



Inclusive Skating

Technical Handbook

2019 (4th Ed.)

**Compulsory Elements, Figures,
Free, Pair, Dance, Speed &
Synchro (Duet, Group & Team)**

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



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GENERAL

Inclusive Skating provides International, national and local competition in Figure Skating. There is a wide range of events to choose from within the competition structure. There are 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. These 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.

Skaters do not need a diagnosis to be included. The assessment of the skater's needs and abilities is undertaken functionally during classification. Skaters with mental illness are also welcomed on a unified basis. All Skaters, Inclusive and Unified alike, receive all necessary support and facilitation to meet their needs.

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.

Facilitation to meet the skater's needs can take many forms and is approved during classification. The Inclusive Skating Classification Handbook 4th Edition provides examples. This Technical Handbook provides the competition rules that authorize the use of facilitation.

Inclusive Skaters with a classified impairment have an impairment compensation added to their skating score. Skaters who do not, skate as Unified Skaters and have no impairment compensation added to their score. This Technical Handbook provides the rules that authorize and determine the addition of the impairment compensation to the skating score.

Skaters skate once at the Level of competition they enter and obtain a skating score with the addition of any impairment compensation and medals are awarded according to the age and level of the skater. This ensures that all skaters have a development pathway and that recreational skaters or skaters new to the sport can be successful too.

Additional results from the same performance score are provided for Championship results and partnership events. The Inclusive Skating Championship results are calculated by amalgamating all the results across all the levels. An adjustment for time is made for fairness.

Disability specific events, eg Inclusive Paralympic Classes operate on a cost-effective basis within this structure. 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. Inclusive Skating will continue to pioneer the development of ice skating competitions for Inclusive and Unified Skaters.

The Inclusive Skating Technical Handbook therefore provides 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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GENERAL	2
1. Inclusive Skating Eligibility for Entry	6
2. Classification	7
3. Technical Rules	8
3.1 JUDGING	8
INCLUSIVE SKATING JUDGING GUIDELINES	10
Performance Component Scores	11
INCLUSIVE SKATING RULES OF COMPETITION	12
3.2.a. General Technical Details for Free Skating Levels 1 to 6, Solo dance (where applicable), Dance, Pair and Synchro Skating and Facilitated Balance, harness and frame events.....	15
3.2.b. General Technical Details for Compulsory Elements and Figures Groups.....	16
3.3 Technical Content -Free Skating.....	17
3.3.1a Balance Facilitator, Harness and Frame (BHF) Free Skating Programme Level 1.....	17
3.3.1b Balance Facilitator, Harness and Frame (BHF) Free Skating Programme Level 2.....	17
3.3.2 Level 1 Free Skating programme.....	19
3.3.3. Level 2 – Free Skating programme.....	20
3.3.4. Level 3 – Free Skating programme.....	22
3.3.5 Level 4 – Free Skating programme.....	24
Level 5 – Free Skating programme	26
Level 6 – Free Skating programme	28
3.4 Technical Details – Pair Skating.....	30
Level 1 - Pair Skating	30
Level 2 Pair Skating	31
Level 3 Pairs	32
3.5 Technical Details – Dance Events.....	33
3.5.2 Pattern Dance Events	33
Level 1 Solo Dance.....	33
Level 2 Solo Dance.....	34
Level 3 Solo Dance.....	34
Level 4 Solo Dance.....	34
Level 5 Solo Dance.....	34
Level 6 Solo Dance.....	35
Level 7 Solo Rhythm Dance	35
3.5.3 Free Dance.....	36

Level 1 Solo Free Dance.....	36
Level 2 Solo Free Dance.....	36
Level 3 Solo Free Dance.....	37
Level 4 Solo Free Dance.....	38
Level 5 Free Dance (Solo and Couples).....	39
Level 6 Free Dance (Solo and Couples).....	40
3.6 Technical details – Synchro.....	43
Level 1 Synchro	43
Level 2 Synchro	44
Level 3 Synchro	45
3.7 Technical details – Compulsory Elements and Figures	47
Level 1 – Compulsory Elements Group.....	47
Level 2 – Compulsory Elements Group.....	47
Level 3 – Compulsory Elements Group.....	48
Level 4 – Compulsory Elements Group.....	48
Level 5 – Compulsory Elements Group.....	50
Level 6 – Compulsory Elements Group.....	52
Level 7 – Compulsory Figures	57
3.8 Technical details – Pair Compulsory Elements	60
Level 1 Pair Skating	60
Level 2 Pair Skating	60
Level 3 Pairs	61
4. OFFICIALS	62
5. AGE RESTRICTIONS.....	62
6. FACILITATION.....	62
7. ENTRIES	63
8 MARKING/PLANNED PROGRAM CONTENT SHEETS	63
9. CLASSIFIERS, JUDGES AND OFFICIAL OBSERVERS	63
10. COSTUME.....	63
11. MUSIC	63
12. MARKING/ PLANNED PROGRAM CONTENT SHEETS	63
13. PUBLICITY WAIVER.....	63
14. VIDEO AND PHOTOGRAPHY POLICY	64
15. MEDIA ACCREDITATION.....	64
16. OFFICIAL DRAW	64
17. RESULTS.....	64

