skills/ Badge Program	Not applicable	Badge – Badges 1 to 10

6. VIRTUAL EVENTS AND VIDEO RULES

All videos must be new videos that have been filmed from the specified date(s). Videos for in-line, off-ice and ice events can be filmed at different times. Skaters should provide a single performance and video for a program. Any deviation from this must be communicated to the event organiser and/or Technical Delegate and approved accordingly.

Videos should be transferred to the event organiser by the recommended process (e.g. WeTransfer).

It is recommended that all skaters have a copy of their program to use for the competition if the venue event is cancelled. Where events are cancelled then Inclusive skating will reserve the right to hold the event virtually in the alternative.

All skaters who have difficulty in travelling or participating in Venue events may participate virtually subject to availability and approval from Inclusive Skating.

7. OFFICIALS

The duties of officials will be determined according to the Inclusive Skating Rules of Competition. The Technical Delegate is responsible for the management of the event and can take any action to determine any issue whether it is not covered by the rules or not. The Technical Delegate may intervene at any time and give such directions during the event as is considered proper. The Technical Delegate may delay the event for any reason and determine the length of the delay. All matters pertaining to the rules are adjudicated by the Technical Delegate. All accredited persons must comply with the code of conduct for Officials. The Technical Delegate may eject any person from the event for unacceptable conduct or language. The ejected person must leave the competition event venue and can take no further part in the event.

8. AGE RESTRICTIONS

A skater's age will be determined by the age of the skater on the 1st January of each year.

As a general guide the following age categories will apply:

1. 10 years and under (Pre- Novice)
2. 11- 12 years (Novice)
3. 13- 14 years (Advanced Novice)
4. 15- 17 years (Junior)
5. 18 and over (Senior)
6. 40+ (Master)

Where numbers permit each level of competition will be distributed in age-groups to achieve an even and fair distribution. Where it is deemed appropriate some age groups may be combined.

Where necessary the skaters may be further split or combined according to age, gender and disability specific group for the purposes of the competition and/or the results in the discretion of the Technical Delegate and the organizers of the event.

An age-related impairment compensation is added at the rate of 1% for every year the skater is above the age of 40 in Master results.

9. FACILITATION

This skating event will include skaters with all forms of impairment. This will include visual, hearing, intellectual and biomechanical impairments. The IS Rules of Competition allow for

adjustments to be met to procedures to meet the needs of skaters and make provision for fair competition for skaters with different impairments. Additional needs will be considered as part of the classification procedure and adjustments may be made to the systems and procedures to facilitate their participation in the competition. E.g. facilitator to guide blind skaters on the ice.

Facilitators are only allowed on the ice during competition if they are specifically authorized during classification only.

Facilitators are permitted to ensure the safety of the skaters, but they are not permitted to assist the skaters solo performance by pushing, lifting or any action that gives the skater an undue or unfair advantage.

Coaches and Facilitators are allowed on the ice during practice but must act fairly and demonstrate courtesy and sportsmanship to all competitors. All accredited persons must comply with the Officials Code of Conduct.

The results of the skaters will be calculated according to the combined total of the skater's score and the impairment compensation and medals will be awarded accordingly.

Protests and appeals on Classification shall be governed by the Inclusive Skating Code of Classification and the Classification Handbook. All other protests will be governed by the relevant Inclusive Skating Rules.

10. ENTRIES

Entries must be on the Official Entry form on the official online platform unless otherwise permitted.

11. MARKING/PLANNED PROGRAM CONTENT SHEETS

The planned program content sheet marking sheet and rhythm dance selected must be completed and given to the Organising Committee at least 7 days prior to the commencement of the event. The default rules will apply if the planned program content sheet is not returned before the deadline.

12. CLASSIFIERS, JUDGES AND OFFICIAL OBSERVERS

Classifiers, judges and officials wishing to undertake observation and training for the purposes of inclusive skating development are welcome to attend Inclusive Skating events as observers and participate in meetings and training. Those wishing to participate should contact contact@inclusiveskating.org

13. COSTUME

Attire must be suitable for athletic performance.

