







Free elements				Level: BHF					
Competition:				Paralympic Class:					
Skater:		Sex:		Facilitation:					
Age January 1st:		Age category: Pre-Novice		Support needed:					
Club:		Country:							
Elements Permitted				IJS Base	Technical	Element order Nbr. Elements: 3	Element Called (Y)	Grade of Execution	Mark awarded
Level BHF				For Official Use Only		Skater to fill in	For Official Use Only		
Forward march or stroking (5 metres)				0.3	0.1				0.000
Backward wiggle or march (5 metres)				0.3	0.1				0.000
Forward swizzles 2 foot (aka lemons or fishes) (5 metres)				0.3	0.1				0.000
Backward swizzles 2 foot (aka lemons or fishes) (5 metres)				0.3	0.1				0.000
Forward 2 foot glide (length of body)				0.3	0.1				0.000
Backward 2 foot glide (length of body)				0.3	0.1				0.000
Forward one foot glide for length of body (L and R)				0.3	0.1				0.000
Backward one foot glide for length of body (L and R)				0.3	0.1				0.000
Forward gliding dip (length of body)				0.3	0.1				0.000
Backward gliding dip (length of body)				0.3	0.1				0.000
Forward Crossover x3				0.3	0.1				0.000
Backward Crossover x3				0.3	0.1				0.000
Forward one foot swizzles (length of body R + L)				0.3	0.1				0.000
Backward one foot swizzles (length of body R + L)				0.3	0.1				0.000
1 foot forward snowplow stop (L & R)				0.3	0.1				0.000
Two foot turn front to back, on spot				0.3	0.1				0.000
Rotate one circle or more with marching feet in place				0.3	0.1				0.000
				Number of elements called:			0		
<b>Total Technical Elements</b>							Total judges score for elements		<b>0.000</b>
				<b>Factor</b>	<b>WPI</b>	<b>WPI incl age</b>			
<b>Impairment Compensation (0,9 x WPI)</b>				0.9	0.00%	0.00%	<b>0.000</b>		
<b>Total Score for Performance</b>								<b>0.00</b>	


Free elements				Level: 1				
Competition:				Paralympic Class:				
Skater:	Sex:			Facilitation:				
Age January 1st:	Age category:	Pre-Novice		Support needed:				
Club:	Country:							
Elements Permitted		IJS Base	Technical	Element order Nbr. Elements: 3	Element Called (Y)	Grade of Execution	Mark awarded	
		For Official Use Only		Skater to fill in	For Official Use Only			
<b>Level 1</b>								
Forward march or stroking (5 metres)		0.3	0.1				0.000	
Backward wiggle or march (5 metres)		0.3	0.1				0.000	
Forward swizzles 2 foot (aka lemons or fishes) (5 metres)		0.3	0.1				0.000	
Backward swizzles 2 foot (aka lemons or fishes) (5 metres)		0.3	0.1				0.000	
Forward 2 foot glide (length of body)		0.3	0.1				0.000	
Backward 2 foot glide (length of body)		0.3	0.1				0.000	
Forward gliding dip (length of body)		0.3	0.1				0.000	
Backward gliding dip (length of body)		0.3	0.1				0.000	
Forward 1 foot glide for length of body (L & R)		0.3	0.1				0.000	
2 foot jump or beginner bunny hop in place or moving		0.3	0.1				0.000	
1 foot forward snowplow stop (L or R)		0.3	0.1				0.000	
Forward 2 foot curves left and right (length of body)		0.3	0.1				0.000	
Two foot tum front to back, on spot		0.3	0.1				0.000	
Rotate one circle or more with marching feet in place		0.3	0.1				0.000	
					Number of elements called:	0		
<b>Total Technical Elements</b>					Total judges score for elements		<b>0.000</b>	
		<b>Factor</b>	<b>WPI</b>	<b>WPI incl age</b>				
<b>Impairment Compensation (0,9 x WPI)</b>		0.9	0.00%	0.00%	<b>0.000</b>			
<b>Total Score for Performance</b>							<b>0.00</b>	


Free elements				Level: 2				
Competition:				Paralympic Class:				
Skater:	Sex:			Facilitation:				
Age January 1st:	Age category:	Pre-Novice		Support needed:				
Club:	Country:							
Elements Permitted		IJS Base	Technical	Element order Nbr. Elements: 3	Element Called (Y)	Grade of Execution	Mark awarded	
		For Official Use Only		Skater to fill in	For Official Use Only			