18. GOVERNING LAW	64
19. SPEED	65
APPENDIX	67
FREE SKATING ELEMENTS USING IJS BASED COMPUTER SYSTEM.....	67
COMPULSORY ELEMENTS USING IJS BASED COMPUTER SYSTEM.....	72
PAIR SKATING USING IJS BASED COMPUTER SYSTEM	75
DANCE USING IJS BASED COMPUTER SYSTEM.....	78
SYNCHRO USING IJS BASED COMPUTER SYSTEM	80

1. Inclusive Skating Eligibility for Entry

Skaters with any form of impairment may enter Inclusive Skating competitions, including visual, hearing, biomechanical, intellectual or any impairment that functionally limits ice skating. The functioning of the skater for skating will be assessed during classification. Skaters do not require a diagnosis to be classified. The Classification Handbook 4th Edition provides guidance on the impairments that functionally impact skating.

Inclusive Skating Championships require skaters to have an impairment that is classified and that functionally impacts ice skating.

Skaters who have a mental illness or other impairment that does not functionally impact skating but does require the supportive environment of the Inclusive Skating event will be permitted to skate in the event. However, no impairment compensation is added to their score. They skate as Unified Skaters and are not included within Inclusive Skating Championships. If sufficient skaters compete as Unified Classified skaters then Championship status may in due course be awarded.

Skaters who are attending their first Inclusive Skating competition are always concerned that they will not have a classified impairment. Please be reassured. The Skater will be permitted to skate in the event and obtain a result and medals at the level entered.

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 program component score.

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.

Facilitators who have no disability are eligible to participate and support Inclusive Skaters.

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 the facilitator is marked and included in the performance and medals are awarded accordingly.

2. Classification

Classification of impairments results in each skater having a whole person impairment percentage assessed and any facilitation requirements approved. The whole person impairment percentage (WPI%) is the basis for calculating the impairment compensation. The whole person impairment percentage will depend on how the skater's medical conditions affect the ability to learn, practice or participate in skating. Inclusive skaters have many types of disabilities, and often have more than one type of disability. Some conditions (such as mental illness) do not get impairment compensation and skaters with no impairment compensation are welcome to skate as Unified skaters in Inclusive Skating events.

The Classification Panel assess skaters individually. During the classification process, there is an assessment of the skater's functioning for ice skating. This is done by a meeting with the classification panel and through observation of the skater performing compulsory elements in practice and/or competition. Observation continues throughout all future skating competitions.

Please bring all information that you have on the condition with you to classification and do not send or post anything. E.g. Doctor's letters or Reports etc. After it has been read we will ask you to retain and keep a copy of all your own medical records and we will not retain any.

The functioning of the skater is determined and converted into a whole person impairment percentage that reflects their impairment. Any additional needs are also assessed and approved for facilitation. We will keep a record of any impairment compensation that is to be added to the skating score and record the necessary facilitation.

When completing your entry form and at all future events always repeat the current facilitation requirements and highlight any up-dates or changes.

The whole person impairment percentage is then used to calculate the impairment compensation to be added to the skater's skating score.

Classification appointments will be available before and during an event. Skaters who are being classified should send their entries in as soon as possible. Classification takes time and places at the event are limited. Additional classification places can be arranged before the event and in more convenient locations to the skater if the demand is high. Classification may not be completed at the first event and an interim review classification may be awarded.

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.

The classification process follows the Code of Classification and the Classification Handbook for Inclusive Skating.

Please refer to the Classification Handbook [4th Edition](#) for further information. This is also available on the Inclusive Skating website.

3. Technical Rules

3.1 JUDGING

A consensus judging system is used at Inclusive Skating events. 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.

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 consensus judging system reduces the number of judging officials from 8 or 12 to 3. This system does not need an ISU CalcC computer results system or officials (there are only a handful of suitably qualified results officials in the UK). This system can be operated by anyone with good mathematical skills and a calculator or excel spreadsheet. This should reduce the results team from 3 people (who are difficult to source) to 1 person from a much larger pool of qualified personnel. The ISU CalcC system takes 30 minutes per skater to set up in advance. This system takes less than 10 minutes per skater.