14. MUSIC

Music must be suitable for athletic performance. Vocal music is permitted.

15. MARKING/ PLANNED PROGRAM CONTENT SHEETS

Skaters must provide marking content sheets (see separate document) identifying the elements that they wish to have called and any transitional elements in the free skating programme. Elements should be listed in the order that they are to be performed. The judges will call the first elements performed by the skater and their listed elements. If the skater forgets their programme or cannot complete the planned program then the panel will fill in the available boxes with the first elements performed by the skater in the order that they are performed until the available boxes are complete.

Once the planned element is attempted then it will be called as permitted under the rules for that level. But the box will be filled with that element and will not be substituted for any element performed earlier in the programme. The called element may be different from the element identified in the programme content sheet provided by the skater as it will reflect the planned element as attempted and performed by the skater.

16. PUBLICITY WAIVER

Skaters and their facilitators, coaches, families, careers and guardians hereby acknowledge and consent to the fact that skater's photos, information and results will be published, and parts of the event may be televised for showing on a worldwide basis and/or made available on the Inclusive Skating website and/or YouTube Channel and social media. (Confidential medical information will not be disclosed.) Skaters, their parents/guardians and coaches hereby certify and warrant that the music and choreography presented and used by the Competitors have been fully cleared and authorised for public use and consent to use of his or her name, biography and likeness on or in connection with any television or radio programme broadcast and re-broadcast throughout the world, motion picture, print media or the advertising and publicising of such programme, without further clearance or payments of any kind on the side of Inclusive Skating and/or the Organising Committee, Inclusive Skating SCIO and the relevant television network or broadcasters being required. At the time of registration at the IS Skating Event the skater and all Team Leaders, or other representatives of the skater or club entering, must ensure compliance.

17. VIDEO AND PHOTOGRAPHY POLICY

The taking of unauthorized video and photography within the arena is prohibited. An official photographer may be present at the event. Parents or guardians who are given accreditation are granted permission to video or photograph their own children and skaters who have given their specific consent to the accredited person. Persons who are not accredited and who wish to video or photograph skaters must obtain a video/ photography permit, which will allow them to video/ photograph a named individual(s) from a designated area in the arena. Permission for this may be granted in advance of the event.

18. MEDIA ACCREDITATION

Media accreditation may be applied for. Applicants will be asked to produce a DBS or in Scotland a PVG certificate or equivalent and/or Press Credentials. Media Accreditation will allow photography but only from a designated area in the arena.

Local and national television and press will be invited.

19. OFFICIAL DRAW

The Official Draw for all events will take place in advance of the competition and adjusted as necessary according to classification requirements.

20. RESULTS

Results will be posted on the Inclusive Skating website (and on a bulletin board at the rink where printing is available). Results will not normally be announced immediately following each competitive performance. There will be a delay before the compulsory elements are announced because of classification.

21. GOVERNING LAW

The Inclusive Skating Event and any disputes thereunder are governed by Scots Law, this Technical Handbook, the Event Announcement, the Inclusive Skating Rules of competition and the Inclusive Skating Classification Rules and Handbook. Inclusive Skating events are authorized and organized by Inclusive Skating and Margarita Sweeney-Baird. All rights (including copyright) are reserved.

22. SPEED

Eligibility

Speed skaters will enter races in only one class.

The class will be determined by the classifiers following classification and unless otherwise specified the race class will follow the Inclusive Paralympic classes.

Technical Details

The races will be run on a time trial basis and may follow ISU long track rules.

Pack starts will not be allowed.

The competitor with the fastest time as adjusted by the impairment compensation at each distance will be the winner.

Results

The first three placed skaters in each race will be awarded medals and there will be no overall result calculated.

Safety

All competitors are advised to wear an approved helmet and skate at their own risk. Crash mats will be used around corners of rink.