<b>Level 1</b>								
Forward swizzles 2 feet (5m)		0.3	0.1				0.000	
Backward swizzles 2 feet (5m)		0.3	0.1				0.000	
Forward gliding dip (length of body)		0.3	0.1				0.000	
Backward gliding dip (length of body)		0.3	0.1				0.000	
Forward 1 foot glide for length of body (L & R)		0.3	0.1				0.000	
2 foot jump or beginner bunny hop in place or moving		0.3	0.1				0.000	
1 foot forward snowplow stop (L or R)		0.3	0.1				0.000	
Forward 2 foot curves left and right (length of body)		0.3	0.1				0.000	
Two foot turn front to back, on spot		0.3	0.1				0.000	
Rotate one circle or more with marching feet in place		0.3	0.1				0.000	
<b>Level 2 (at least 2 elements)</b>								
Consecutive forward one-foot swizzles (L & R each 5m)		0.4	0.133				0.000	
Consecutive backward one-foot swizzles (L & R each 5 m)		0.4	0.133				0.000	
Backward one-foot glide (L & R, each length of body)		0.4	0.133				0.000	
Bunny Hop		0.4	0.133				0.000	
T-stop (left or right)		0.4	0.133				0.000	
Backward stroking for a distance of 5 metres		0.4	0.133				0.000	
2 foot turn gliding forward to backward (length of body)		0.4	0.133				0.000	
2 foot turn gliding backwards to forward (length of body)		0.4	0.133				0.000	
Forward pivot (one circle)		0.4	0.133				0.000	
Forward two-foot spin (min 3 revs)		0.4	0.133				0.000	
Forward 2 foot 3 turn on a circle (c + cc, edges length of body)		0.4	0.133				0.000	
Forward outside one foot three-turn (L & R - 1 metre edges)		0.4	0.133				0.000	
Consecutive forward crossovers (L & R in semi-circle)		0.4	0.133				0.000	
Forward outside edge (L & R, edges on a semi-circle)		0.4	0.133				0.000	
Forward inside edge (L & R, edges on a semi-circle)		0.4	0.133				0.000	
Forward Lunge or drag (at any depth for length of body)		0.4	0.133				0.000	
Shoot the Duck (at any depth for length of body)		0.4	0.133				0.000	
					Number of elements called:	0		
<b>Total Technical Elements</b>						Total judges score for elements	<b>0.000</b>	
		<b>Factor</b>	<b>WPI</b>	<b>WPI incl age</b>				
<b>Impairment Compensation (1,1 x WPI)</b>		1.1	0.00%	0.00%			<b>0.000</b>	
<b>Total Score for Performance</b>							<b>0.00</b>	

Free elements				Level: 3				
Competition:				Paralympic Class:				
Skater:	Sex:			Facilitation:				
Age January 1st:	Age category:	Pre-Novice		Support needed:				
Club:	Country:			Element order Nbr. Elements: 3	Element Called (Y)	Grade of Execution	Mark awarded	
<b>Elements Permitted</b>		IJS Base	Technical	Skater to fill in	For Official Use Only			
<b>Level 2</b>								
Consecutive forward one-foot swizzles (L & R each 5 metres)	0.4	0.133					0.000	
Consecutive backward one-foot swizzles (L & R each 5 metres)	0.4	0.133					0.000	
Backward one-foot glide (L & R, each length of body)	0.4	0.133					0.000	
Bunny Hop	0.4	0.133					0.000	
T-stop (left or right)	0.4	0.133					0.000	
Forward pivot (one circle)	0.4	0.133					0.000	
Forward two-foot spin (3 revs)	0.4	0.133					0.000	
Forward outside one foot three-turn (L & R for 1 metre)	0.4	0.133					0.000	
Consecutive forward crossovers (L & R in semi-circle)	0.4	0.133					0.000	
Forward outside edge (L & R in a semi-circle)	0.4	0.133					0.000	
Forward inside edge (L & R in a semi-circle)	0.4	0.133					0.000	
Forward Lunge or drag (at any depth for length of body)	0.4	0.133					0.000	
F Duck (at any depth for length of body)	0.4	0.133					0.000	
<b>Level 3 (at least 2 elements)</b>								
Waltz Jump	0.4	0.133					0.000	
Salchow	0.4	0.133					0.000	
Toe Loop	0.4	0.133					0.000	
Forward spiral - 5 metres	0.4	0.133					0.000	
Backward spiral - length of body	0.4	0.133					0.000	
Hockey Stop	0.4	0.133					0.000	
Five consecutive Backward crossovers (L & R)	0.4	0.133					0.000	
Consecutive forward outside edges (L & R on semi-circle)	0.4	0.133					0.000	