The final score awarded to the skater should stay broadly the same. The elements remain the same and are evaluated on a similar basis as before. 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. The technical judge will 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 performance judge starts from the base score and then decides on the grade of execution for the element. The base grade of execution is on a scale of 0.1 to 6.0 where 3 is the base or average. The judges can use all the marks, including all decimals available in the range to reflect the quality of the element.

The grade of execution score matches the IJS system as follows for elements at base value:

-5 = 0.1 to 0.6

-4 = 0.7 to 1.2

-3 = 1.3 to 1.8

-2 = 1.9 to 2.2

-1 = 2.2 to 2.7

Base = 2.8 to 3.1

+1 = 3.2 to 3.8

+2 = 3.9 to 4.2

+3 = 4.3 to 4.8

+4 = 4.9 to 5.4

+5 = 5.5 to 6.0

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.

Base technical values are: 0.1 to 6.0 and the base score is 3.0 (see above)

Level one technical values are 1.1 to 7.0 and the base score is 4.0

Level two technical values are 2.1 to 8.0 and the base score is 5.0

Level three technical values are 3.1 to 9.0 and the base score is 6.0

Level four technical values are 4.1 to 10.0 and the base score is 7.0

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.

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

Downgrade two technical values are 0.1 to 4.0 and the base score is 1.0

CALCULATION OF TECHNICAL, PERFORMANCE AND FINAL SCORE

The technical value of the element decided by the Technical judge is multiplied by the grade of execution decided by the Performance Judge.

The Performance judge decides on the program component scores.

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 but the costs of running this system make this unlikely. 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 JUDGING GUIDELINES

Elements with no value are identified by the Technical Judge and agreed by consensus panel.

The element will be called if the **GENERAL INTENT OF THE ELEMENT IS CLEAR.**

Grade of Execution Score for Elements – guidance						
-5 0.1-0.6 (Needs Improvement)	-3 1.3-1.8 (Element poor)	-1 2.2-2.7 (Hesitant)	BASE 2.8 - 3.1 (Satisfactory)	+1 3.2 - 3.8 (Good)	+3 4.3 - 4.8 (Very Good)	+5 5.5 -6.0 (Excellent)
-Only just performs 50% of element -Fall	Skater performs most of element but some omissions -poor flow -incorrect steps -very slow -poor control -wobbles -short distances	- Some breaks in form. - A couple balance checks through more difficult sections - Slight caution on entry. - turns tend to have flats -steps unclear -poor speed	- Correct execution of majority of element. - Adequate flow throughout majority of movement. - clean edges in some turns	- Correct execution of all element or edge. - Good balance through majority of transitions. - Confident entrance - some attempt to show character of the music - clean edges in majority of turns	- Strong flow - Strong form and positions. - Balance and confidence through most of transitions. - the character of the music captured by part of the sequence or element - clean edges in most of turns	- Exceptional form and positions. - Excellent flow throughout with continuous action. - Balance and confidence through all of transitions. - the character of the music captured throughout the sequence or element - Seamlessly integrated with sequence. - clean edges in all turns
SPINS						
- awkward entry - very slow rotation	- Off balance entry rotation speed deteriorates	Hesitant entry and rotation	Controlled entry and rotation	- stable and sustained rotation	- smooth entry - sustained rotation - strong positions	- seamless entry -fluid rotation - exceptional positions
Reduce the grade by “2” for - Stumble - touch down of free foot or hand(s) - major omission of requirements Reduce the grade by “3” for - Fall - total failure of requirements or element		Reduce the grade by “1” for each of the following errors (cumulative): - unclear, poor quality of steps, turns, positions e.g. Stop in action or skid in turn, element or edge - part of element is omitted or element is not according to requirements - poor speed and Execution or short distance (considerably shorter than the length of the skater’s body) - Poor balance/ body control		Increase the grade (positive aspects) 1) good energy and execution 2) good speed or acceleration during sequence 3) good clarity and precision 4) deep clean edges (including entry and exit of all turns) 5) good control and commitment of whole body to accuracy of steps 6) creativity and originality 7) effortless throughout 8) element matched to the musical structure 9) holding positions (3 seconds) 10) Distance (further than the length of the skaters body) 11) good balance/ body control 12) good carriage		