Facilitators

Facilitators will be allowed on the ice to provide assistance. Facilitation is approved in advance during classification. Facilitators may act as a guide for the visually impaired, assist the timing of the start for the hearing impaired and anything necessary to ensure the safeguarding, health and well-being of the skater.

Events

Distances may be adjusted depending on the age and ability of the skater.

RACE 1

500M

RACE 2

1000M

RACE 3

1500 M

Average Hypothetical Scores for Speed Events

	MEN	WOMEN
500m	47.93	50.27
1000m	1.38.48	1.45.08
1500m	2.34.15	2.41.34
	17-18yrs men	17-18yrs women
500m	48.92	51.82
1000m	1.40.00	1.46.77
1500m	2.37.34	2.43.86
	15-16yr men	15-16yr women
500m	51.41	54.46

1000m	1.45.78	1.52.20
1500m	2.45.34	2.52.19
	13-14yr men	13-14yr women
500m	55.97	59.30
777	1.29.44	1.34.80
1000m	1.55.16	2.02.15
	11-12yr men	11-12yr women
222m	27.77	28.32
333m	39.65	40.84
500m	58.05	1.01.49
	10 & under boys	10 & under girls
222m	29.39	29.39
333m	41.96	41.96
500m	1.02.19	1.02.19

The Whole person impairment percentage calculation will be adjusted to the time of the average hypothetical skater depending on the age, sex and distance covered by the skater.

APPENDIX

FREE SKATING ELEMENTS USING IJS BASED COMPUTER SYSTEM

Scores for +4,+2,-2 and -4 are the relative midpoint value on the scale indicated.

For example,

+5	+4	+3	+2	+1	Base	-1	-1	-3	-4	-5
0.3	0.25	0.2	0.15	0.1	0.3	-0.1	-0.15	-0.2	-0.25	-0.3

BHF Technical Element	Computer Abbreviation	Execution							
		+5	+3	+1	Base	-1	-3	-5	
Forward march or stroking (5 metres)	FS	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	
Backward wiggle or march (5 metres)	Bw	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	
Forward two-foot glide (length of the body)	F2G	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	
Backward two-foot glide (length of the body)	B2G	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	
Forward gliding dip (length of the body)	FGd	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	
Backward gliding dip (length of the body)	BGd	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	
One foot forward snowplow stop (left or right).	Stop	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	

LEVEL 1 Technical Element	Computer Abbreviation	Execution Score							
		+5	+3	+1	Base	-1	-3	-5	
Forward march or stroking (5 metres)	FS	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	
Backward wiggle or march (5 metres)	Bw	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	
Forward swizzles 2 feet (5 metres)	F2Sw	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	
Backward swizzles 2 foot (5 metres)	B2Sw	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	
Forward two-foot glide (length of the body)	F2G	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	
Backward two-foot glide (length of the body)	B2G	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3	

Forward gliding dip (length of the body)	FGd	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Backward gliding dip (length of the body)	BGd	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Forward one foot glide for length of body (left and right).	FG	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Two-foot jump or beginner bunny hop in place or moving	2j	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
One foot forward snowplow stop (left or right).	Stop	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Forward two foot curves left and right (length of body)	F2E	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Two foot turn front to back, on the spot	FBT	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3

Level 2 Technical Element (at least 3 must be selected)	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Consecutive forward one-foot swizzles (left foot and right foot, each for a distance of 5 metres)	Fsw	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Consecutive backward one-foot swizzles (left foot and right foot, each for a distance of 5 metres)	Bsw	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Backward one-foot glide (left foot and right foot, each length of body)	BG	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Bunny Hop	Bh	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
T-stop (left or right).	Tstop	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Backward stroking for a distance of 5 metres	BS	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Two-foot turn gliding forward to backward (length of the body)	FBGT	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Two-foot turn gliding backwards to forward (length of the body)	BFTG	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward pivot (one circle)	Fp	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward two-foot spin (at least 3 revolutions)	2footUSp	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward two-foot turn on a circle (two-foot three turn)(clockwise and counter-clockwise, edges length of body)	FBTE	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward outside one foot three-turn (left and right, edges for 1 metre)	FO3T	0.3	0.2	0.1	0.4 (was 0.5)	-0.1	-0.2	-0.3
Consecutive forward crossovers (left and right in a semi-circle)	FX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward outside edge (left and right both edges on a semi circle)	FOE	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3

