


Solo Free Dance		Level of Skater:		5	
Colorado 2018	Juliana Sweeney-Baird	Lady	Advanced Novice		
 Elements Permitted	IJS Base	Technical	Grade of Execution	Mark awarded	
	For Official Use Only		For Official Use Only		
Level 5					
Twizzles, 2 rotations on any edge, c + cc, max 3 linking steps, additional features permitted		5.6	1.867	5.2	9.708
Pose 1 (3 to 6 seconds)		3	1	6	6.000
Pose 2 (3 to 6 seconds)		3	1	6	6.000
Step sequence (straight line, full ice surface, brackets twizzles more adv. Turn)		5.6	1.867	6	11.202
One position Spin (no change of foot )		4.6	1.533	6	9.198
Total Technical Elements		Total judges score for elements			<b>42.108</b>
factor (level 3)		Factor	WPI		
Impairment Compensation (40 x WPI)		40	53.50%		<b>21.400</b>
Technical Skating Skills (Factor x Score)		2.5		6.000	15.000
Artistic performance & Execution (Factor x Score)		2.5		6.000	15.000
<b>Total Score for Performance</b>					<b>93.51</b>
<b>Time adjusted world ranking score</b>					<b>62.34</b>

## Level 5 Free Dance (Solo and Couples)

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, 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 no change of foot
- Spins must be held for a minimum of 3 rotations to be called

## Age Categories

1. 10 years and under (Pre- Novice)
2. 11- 12 years (Basic Novice)
3. 13- 14 years (Advanced Novice)
4. 15- 17 years (Junior)
5. 18 and over (Senior)
6. 30+ (Master)