Performance Component Scores

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Technical Skating Skills (Edge Quality/ Ice Coverage)	<ul style="list-style-type: none"> - 2 foot skating - no edges, - erratic flow/glide, - little or no lean, - stiff knees - lack of control, - toe pushing - weak ability to maintain speed - weak flow in movement - lack of power 	<ul style="list-style-type: none"> - one foot upright skating -few edges, - no variety of turns - some lack of control in turns - 2 foot basic turns throughout the programme - some ability to develop speed - some rough transitions from step to step - 	<ul style="list-style-type: none"> - Forward edges skated with reasonable flow, glide and some lean - simple forward turns are reasonably clean and controlled - some variety of forward turns throughout the programme - maintains speed - moderate flow in movement - occasional power shown throughout the programme 	<ul style="list-style-type: none"> - Forward and back edges skated with consistent flow, glide and lean - execution of most basic turns forward and backwards - some power shown throughout majority of the programme 	<ul style="list-style-type: none"> -demonstrates superior ability to maintain speed - continuous even flow in movement - superior power shown throughout programme - appears effortless -- interesting variety of turns -Highest quality Inclusive Skating
Artistic Performance/ Execution	<ul style="list-style-type: none"> - weak positions - use of only one body part e.g. arms - little or no use of personal space, e.g. skating upright throughout - little or no relation of manner of skating or positions to music and/or theme - very poor posture 	<ul style="list-style-type: none"> - adequate positions - some use of different parts of the body -use of only one body part e.g. arms to express theme - limited use of "personal" space - able to stand upright 	<ul style="list-style-type: none"> - consistent positions - adequate use of arms, legs, head etc. - some use of "personal" space - positions and manner of skating appropriate to music and theme -some use of different parts of the body to express theme within the programme 	<ul style="list-style-type: none"> - distinct positions - well coordinated use of arms, legs, head etc. - good use of body to display conviction - some variation in use of "personal" space -adequate use of arms, legs, head etc., to express the theme through most of the programme 	<ul style="list-style-type: none"> -strong use of body to display conviction - interesting varied use of "personal" space -positions and manner of skating original and innovative -Highest quality Inclusive Skating

INCLUSIVE SKATING RULES OF COMPETITION

Inclusive Skating Events Deductions for Violations.

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. A whistle shall be blown 10 seconds after the expiration of the time limit. 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. However, 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.	Technical Delegate
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; -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	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>rotational movements during which the lady is turned over with her skating foot leaving the ice;</p> <p>-rotational movements with the grip of one of the partners on the leg, arm and neck of the other partner;</p> <p>-jumps of one of the partners towards the other partner;</p> <p>-lying and prolonged and/or stationary kneeling on both knees on the ice at any moment. Remarks: If there is an illegal movement during the execution of any element, the "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 Technical Delegate makes the decision and advises the judges if the interruption is the result of the disability or not. The judges will reflect the interruption in the Artistic Performance and Execution Score where appropriate.
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		Computer when used deletes elements according to the rules and at all times Technical Delegate judge authorises or corrects deletion of elements. Otherwise judges will reflect the non compliance in their marking.

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	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 for Free Skating Levels 1 to 6, Solo dance (where applicable), Dance, Pair and Synchro Skating and Facilitated Balance, harness and frame events.

- 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.
- 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.
- d) Additional elements and transitional elements appropriate to the level of skating are permitted. Such elements may be assessed, as appropriate, in the grade of execution and/or program 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.
- 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 the general intent of the technical element is clear. Where appropriate, guidance on the general intent of the technical element will be provided 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 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 IJS abbreviation may not be repeated. Spins of a similar nature may be repeated provided they are using a different definition or abbreviation.
- q) In exceptional circumstances (such as skaters using harness equipment) 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 or online.
- r) The programme may be performed to instrumental music or vocal music
- s) All spins positions in change of foot and combination spins include the attempt at the position, also known as the intermediate position and are evaluated in the grade of execution

accordingly.

3.2.b. General Technical Details for Compulsory Elements and Figures Groups

- 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.
- 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.
- 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

3.3.1a Balance Facilitator, Harness and Frame (BHF) Free Skating Programme Level 1

- 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 taken into account 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.

$$\text{WPI\%} \times 1.25 = \text{Impairment Compensation}$$

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

3.3.1b Balance Facilitator, Harness and Frame (BHF) Free Skating Programme Level 2

- 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 taken into account 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

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

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

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

3.3.2 Level 1 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 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 taken into account in the Technical Skills and Artistic Performance and Execution Scores by the judges.

Level 1 Technical Elements	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 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

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% x 2.45 = Impairment Compensation

Impairment Compensation + Skating score = Skaters Total Score

3.3.3. 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 and 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 and 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
Two foot turn front to back, on spot	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 (two-foot three turn)(clockwise and counter-clockwise, 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.

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

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

3.3.4. 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 taken into account 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.

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

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

3.3.5 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 +/- 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 (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.

WPI% x 9.60 = Impairment Compensation

Impairment Compensation + Skating score = 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 2 two jump combinations is permitted as called elements. Added elements above Level 5 are not called by the Judging Panel and are not taken into account 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) inc.attempts at sit, camel or layback (aka Intermediate position)	0.533
Spin Combination with change of position and no change of foot (three positions)) inc. attempts at sit, camel or layback (aka Intermediate position)	0.57
Spin Combination with change of position and change of foot (three positions)) inc. 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 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 and no more than 2 two 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. 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 referring to customary practice and knowledge.