Forward inside edge (left and right both edges on a semi circle)	FIE	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward Lunge or drag (at any depth for length of body)	Fdrag	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Shoot the Duck (at any depth for length of body)	Fduck	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3

Level 3 Technical Element (select at least 3 elements)	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Waltz jump	1W	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Salchow	1S or <1S	0.3	0.2	0.1	0.4 or 0.3	-0.1	-0.2	-0.3
Toe Loop Or Toe three jump	1T or <1T	0.3	0.2	0.1	0.4 or 0.3	-0.1	-0.2	-0.3
Forward spiral – 5 metres	FSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Backward spiral – length of body	BSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
One foot Upright spin – minimum of three revolutions	1footUSp	0.3	0.2	0.1	0.6	-0.1	-0.2	-0.3
Five consecutive backward crossovers (left and right)	BX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Consecutive forward outside edges (left and right on semi-circle)	FOE	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Consecutive forward inside edge (left and right on semi-circle)	FIE	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Consecutive backward outside edges (left and right on semi-circle).	sfBO	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Consecutive backward inside edges (left and right on semi-circle).	sfBI	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Forward inside one foot three turn (left and right) edges for 1 metre	FI3T	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Forward inside Mohawk (left and right for 1 metre with extended free leg).	FIM	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Simple footwork for distance of 5 metres or more	Sfm	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Field moves (spirals, lunges etc.) for distance of 5 metres or more	Field	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Hockey stop	Hstop	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3

Level 4 Technical Element (select at least 4 elements)	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
½ revolution jumps (split jump etc.)	1h	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3

Upright Back spin – any entry allowed, 1 foot or 2 foot	2 footBspin	0.6	0.4	0.2	0.9	-0.2	-0.4	-0.6
Attempt at sitspin or camel spin	IPspin	0.6	0.4	0.2	0.9	-0.2	-0.4	-0.6
One foot spin – minimum of three revolutions and a maximum of two positions – no change of foot allowed	1footUSp	0.3	0.2	0.1	0.6	-0.1	-0.2	-0.3
Upright Spin	USp	1.5	1.0	0.5	1.0	-0.3	-0.6	-0.9
Sitspin	SSp	1.5	1.0	0.5	1.1	-0.3	-0.6	-0.9
Camel Spin	CSp	1.5	1.0	0.5	1.1	-0.3	-0.6	-0.9
Layback Spin	LSp	1.5	1.0	0.5	1.2	-0.3	-0.6	-0.9
Spin Combination with change of position and no change of foot (two positions)	CoSp2p	1.5	1.0	0.5	1.1	-0.3	-0.6	-0.9
Single Salchow	1S or <1S	0.6	0.4	0.2	0.4 or 0.3	-0.1	-0.2	-0.3
Single Toe loop	1T or <1T	0.6	0.4	0.2	0.4 or 0.3	-0.1	-0.2	-0.3
Single Salchow + SingleToe loop Combination	1S + 1T or <1S + <1T	0.6	0.4	0.2	0.8 or 0.7 or 0.6	-0.1	-0.2	-0.3
Loop	1Lo or <1Lo	0.6	0.4	0.2	0.5 or 0.4	-0.1	-0.2	-0.3

