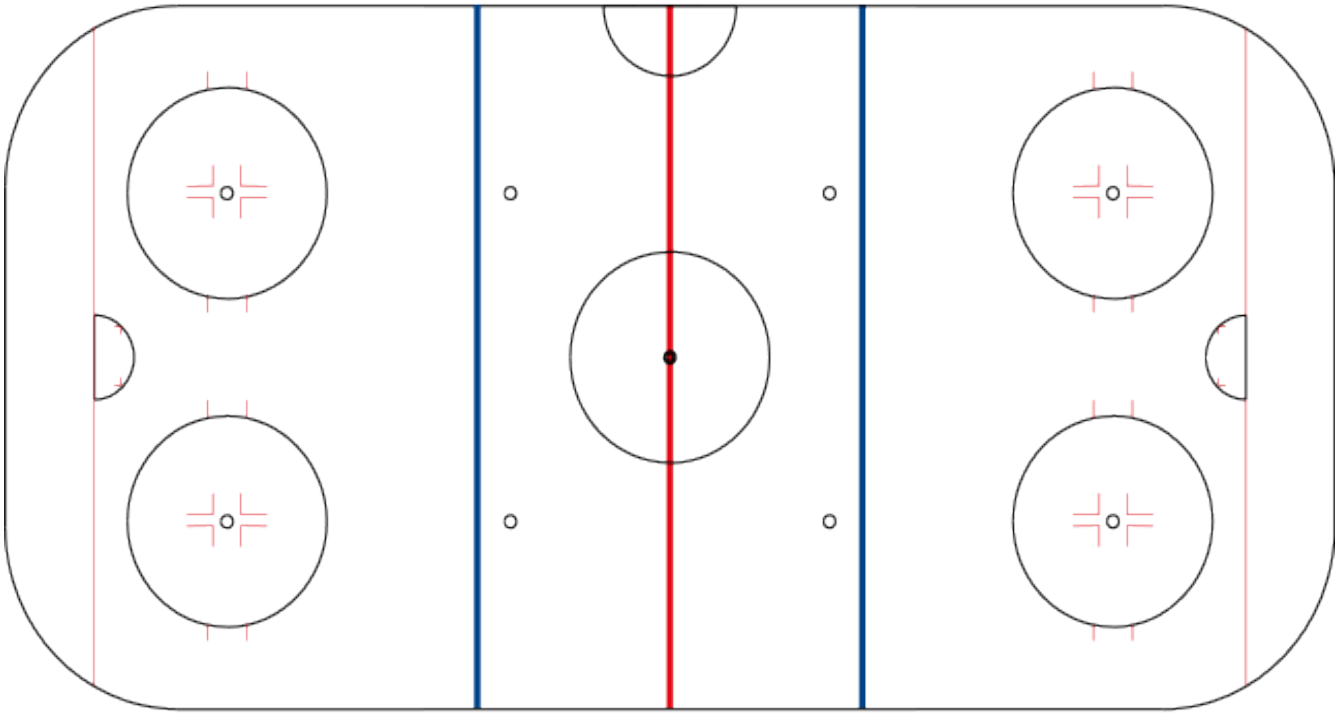
Level III – Program

Skaters name:_____

Program – Level III	
Duration	2 min +/- 10 sec
Elements	Badges 1-12

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	
FSp	Forward spiral
Usp	One foot upright spin / Scratch Spin (minimum of three (3) revolutions)
W	Waltz Jump in place or moving
BCr	Consecutive backwards crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)
FIEd	Consecutive forward inside edges (set of four edges alternating feet = a total of four edges)
FITTu	Forward inside 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
StSq	Step Sequence consisting of steps and turns from Badge 9-12 (covering at least half of the ice surface, straight line or circular pattern can be used)



No elements above Badge 12 are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Badge.

Level III – Program

Skaters name:_____

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 1-12.

	Transitional moves – Badges 1-12
	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
	Backward stroking across the rink
	Gliding backward-to-forward 2-foot turn
	T-Stop left or right
	Forward 2-foot turn on a circle
	Consecutive forward crossovers
	Forward outside edge
	Backward 1-foot swizzles on a circle
	2-foot spin
	Forward outside 3-turn
	Forward inside edge
	Forward lunge or shoot the duck
	Bunny hop
	Hockey stop
	Forward inside Mohawk
	Consecutive backward outside edges
	Consecutive backward inside edges
	Forward crossover, inside Mohawk, backward crossover, step forward

No elements above Badge 12 are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Badge.