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
½ revolution jumps (split jump etc.)	0.133
Salchow	0.133
Toe Loop	0.133
Single Flip Jump	0.17
Loop	0.17
Single Lutz	0.2
One foot spin - 3 revolutions & max of 2 positions – no change of foot	0.2
Waltz + Single Toe loop combination	0.27
Single Salchow + Single Toe loop Combination	0.27
Single Loop or Flip or Lutz + Single Toe Loop combination	0.3
Single Loop or Flip or Lutz + Single Loop Combination	0.35
Upright Back spin –	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 position change +no foot change (2p)	0.5
Upright Spin - 1 change of foot & no change of position	0.5
Attempt at Sitspin or Camel spin with one change of foot + no change of position (Intermediate 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 3p position & no change of foot (3p)	0.57
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
Spin Combination with change of position and change of foot (three positions)) inc. attempts at sit, camel or layback (aka Intermediate position)	0.6
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 (all permitted- at least one level 6 jump)	
2 jump combination (all permitted- at least one level 6 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 2.5

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.

$$\text{WPI\%} \times 24.00 = \text{Impairment Compensation}$$

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

3.4 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 must 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 +/- 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 taken into account 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 a distance of 5+m	0.10
Forward cross overs in unison, hand in hand clockwise	0.133
Forward cross overs in unison, hand in hand counter clockwise	0.133
Synchronised two foot spin	0.133
Side by side forward pivot pair spin, position optional	0.133
Pair Spiral, position optional	0.133
Synchronised bunny hop, 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
Stationary lift, (not above the man's shoulders)	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 taken into account 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 spiral – 5 metres- in a holding position, position optional	0.133
Backward spiral – length of body - in a holding position, position optional	0.133
Bunny Hop Lift	0.133
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	0.3
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 Pair spin – position optional, minimum of three revolutions	0.2

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 must 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 taken into account 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 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	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	0.333
Choreographic sequence (moves in the field) utilization of at least half of the ice surface and pair hold	0.67

Level 3 Free Skating Technical Elements below	Technical Value of Element
Salchow	0.133
Toe Loop	0.133
Forward spiral – 5 metres	0.133
Backward spiral – length of body	0.133
One foot Upright spin – minimum of three revolutions	0.2
Simple footwork for distance of 5 metres or more	0.17
Field moves (spirals, lunges etc.) for distance of 5+ metres	0.17
Hockey stop	0.133

3.5 Technical Details – Dance Events

Separate results are provided for Solo Pattern Dance and Free Dance

3.5.1 Eligibility

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

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

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

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

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

Level 5 Dance - Skaters should be able to perform most complicated turns Eg Figure level 6

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

3.5.2 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.

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

Eg 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.

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.

Level 7 Solo Rhythm Dance

Rhythm/Music: Skaters may select any music that follows any rhythm from Level 1 to 6 Solo Dance Levels above

Programme Length: 2 minutes +/- 10 seconds

Required Elements

- 1. Pattern Dance Element:** A pattern of steps skated to the same rhythm and timing of music, following the specified steps and timing of the pattern dance selected for a minimum of one half of the rink following the standard pattern. 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.
- 2. Step Sequences:** One (1) Step Sequence covering the full ice surface
- 3. Twizzles:** One (1) Combination Set of Sequential Twizzles

Level 7 Rhythm Dance Technical Elements	Technical Value of Element
Pattern Dance Element	See value of 1 sequence of pattern dance selected
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

3.5.3 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.

Level 1 Solo Free Dance

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 in to the forward outside edge.
- Spins must be held for a minimum of 3 rotations to be called.

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 Solo Free Dance

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 must be held for a minimum of 3 rotations to be called. 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 Solo Free Dance

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 must be held for a minimum of 3 rotations and should be performed on one foot.

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 Spin (no change of foot)	0.87

Level 4 Solo Free Dance

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 must be held for a minimum of 3 rotations to be called

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 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 +/- 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 must be held for a minimum of 3 rotations to be called

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 +/- 10 seconds, change of tempo and expression is required.

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 within the twizzle sequence.
- 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 step.

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.

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 max 1 linking step (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 Spin (all permitted)	1.87

3.5.4 Evaluation

The result for solo pattern dance will be determined by the total of the two scores for each pattern dance in the category or by the rhythm dance score. 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.

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% x 30.00 = Impairment Compensation

Impairment Compensation + Skating score = 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.