Consecutive forward inside edges (L & R on semi-circle)	0.4	0.133					0.000	
Consecutive backward outside edges (L & R on semi-circle)	0.5	0.167					0.000	
Consecutive backward inside edges (L & R on semi-circle)	0.5	0.167					0.000	
Forward inside one foot three tum (L & R) edges for 1 metre	0.5	0.167					0.000	
Forward inside Mohawk (L & R for 1m free leg extended)	0.5	0.167					0.000	
Simple footwork for distance of 5m or more	0.5	0.167					0.000	
Field moves (spirals, lunges etc.) for distance of 5+metres	0.5	0.167					0.000	
One foot Upright spin - minimum of 3 revolutions	0.6	0.2					0.000	
				Number of elements called:	0			
<b>Total Technical Elements</b>				Total judges score for elements		<b>0.000</b>		
		Factor	WPI	WPI incl age				
Impairment Compensation (1,3 x WPI)		1.3	0.00%	0.00%	<b>0.000</b>			
<b>Total Score for Performance</b>							<b>0.00</b>	

Free elements				Level: 4				
Competition:				Paralympic Class:				
Skater:	Sex:			Facilitation:				
Age January 1st:	Age category:	Pre-Novice		Support needed:				
Club:	Country:			Element order Nbr. Elements: 3	Element Called (Y)	Grade of Execution	Mark awarded	
<b>Elements Permitted</b>		IJS Base	Technical	Skater to fill in	For Official Use Only			
<b>Level 2 and 3</b>								
Bunny Hop		0.4	0.133				0.000	
Forward pivot (one circle)		0.4	0.133				0.000	
Forward two-foot spin (3 revs)		0.4	0.133				0.000	
Waltz Jump		0.4	0.133				0.000	
Salchow		0.4	0.133				0.000	
Toe Loop		0.4	0.133				0.000	
Forward spiral - 5 metres		0.4	0.133				0.000	
Backward spiral - length of body		0.4	0.133				0.000	
Hockey Stop		0.4	0.133				0.000	
Five consecutive backward crossovers (L & R)		0.4	0.133				0.000	
Consecutive forward outside edges (L & R on semi-circle)		0.4	0.133				0.000	
Consecutive forward inside edges (L & R on semi-circle)		0.4	0.133				0.000	
Consecutive backward outside edges (L & R on semi-circle)		0.5	0.167				0.000	
Consecutive backward inside edges (L & R on semi-circle)		0.5	0.167				0.000	
Forward inside one foot three tum (L & R) edges for 1 metre		0.5	0.167				0.000	
Forward inside Mohawk (L & R for 1m free leg extended)		0.5	0.167				0.000	
Simple footwork for distance of 5m or more		0.5	0.167				0.000	
Field moves choreo sequence (spirals, lunges etc.) for distance of 5+metres		0.5	0.167				0.000	
One foot Upright spin - minimum of 3 revolutions		0.6	0.2				0.000	
<b>Level 4 (at least 2 elements)</b>								
1/2 revolution jumps (split jump etc.)		0.4	0.133				0.000	
Single Salchow		0.4	0.133				0.000	
Single Toe loop		0.4	0.133				0.000	
Loop		0.5	0.167				0.000	
Single Waltz + Single Toe loop Combination		0.8	0.267				0.000	
Single Salchow + Single Toe loop Combination		0.8	0.267				0.000	
1 foot spin - min 3 revs. and max of 2 positions - no change of foot		0.6	0.2				0.000	
Upright Back spin - any entry allowed 1 foot or 2 foot		0.9	0.3				0.000	
Attempt at sitspin or camel spin		0.9	0.3				0.000	
Upright spin		1	0.333				0.000	
Sitspin		1.1	0.367				0.000	
Camel Spin		1.1	0.367				0.000	
Layback Spin		1.2	0.4				0.000	
Spin Combination. With change of pos. and no change of foot (2 pos. including attempts at sitspin and/or camel spin)		1.5	0.5				0.000	
Number of elements called:					0			
<b>Total Technical Elements</b>					Total judges score for elements		<b>0.000</b>	
		<b>Factor</b>	<b>WPI</b>	<b>WPI incl age</b>				
<b>Impairment Compensation (2 x WPI)</b>		2	0.00%	0.00%			<b>0.000</b>	
<b>Total Score for Performance</b>							<b>0.00</b>	

Free elements				Level: 5				
Competition:				Paralympic Class:				
Skater:	Sex:			Facilitation:				
Age January 1st:	Age category:	Pre-Novice		Support needed:				