Level 5 Technical Element (at least 4 elements)	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Single Waltz + Single Toe Loop	1W + 1T or 1W + <1T	0.6	0.4	0.2	0.8 or 0.7	-0.1	-0.2	-0.3
Single Salchow + SingleToe loop Combination	1S + 1T or <1S + <1T	0.6	0.4	0.2	0.8 or 0.7 or 0.6	-0.1	-0.2	-0.3
Single Salchow	1S or <1S	0.6	0.4	0.2	0.4 or 0.3	-0.1	-0.2	-0.3
Single Toe loop	1T or <1T	0.6	0.4	0.2	0.4 or 0.3	-0.1	-0.2	-0.3
Loop	1Lo or <1Lo	0.6	0.4	0.2	0.5 or 0.4	-0.1	-0.2	-0.3
Single Flip Jump	1F or <1F	0.6	0.4	0.2	0.5 or 0.4	-0.1	-0.2	-0.3
Single Lutz	1Lz or <1Lz	0.6	0.4	0.2	0.6 or 0.5	-0.1	-0.2	-0.3

Step (full length of rink or full circle)	StSq	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
Choreographic Sequences (2 or more field moves, jumps and artistic movements covering full ice)	ChSq	2.1	1.4	0.7	2.0	-0.5	-1.0	-1.5
Spin Combination with change of position and no change of foot (two positions)	CoSp2p	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
Spin Combination with change of position and no change of foot (three positions)	CoSp3p	1.5	1.0	0.5	1.7	-0.3	-0.6	-0.9
Upright Spin with one change of foot and no change of position	CUSp,	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
Layback Spin with one change of foot and no change of position	CLSp,	1.5	1.0	0.5	1.7	-0.3	-0.6	-0.9
Camel Spin with one change of foot and no change of position	CUSp,	1.5	1.0	0.5	1.7	-0.3	-0.6	-0.9
Sit Spin with one change of foot and no change of position	CUSp,	1.5	1.0	0.5	1.6	-0.3	-0.6	-0.9

Level 6 Technical Element (at least 4 required elements)	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Axle	1A (1.1) or <1A (0.8)	0.6	0.4	0.2	1.1	-0.2	-0.4	-0.6
Double Salchow	2S (1.3) or <2S (0.8)	0.6	0.4	0.2	1.3	-0.2	-0.4	-0.6
Double toe loop	2T (1.3) or <2T (0.9)	0.6	0.4	0.2	1.3	-0.2	-0.4	-0.6
Double loop	2Lo (1.8) or 2 Lo (1.3)	0.9	0.6	0.3	1.8	-0.3	-0.6	-0.9
Double Flip	2F (1.9) or <2F (1.4)	0.9	0.6	0.3	1.9	-0.3	-0.6	-0.9
Double Lutz	2Lz (2.1) or <2Lz (1.5)	0.9	0.6	0.3	2.1	-0.3	-0.6	-0.9
Double Axle	2A (3.3) or <2A (2.3)	1.5	1.0	0.5	3.3	-0.5	-1.0	-1.5
Triple or Quad (all permitted)	Use above or as advised by IS and calculated pro rata							
2 jump combination (all permitted)								
2 jump combination (all permitted)								
Flying spin – (all permitted)	FSP (1.6)	0.9	0.6	0.3	1.6	-0.3	-0.6	-0.9

COMPULSORY ELEMENTS USING IJS BASED COMPUTER SYSTEM

Level 1 – Compulsory Elements Group

Technical Element	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
1. Forward swizzles for a distance of 10 metres	F2Sw	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
2. Backward swizzles for a distance of 10 metres	B2Sw	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
3. One foot forward snowplow stop (left or right).	Stop	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3

Level 2 – Compulsory Elements Group

Technical Element	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
1. Skater skates forward using stroking motion to a point approximately one-third the length of the skating area where the skater performs a forward to backward two-foot turn.	FS&FBT	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
2. Skater skates backward using stroking motion to a point approximately two-thirds the length of the skating area where the skater performs a backward to forward two-foot turn.	BS&BFT	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
3. The skater skates forward “using stroking motion” to the end of the rink where the skater performs a T-Stop.	FS&tstop	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
4. Forward one foot glide for distance of 10 metres (left and right).	1FG (was FX8)	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