3.5.5 Facilitators

Competitors may either skate alone or with a facilitator who will be allowed to dance with and thereby assist the competitor during his or her performance. The facilitator must perform the

steps and holds of the partner according to the customary official dance descriptions. The facilitator will not be judged as a competitor in the event. See "Facilitators" below for further details.

3.6 Technical details – Synchro

3.6.1 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.

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

3.6.2 Synchro Group

Synchro group consists of 2-4 skaters

3.6.3 Synchro Team

Synchro Team consists of 5-10 skaters

3.6.4 Synchro Super Team

Synchro Super Team consists of 11-16

3.6.5 Order of Elements

Skaters should perform the elements in the following order: circle, line or 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. Wheel chair 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. Wheel chair 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. Wheel chair 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

3.7 Technical details – Compulsory Elements and Figures

3.7.1 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

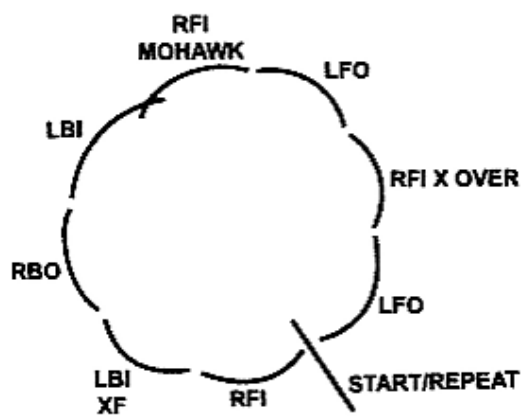
Mohawk Step:

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



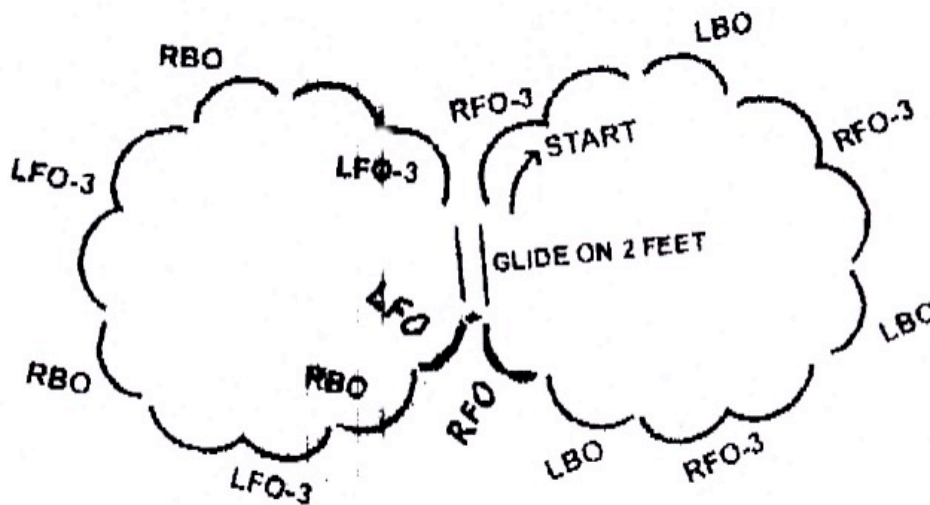
Waltz three step sequence:

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)

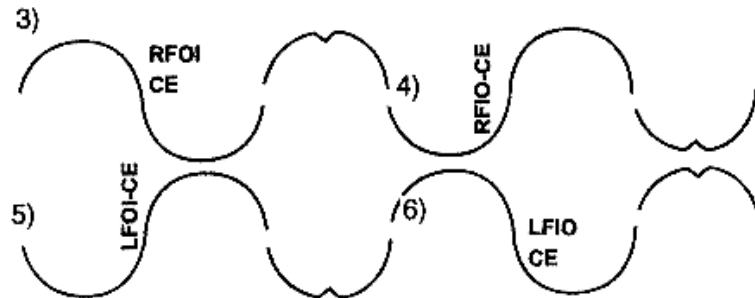
2. Left Change of Edge Step

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.

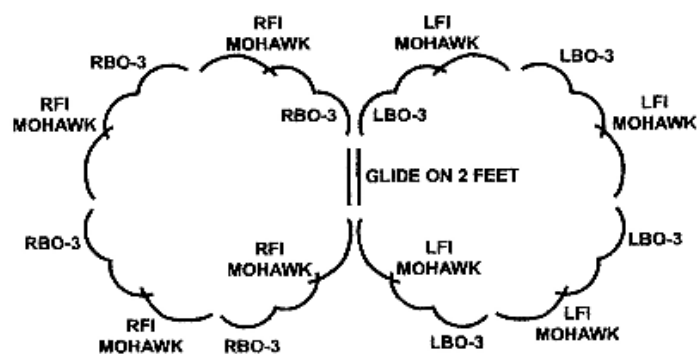
3. Left Back Outside Three step

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 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