Club:	Country:			Element order Nbr. Elements: 3	Element Called (Y)	Grade of Execution	Mark awarded	
<b>Elements Permitted</b>				IJS Base	Technical			
				<b>For Official Use Only</b>		<b>For Official Use Only</b>		
<b>Level 3 and 4</b>								
1/2 revolution jumps (split jump etc.)		0.4	0.133				0.000	
Waltz jump		0.4	0.133				0.000	
Single Waltz + Single Toe Loop		0.8	0.267				0.000	
Single Salchow + Single Toe loop Combination		0.8	0.267				0.000	
Forward spiral - 5 metres		0.4	0.133				0.000	
Backward Spiral - length of body		0.4	0.133				0.000	
Simple footwork for distance of 5m +		0.5	0.167				0.000	
Field moves (Spirals, lunges etc.) 5m+		0.5	0.167				0.000	
1 foot spin - min 3 revs. and max of 2 positions - no change of foot		0.6	0.2				0.000	
Upright Back Spin, any entry, 1 or 2 foot		0.9	0.3				0.000	
Attempt sitspin or camel spin		0.9	0.3				0.000	
Upright Spin		1	0.333				0.000	
Sitspin		1.1	0.367				0.000	
Camel Spin		1.1	0.367				0.000	
Layback Spin		1.2	0.4				0.000	
Spin combination, 2 pos, no foot change		1.5	0.5				0.000	
<b>Level 5 (at least 2 elements)</b>								
Single Salchow		0.4	0.133				0.000	
Single Toe loop		0.4	0.133				0.000	
Loop		0.5	0.167				0.000	
Single Flip Jump		0.5	0.167				0.000	
Single Lutz		0.6	0.2				0.000	
Single Loop, Flip or Lutz + Toe loop combination		0.9	0.3				0.000	
Single Loop, Flip or Lutz + Loop combination		1.05	0.35				0.000	
Upright Spin, one change of foot, no pos change		1.5	0.5				0.000	
Sit Spin, one change of foot, no pos change		1.6	0.533				0.000	
Camel Spin, one change of foot, no pos change		1.7	0.567				0.000	
Layback Spin, one change of foot, no pos change		1.7	0.567				0.000	
Spin Combination 2 position + one foot change		1.6	0.533				0.000	
Spin Combination 3 position + no foot change		1.7	0.567				0.000	
Spin Combination 3 position + one foot change		1.8	0.6				0.000	
Step (full length of rink or full circle)		1.5	0.5				0.000	
Choreographic Sequences (2 or more field moves, jumps and artistic movements covering full ice)		2	0.667				0.000	
				Number of elements called:		0		
<b>Total Technical Elements</b>						Total judges score for elements	<b>0.000</b>	
				Factor	WPI	WPI incl age		
<b>Impairment Compensation (2,5 x WPI)</b>				2.5	0.00%	0.00%	<b>0.000</b>	
<b>Total Score for Performance</b>							<b>0.00</b>	

Free elements				Level: 6				
Competition:				Paralympic Class:				
Skater:	Sex:			Facilitation:				
Age January 1st:	Age category:	Pre-Novice		Support needed:				
Club:	Country:			Element order Nbr. Elements: 4	Element Called (Y)	Grade of Execution	Mark awarded	
<b>Elements Permitted</b>				IJS Base	Technical			
				For Official Use Only		Skater to fill in		
<b>Level 4 and 5</b>						For Official Use Only		
Salchow	0.4	0.133					0.000	
Toe Loop	0.4	0.133					0.000	
Single Flip Jump	0.5	0.167					0.000	
Loop	0.5	0.167					0.000	
Single Lutz	0.6	0.2					0.000	
Upright Spin	1	0.333					0.000	
Sit spin	1.1	0.367					0.000	
Camel Spin	1.1	0.367					0.000	
Layback Spin	1.2	0.4					0.000	
Upright Spin, one change of foot, no pos change	1.5	0.5					0.000	
Sit Spin, one change of foot, no pos change	1.6	0.533					0.000	
Camel Spin, one change of foot, no pos change	1.7	0.567					0.000	
Layback Spin, one change of foot, no pos change	1.7	0.567					0.000	
Spin combination, 2 pos, no foot change	1.5	0.5					0.000	
Spin Combination 3 position + no foot change	1.7	0.567					0.000	
Spin Combination 2 position + one foot change	1.6	0.533					0.000	
Spin Combination 3 position + one foot change	1.8	0.6					0.000	
Step (full surface of rink)	1.5	0.5					0.000	
Choreographic Seq (2 or more field moves, jumps etc)	2	0.667					0.000	
<b>Level 6 (at least 2 elements)</b>								
Axle	1.1	0.367					0.000	
Double Salchow	1.3	0.433					0.000	