Level 3 – Compulsory Elements Group

Technical Element	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
1. 4 consecutive forward outside edges (left and right, all edges on a semi circles)	sfFOE	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

2. 4 consecutive forward inside edges (left and right, all edges on a semi circles)	sfFIE	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
3. Forward outside one foot three-turn (left and right, edges on one foot for 1 metre)	FO3T	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
4. Forward inside open Mohawk (left and right, edges for 1 metre with free leg extended)	FIM	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

Level 4 – Compulsory Elements Group

Technical Element	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
1. 4 Consecutive backward outside edges (left and right on semi-circles).	sfBO	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
2. 4 Consecutive backward inside edges (left and right on semi-circles).	sfBI	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
3. Mohawk Step: Forward crossover, inside Mohawk, backward crossover step (left and right). See detailed description and Diagram 1 below	Sfm	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
4. Waltz three step sequence: (left and right) See Diagram 2 and description below	Sfw	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

Level 5 – Compulsory Elements Group

Technical Element	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
1. Right Change of Edge three turn Step. See detailed description and Diagrams 3 and 4 below	sfrC	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
2. Left Change of Edge three turn Step. See detailed description and Diagrams 5 and 6 below	sflC	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
3. Right back outside three inside mohawk repeat on circle. See detailed description and Diagram 7 below	sfrb	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
4. Left back outside three inside mohawk repeat on circle. See detailed description and Diagram 7 below	sflb	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

Level 6 – Compulsory Elements Group

Technical Element	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
1. Forward Cross Strokes See detailed description and Diagram 8 below	FXS	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
2. Backward Cross Strokes. See detailed description and Diagram 8 below	BXS	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
3. Outside Bracket Step See detailed description and Diagram 9 below	Sfob	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
4. Inside Bracket Step See detailed description and Diagram 9 below	Sfib	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

Level 7 – Compulsory Figures

Technical Element	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
1. Forward Outside Eight, at least once on each foot and may repeat maximum 3 times on each foot	FO8				1.0			
2. Forward Inside Eight, at least once on each foot and may repeat maximum 3 times on each foot	FI8				1.0			
3. Back Outside Eight					1.5			
4. Back Inside Eight					1.5			
5. Threes to a Centre					1.5			

PAIR SKATING USING IJS BASED COMPUTER SYSTEM

Level 1 Pair Compulsory Technical Element	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Forward stroking hand in hand for a distance of at least 5 metres	FS	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Forward crossovers in Figure of Eight (Clockwise and counter clockwise)	FX8	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Forward stroking to T stop for a distance of at least 5 metres	FS&tstop	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Side by side two foot spin	2footUSp	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3

Level 1 Pairs Free Technical Element	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Forward stroking in unison hand in hand for a distance of at least 5 metres	FS	0.3	0.2	0.1	0.3	-0.1	-0.2	-0.3
Forward cross overs in unison, hand in hand clockwise	cFX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward cross overs in unison, hand in hand counter clockwise	ccFX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Synchronised two foot spin	2footUSp	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Side by side forward pivot pair spin, position optional	Fp	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Pair Spiral, position optional	FSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Synchronised bunny hop, hand in hand	Bh	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Straight line step sequence	sf	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Backward stroking, hand in hand for a distance of at least 5 metres	BS	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Stationary lift, (not above the man's shoulders)	sLift	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

Level 2 Pairs Compulsory Technical Element	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Backward crossovers in a figure of eight pattern (one sequence clockwise and one sequence counterclockwise)	BX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Side by side waltz jumps	1W	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Pair spin – position optional, minimum of two revolutions	1footUSp	0.3	0.2	0.1	0.6	-0.1	-0.2	-0.3
Step sequence (pattern optional) straight line, circular or serpentine	sf	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