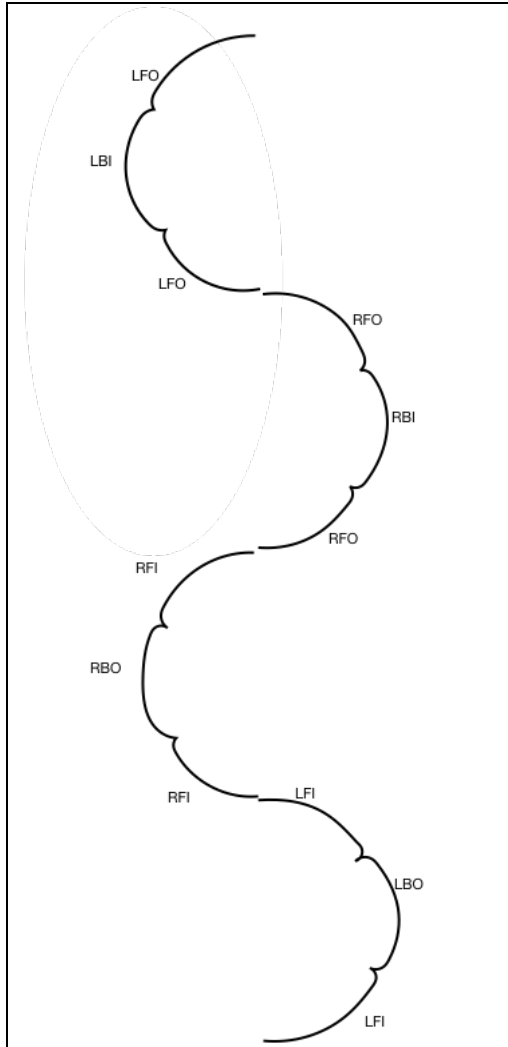


Diagram 8a

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

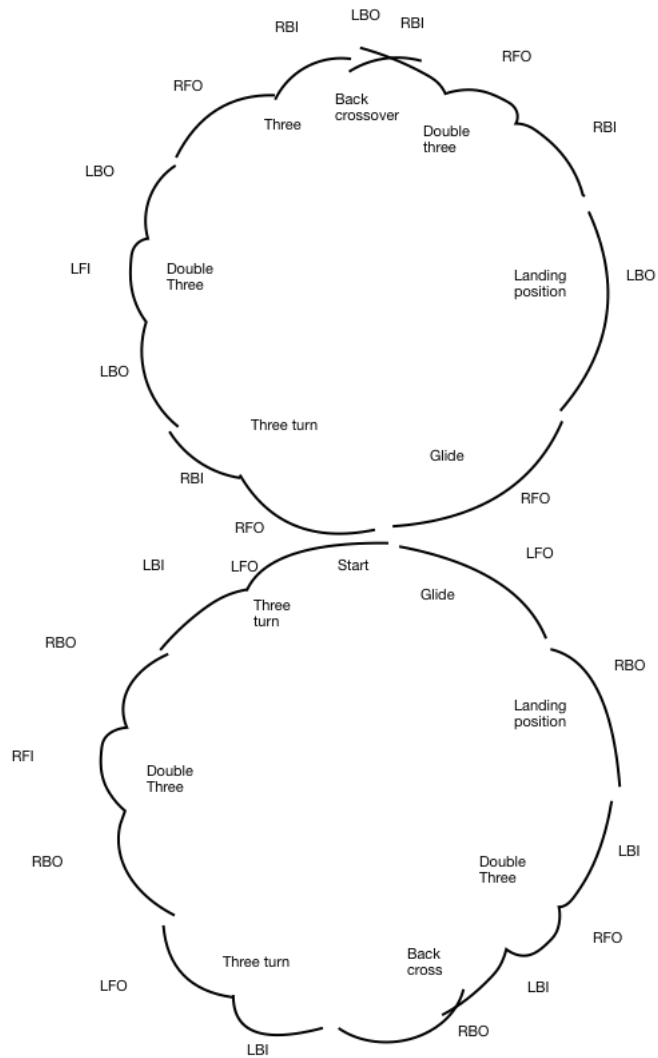


Diagram 8b

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.

