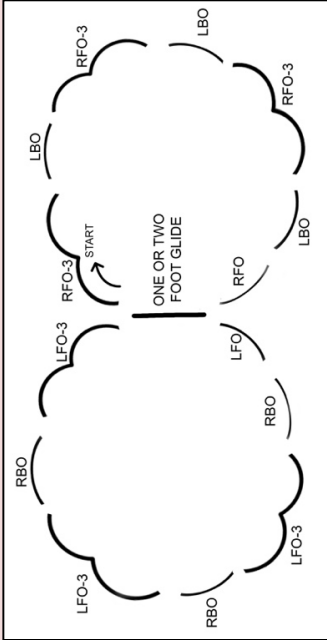


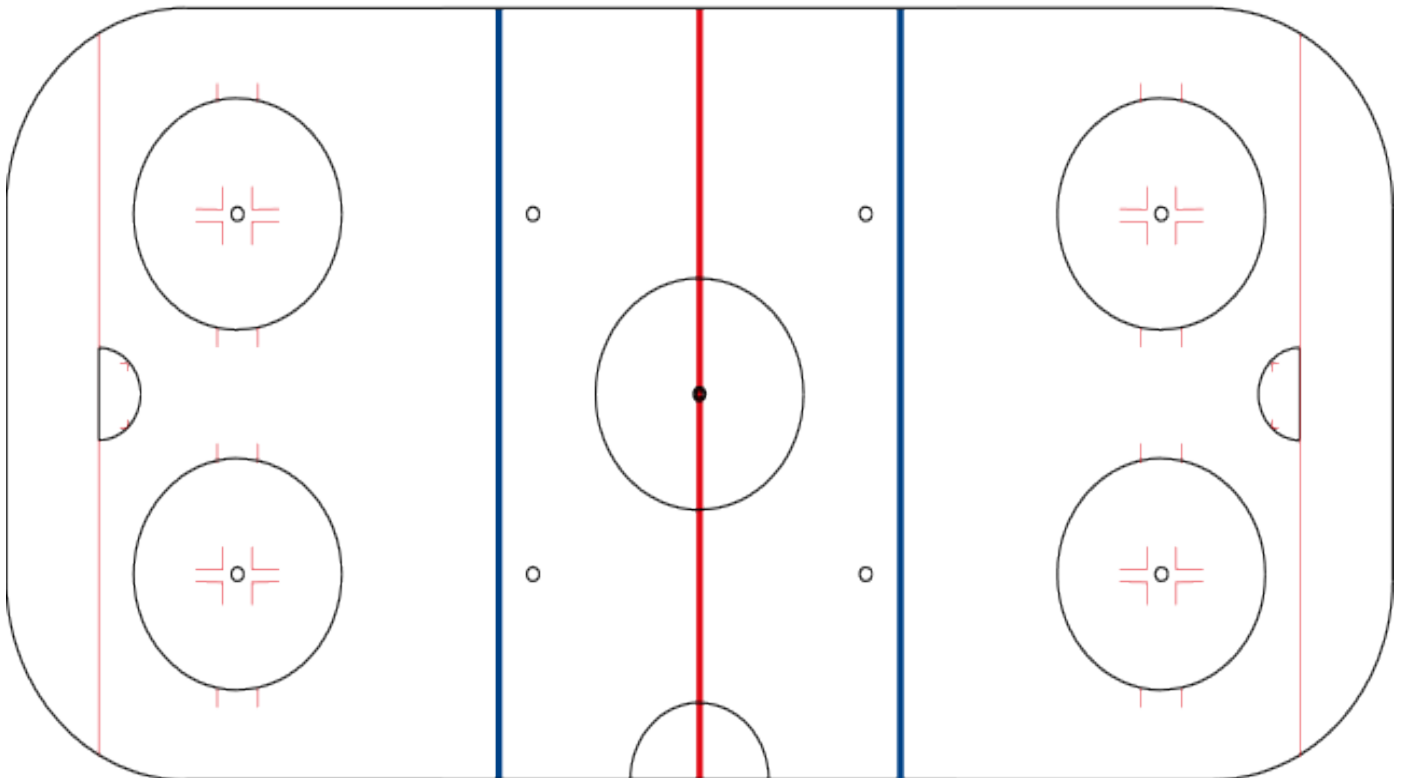
Level IV – Program

Skaters name: _____

Short Program – Level IV	
Duration	1 min 15 sec +/- 10 sec

The skaters will perform the selected **three elements** listed below and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements	
1S or 1T	Single Salchow or Single Toeloop
SSp	Solo Sit spin without change of foot (minimum of three (3) revolutions in sit position)
SSkSqA	<p>Skating Skills Sequence A: Waltz three step sequence: Performed in a figure eight pattern. A two-step introduction may be added.</p> <p>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 center 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 One or two foot glide back to center A minimum of three, three-turn/back edge sequence per circle must be performed.</p> 



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

Level IV – Program

Skaters name: _____

Free Program – Level IV

Duration 2 min 15 sec +/- 10 sec

The skaters will perform the selected **nine elements** listed below and will receive a value and a GOE mark for each element. Elements can be performed in any order.