Level 2 Pairs Free Technical Element	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Five consecutive backward crossovers, position optional – clockwise	cBX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Five consecutive backward crossovers, position optional – counter clockwise	ccBX	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward Lunge or drag (at any depth for length of body) in a holding position	Fdrag	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward spiral – 5 metres- in a holding position, position optional	FSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Backward spiral – length of body - in a holding position, position optional	BSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Bunny Hop Lift	Bh	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
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	1LiB	0.3	0.2	0.1	0.9	-0.1	-0.2	-0.3
Step sequence (pattern optional) straight line, circular or serpentine, minimum of 8 steps.	sf	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Synchronized half rotation jump (jump optional)	1h	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
One foot Synchronised spin – minimum of three revolutions	IPspin	0.3	0.2	0.1	0.9	-0.1	-0.2	-0.3
One foot Pair spin – position optional, minimum of three revolutions	1footUSp	0.3	0.2	0.1	0.6	-0.1	-0.2	-0.3

Level 3 Pairs Compulsory Technical Element	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Open mohawks on the circle (left and right in any hold position)	sfm	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Pivot figure (one circle)	Fp	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Pair spin – on one foot with change of optional positions	1footUSp	0.3	0.2	0.1	0.6	-0.1	-0.2	-0.3
Step sequence (straight line)	sf	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3

Level 3 Pair Free Skating Technical Element (at least 4 must be selected)	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Any side by side full rotation (or more) jump	1A	0.6	0.4	0.3	1.1	-0.2	-0.4	-0.6

Synchronised one position spin (no change of foot)	USpB	1.5	1.0	0.5	1.0	-0.3	-0.6	-0.9
Pair Spin	PSpB	1.5	1.0	0.5	1.7	-0.3	-0.6	-0.9
Pair Spin Combination	PCoSp2p	1.5	1.0	0.5	1.8	-0.3	-0.6	-0.9
Lift limited to 1.5 turn by man + 2 turns by lady – man's arms no full extension	1LiB	0.9	0.6	0.3	1.0	-0.3	-0.6	-0.9
Choreographic sequence (moves in the field) utilization of at least half of the ice surface and pair hold	ChSq	2.1	1.4	0.7	2.0	-0.5	-1.0	-1.5

Level 3 Pairs Free Skating Technical Elements below	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Waltz jump	1W	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Salchow	1S	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Toe Loop	1T	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Forward spiral – 5 metres	FSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
Backward spiral – length of body	BSpiral	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3
One foot Upright spin – minimum of three revolutions	1footUSp	0.3	0.2	0.1	0.6	-0.1	-0.2	-0.3
Simple footwork for distance of 5 metres or more	sfm	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Field moves (spirals, lunges etc.) for distance of 5 metres or more	field	0.3	0.2	0.1	0.5	-0.1	-0.2	-0.3
Hockey stop	Hstop	0.3	0.2	0.1	0.4	-0.1	-0.2	-0.3

DANCE USING IJS BASED COMPUTER SYSTEM

Level 1 Free Dance	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Pose (3 to 6 seconds)	1LiB (1.0)	0.9	0.6	0.3	1.0	-0.3	-0.6	-0.9
Step sequence (straight line, basic F 3 turns, Fx rolls etc)	1Tw1 (1.1)	0.6	0.4	0.2	1.1	-0.2	-0.4	-0.6
Spin (1 foot upright +/- or 2 feet)	USpB (1.0)	1.5	1.0	0.5	1.0	-0.3	-0.6	-0.9

Level 2 Free Dance	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Pose (3 to 6 seconds)	Pose (1.5)	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
Step sequence (straight line, basic F 3 turns, Fx rolls etc)	Step (1.5)	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
One position spin (no change of foot)	USpB (1.5)	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9

