

# Level II – Program

Skaters name: \_\_\_\_\_

Program – Level II	
<b>Duration</b>	1 min 30 sec +/- 10 sec
<b>Elements</b>	Badges 1-9

The skaters will perform the selected **seven elements** listed below from Badges 1-9 and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements	
BHo	Bunny hop
TSt	T-stop left or right
BSt	Backward stroking (6-8 strokes alternating feet)
FTFSp	Forward two-foot spin (minimum of three revolutions)
FOTTu	Forward outside three-turn (left and right) (in place or moving) this is considered as one element and the three turns must consecutive follow each other, but minimal steps in between are allowed
FCr	Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)
Flu	Forward lunge or Shoot the Duck (at any depth)

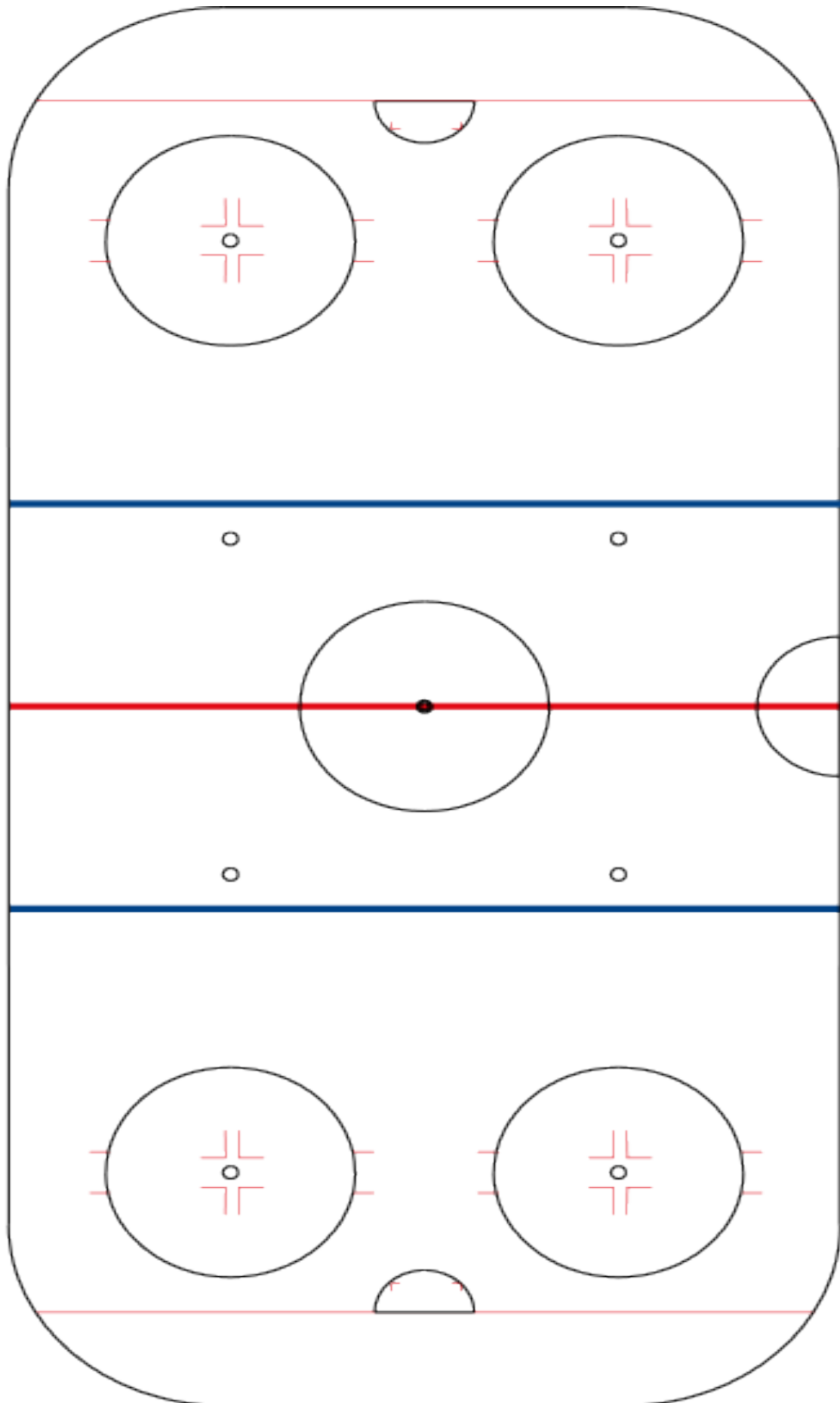
Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-9.

Transitional moves – Badges 1-9	
	2-foot glide forward
	Forward swizzles
	Forward skating
	Forward gliding dip
	Backward 2-foot glide
	2-foot jump
	1-foot snowplow stop
	Forward 1-foot glide
	Forward stroking
	Backward swizzles
	Forward 2-foot curves
	2-foot turn front-to-back, on the spot
	Gliding forward-to-backward 2-foot turn
	Forward 1-foot swizzles on circle
	Backward 1-foot glide
	Forward pivot
	Gliding backward-to-forward 2-foot turn
	Forward 2-foot turn on a circle
	Forward outside edge
	Backward 1-foot swizzles on a circle
	Forward inside edge

No elements above Badge 9 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element

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