See Diagram 9a below

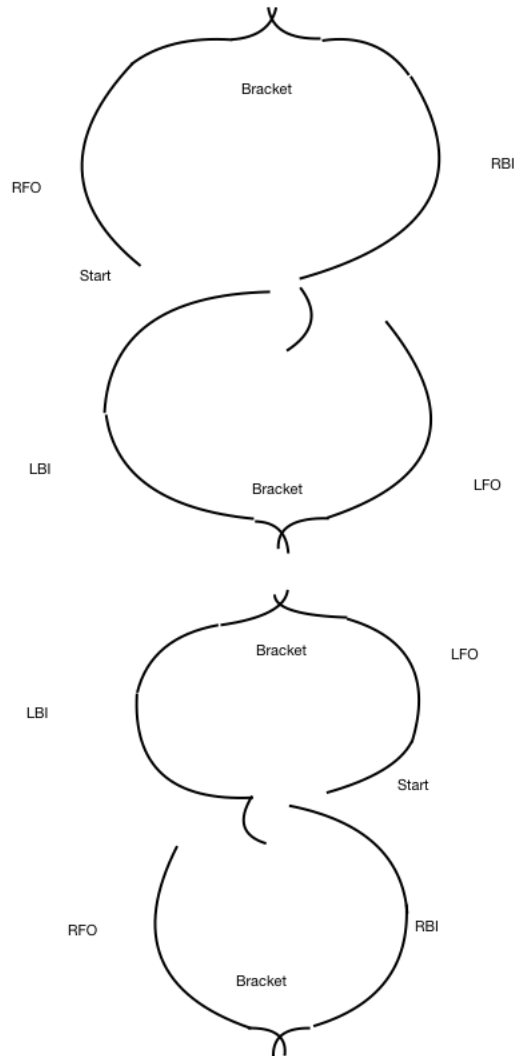


Diagram 9a

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. The skater may commence with the Right foot exercise.

See Diagram 9b below

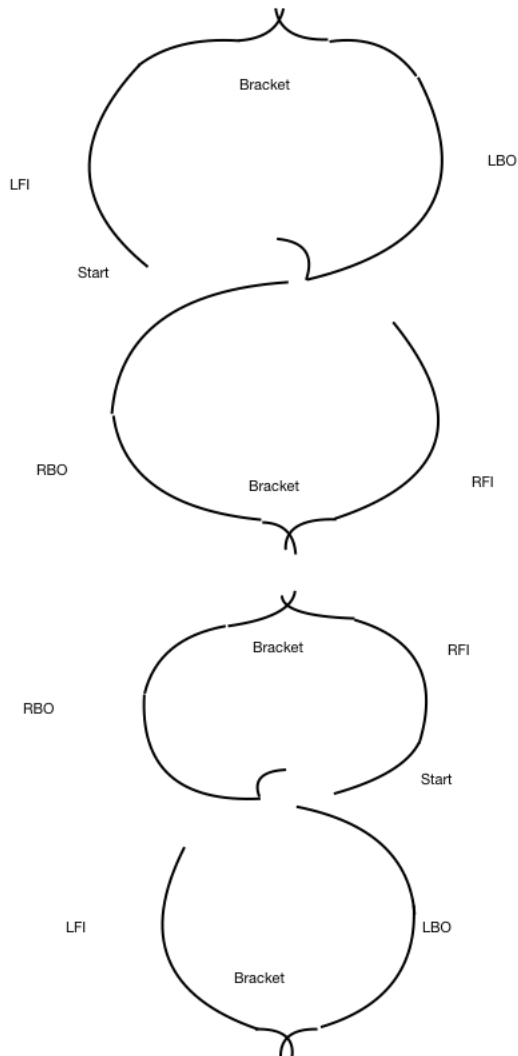


Diagram 9b

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.

$$\begin{aligned} \text{WPI\%} \times \text{average hypothetical} &= \text{Impairment Compensation} \\ \text{Impairment Compensation} + \text{Skating score} &= \text{Skaters Total Score} \end{aligned}$$

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

3.8 Technical details – 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 must 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
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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 must 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

4. 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 or not it is not covered by the rules. 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.

5. 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 impairment group for the purposes of the competition and/or the results in the discretion of the Technical Delegate and the organizers of the event.

6. 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. Eg facilitator to guide blind skaters on the ice.

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

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.

7. ENTRIES

Entries must be on the Official Entry form.

8 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.

9. 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 margarita.msb@gmail.com

10. COSTUME

Attire must be suitable for athletic performance.

11. MUSIC

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

12. 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.

13. 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. (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.

14. 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.

15. MEDIA ACCREDITATION

Media accreditation may be applied for. Applicants will be asked to produce a DBS or in Scotland a PVG certificate 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.

16. OFFICIAL DRAW

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

17. RESULTS

Results will be posted on the Inclusive Skating website and on a bulletin board at the rink. Results will not normally be announced immediately following each competitive performance. There will be a delay before the compulsory elements are announced as a result of classification.

18. GOVERNING LAW

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

19. 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	sfrc	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	Execution Score						

	Abbreviation	+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