Mandatory Elements

Five (5) jump elements

Allowed jumps:

Waltz jump (W), Single Salchow (1S), Single Toe Loop (1T), Single Loop (1Lo)

- Each single jump can be executed two times with a maximum of five jump elements in total.
- There can be two jump combinations or sequences (with a maximum of two jumps).
- A jump combination is considered as one jump element. For example: 1 Waltz jump (=1 jump element), Single Salchow + Single Toeloop combination (1S+1T) (=1 jump element)

Three (3) spins

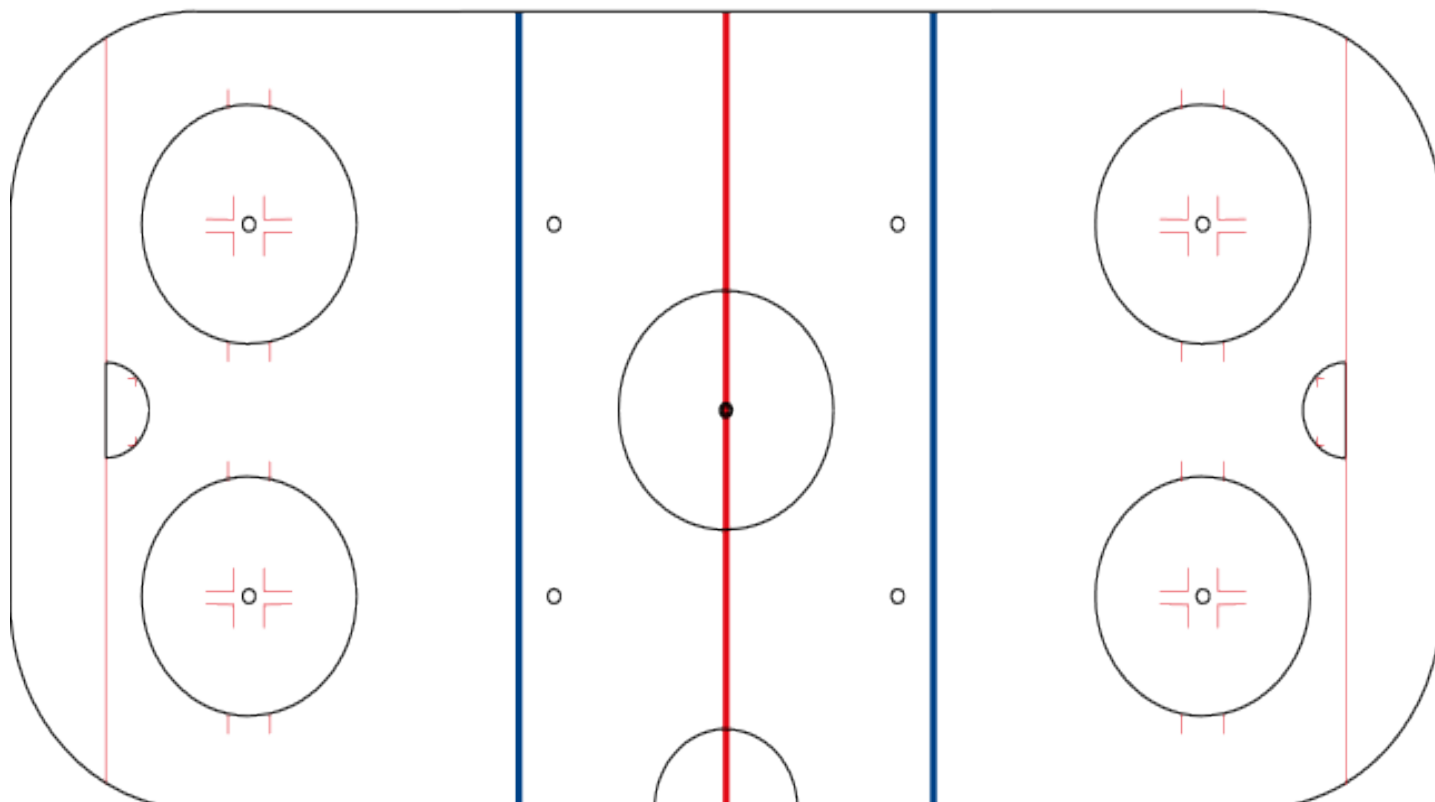
1. One spin in one position without change of foot (USp/CUSp/SSp/CSp/CCSp)
2. One upright back spin without change of foot (UBSp) any entry allowed with min 3 revolutions
3. One spin with one change of position without change of foot (CoSp) with a minimum of 2 revolutions in each position

UBSp

CoSp

One Choreographic Sequence (CHSq) covering the whole ice surface including steps and turns and at least one spiral position.

CHSq



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