

Level I – Program

Skaters name: _____

Program – Level I	
Duration	1 min +/- 10 sec
Elements	Badges 1-5

The skaters will perform the selected **six elements** listed below from Badges 1-5 and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements	
FSw	Forward swizzles (at least 5)
BSw	Backward swizzles (at least 5)
FGl	Forward one-foot glide left and right (length of glide is considered in GOE)
TFJu	Two-foot jump in place or moving (forward only)
FSSt	One-foot forward snowplow stop (left or right)
FTCu	Forward two-foot curves left and right (feet should be parallel and leaning on a curve)

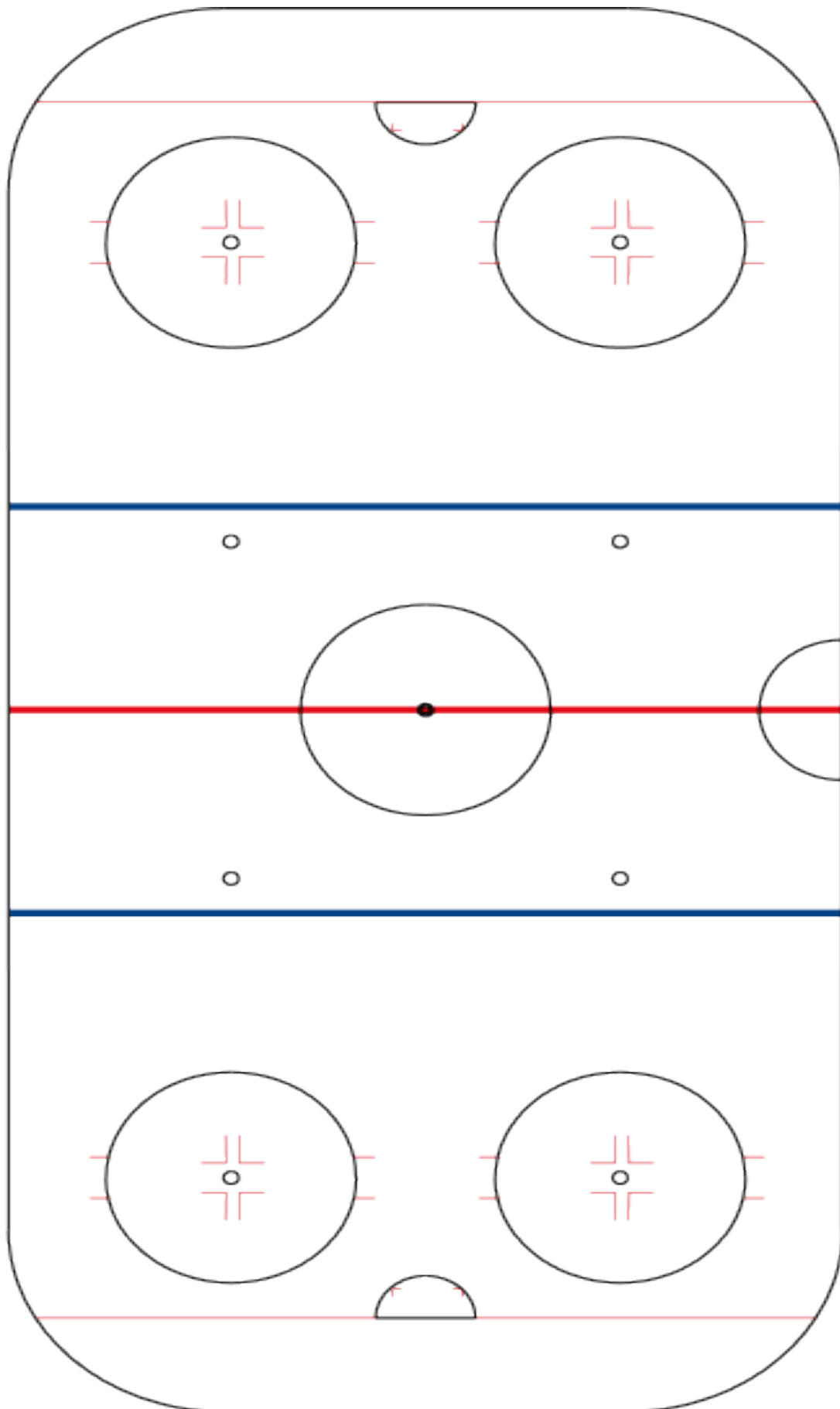
Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-5.

Transitional moves – Badges 1-5	
	2-foot glide forward
	Backward wiggle or march
	Forward skating
	Forward gliding dip
	Backward 2-foot glide
	Forward stroking across
	2-foot turn front-to-back, on the spot

No elements above Badge 5 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element from a higher Badge

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