Double Toe loop	1.3	0.433					0.000	
Flying spin – (all permitted)	1.6	0.533					0.000	
Single Loop, Flip or Lutz + Toe loop combination	0.9	0.3					0.000	
Single Loop, Flip or Lutz + Loop combination	1.05	0.35					0.000	
Single Axle + Single Toe loop Combination	1.5	0.5					0.000	
Single Axle + Single Loop combination	1.7	0.567					0.000	
2 jump combination with single Euler as transitional jump (all single jumps permitted)	Use above/ as advised + 0.17 added for Euler						0.000	
2 jump combination (all permitted - at least one level 6 jump including axle as first or second jump)	Use above/ as advised and calculate pro rata						0.000	
3 jump combination (all permitted - at least one level 6 jump or jump combination)							0.000	
				Number of elements called:		0		
<b>Total Technical Elements</b>						Total judges score for elements	<b>0.000</b>	
				<b>Factor</b>	<b>WPI</b>	<b>WPI incl age</b>		
<b>Impairment Compensation (6 x WPI)</b>				6	0.00%	0.00%	<b>0.000</b>	
<b>Total Score for Performance</b>							<b>0.00</b>	

Free elements				Level: 7				
Competition:				Paralympic Class:				
Skater:	Sex:			Facilitation:				
Age January 1st:	Age category:	Pre-Novice		Support needed:				
Club:	Country:			Element order Nbr. Elements: 5	Element Called (Y)	Grade of Execution	Mark awarded	
<b>Elements Permitted</b>		IJS Base	Technical	Skater to fill in	For Official Use Only			
<b>Level 4, 5 and 6</b>								
Salchow		0.4	0.133				0.000	
Toe Loop		0.4	0.133				0.000	
Single Flip Jump		0.5	0.167				0.000	
Loop		0.5	0.167				0.000	
Single Lutz		0.6	0.2				0.000	
2 jump combination with single Euler as transitional jump (all single jumps permitted)	Use above/ as advised + 0.17 added for Euler						0.000	
2 jump combination (all permitted - at least one level 6 jump including axle as first or second jump)	Use above/ as advised and calculate pro rata						0.000	
3 jump combination (all permitted - at least one level 6 jump or jump combination)							0.000	
Upright Spin		1	0.333				0.000	
Sit spin		1.1	0.367				0.000	
Camel Spin		1.1	0.367				0.000	
Layback Spin		1.2	0.4				0.000	
Upright Spin, one change of foot, no pos change		1.5	0.5				0.000	
Sit Spin, one change of foot, no pos change		1.6	0.533				0.000	
Camel Spin, one change of foot, no pos change		1.7	0.567				0.000	
Layback Spin, one change of foot, no pos change		1.7	0.567				0.000	
Spin combination, 2 pos, no foot change		1.5	0.5				0.000	
Spin Combination 3 position + no foot change		1.7	0.567				0.000	
Spin Combination 2 position + one foot change		1.6	0.533				0.000	
Spin Combination 3 position +one foot change		1.8	0.6				0.000	
Step (full surface of rink)		1.5	0.5				0.000	
Choreographic Seq (2 or more field moves, jumps etc)		2	0.667				0.000	
<b>Level 7 (at least 2 elements)</b>								
Axle		1.1	0.367				0.000	
Double Salchow		1.3	0.433				0.000	
Double Toe loop		1.3	0.433				0.000	
Flying spin – (all permitted)		1.6	0.533				0.000	
Double Loop		1.8	0.6				0.000	
Double Flip		1.9	0.633				0.000	
Double Lutz		2.1	0.7				0.000	
Double Axle		3.3	1.1				0.000	
Triple or Quad (all permitted)	Use above from levels 4,5,6 and 7 or as advised by IS + calculated pro rata						0.000	
2 jump combination with Euler as transitional jump (all permitted - at least one level 7 jump)							0.000	
2 jump combination (all permitted - at least one level 7 jump)							0.000	
3 jump combination (all permitted at least one level 7 jump)							0.000	
Number of elements called:					0			
<b>Total Technical Elements</b>					Total judges score for elements		<b>0.000</b>	
		<b>Factor</b>	<b>WPI</b>	<b>WPI incl age</b>				
<b>Impairment Compensation (7,5 x WPI)</b>		7.5	0.00%	0.00%			<b>0.000</b>	
<b>Total Score for Performance</b>							<b>0.00</b>	