Level 3 Free Dance	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Twizzles, 1 Fl or 2 feet, c + cc, 1 or more rotation, max 3 linking steps	STw1	1.8	1.2	0.6	3.1	-0.3	-0.7	-1.0
Pose (3 to 6 seconds)	StaLi1	1.8	1.2	0.6	2.0	-0.3	-0.7	-1.0
Step sequence (straight line, full ice surface, basic F + B 3 turns, etc)	PStB	1.8	1.2	0.6	2.6	-0.5	-1.0	-1.5
One position Spin (no change of foot on 1 +/- or 2 feet)	Sp1	1.8	1.2	0.6	2.6	-0.3	-0.7	-1.0

Level 4 Free Dance	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Twizzles, 1 rotation on 1 foot + more on 2 feet on any edge, c + cc, max 3 linking steps	STw2	1.8	1.2	0.6	4.6	-0.5	-1.0	-1.5
Pose (3 to 6 seconds)	StaLi2	1.8	1.2	0.6	3.0	-0.5	-1.0	-1.5
Step sequence (straight line, full ice surface, double 3 turns, twizzles + more adv. Turns)	PSt1	1.8	1.2	0.6	4.1	-0.5	-1.0	-1.5
One position Spin (no change of foot)	Sp2	1.8	1.2	0.6	3.6	-0.5	-1.0	-1.5

Level 5 Free Dance	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Twizzles, 2 rotations on any edge, c + cc, max 3 linking steps, additional features permitted	STw3	1.8	1.2	0.6	5.6	-0.5	-1.0	-1.5
Pose 1 (3 to 6 seconds)	StaLi2	1.8	1.2	0.6	3.0	-0.5	-1.0	-1.5
Pose 2 (3 to 6 seconds)	StaLi2	1.8	1.2	0.6	3.0	-0.5	-1.0	-1.5
Step sequence (straight line, full ice surface, brackets twizzles more adv. Turn)	PSt2	3.3	2.2	1.1	5.6	-1.0	-2.0	-3.0
One position Spin (no change of foot)	Sp3	1.8	1.2	0.6	4.6	-0.5	-1.0	-1.5

Level 6 Free Dance	Computer Abbreviation	Execution Score						
		+5	+3	+1	Base	-1	-3	-5
Twizzles, 3 or more rotations on any edge, c + cc, max 3 linking steps, additional features permitted	STw4	1.8	1.2	0.6	6.6	-0.5	-1.0	-1.5
Combination Pose 12 secs with max 1 linking step (each pose min 3 seconds)	StaLi3	1.8	1.2	0.6	4.0	-0.5	-1.0	-1.5
Pose (3 to 6 seconds)	StaLi2	1.8	1.2	0.6	3.0	-0.5	-1.0	-1.5
Step sequence (straight line or curved, full ice surface, counters, rockers, twizzles etc)	PSt3	3.3	2.2	1.1	7.1	-1.0	-2.0	-3.0
One Spin (all permitted)	Sp4	1.8	1.2	0.6	5.6	-0.5	-1.0	-1.5

SYNCHRO USING IJS BASED COMPUTER SYSTEM

Level 1 Synchro	Execution Score						
	+5	+3	+1	Base	-1	-3	-5
Circle	1.5	1.0	0.5	1.0	-0.3	-0.6	-0.9
Straight line	1.5	1.0	0.5	1.0	-0.3	-0.6	-0.9
Creative	1.5	1.0	0.5	1.0	-0.3	-0.6	-0.9

Level 2 Synchro	Execution Score						
	+5	+3	+1	Base	-1	-3	-5
Circle	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
Straight line	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9
Creative	1.5	1.0	0.5	1.5	-0.3	-0.6	-0.9

Level 3 Synchro	Execution Score						
	+5	+3	+1	Base	-1	-3	-5
Circle	1.5	1.0	0.5	3.0	-0.3	-0.6	-0.9
Straight line	1.5	1.0	0.5	3.0	-0.3	-0.6	-0.9
Creative	1.5	1.0	0.5	3.0	-0.3	-0.6	-0.9