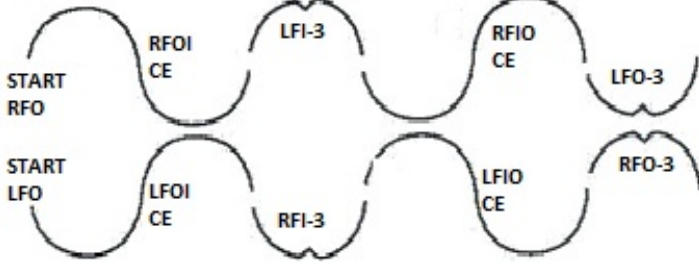


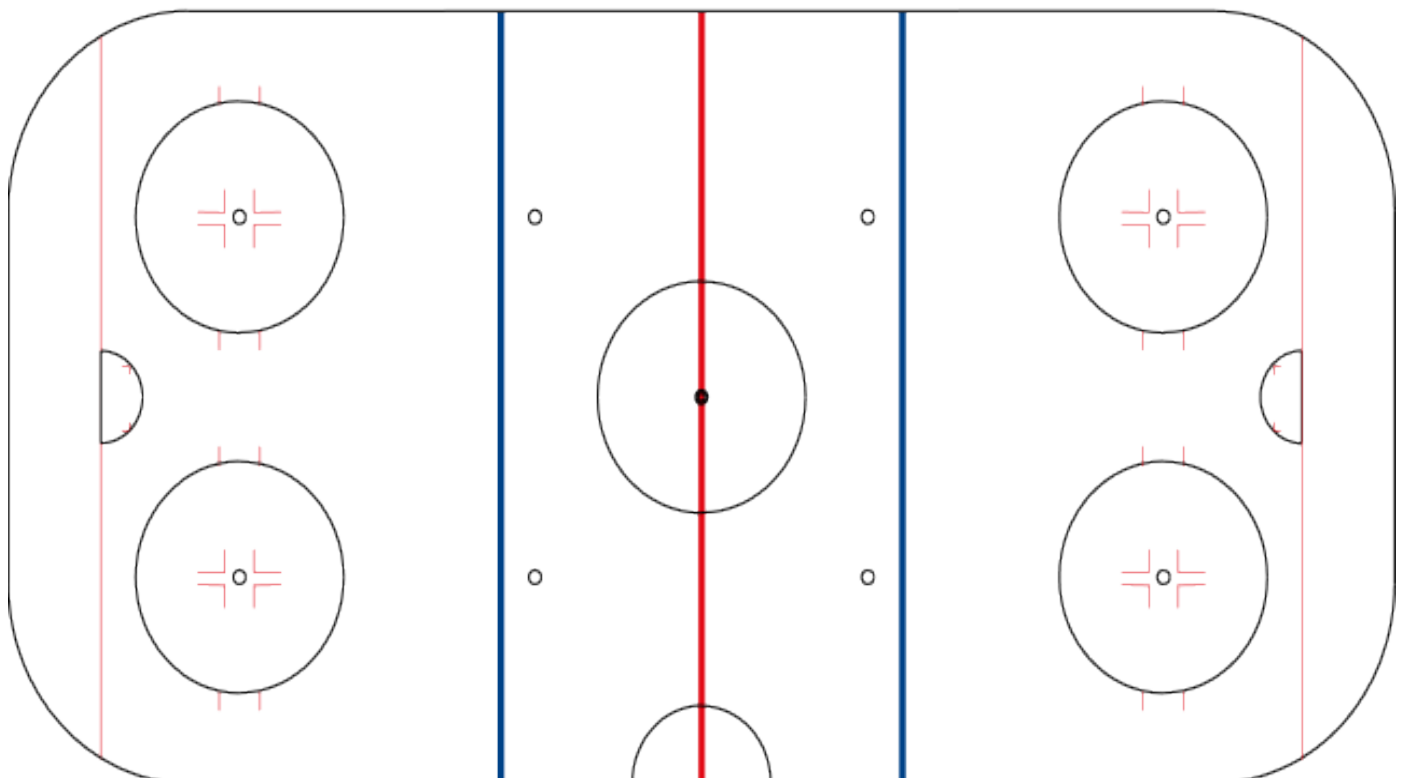
Level V – Program

Skaters name: _____

Short Program – Level V	
Duration	1 min 30 sec +/- 10 sec

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

Mandatory Elements	
1Lo	Single Loop
1S+1T	Jump combination, Single Salchow + Single Toe Loop
CSp	Camel spin without change of foot (minimum of three (3) revolutions in camel position)
SSkSqB	<p>Skating Skills Sequence B: This pattern can be performed down the length or width of the ice surface. The sequence will be performed on both feet and must be done immediately preceding each other with minimum steps in between.</p> <p>Right forward outside to inside change of edge, left forward inside three turn. Right forward inside to outside change edge, left forward outside three turn. Left forward outside to inside change edge, right forward inside three turn. Left forward inside to outside change edge, right forward outside three turn. Skater may start on either foot.</p> 



No elements above Level V 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 V – Program

Skaters name: _____

Free Program – Level IV

Duration | 2 min 30 sec +/- 10 sec

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

Mandatory Elements

Six (6) jumps elements

Allowed jumps:

Waltz jump (W), Single Salchow (1S), Single Toe Loop (1T), Single Loop (1Lo), Single Flip (1F), Single Lutz (1Lz)

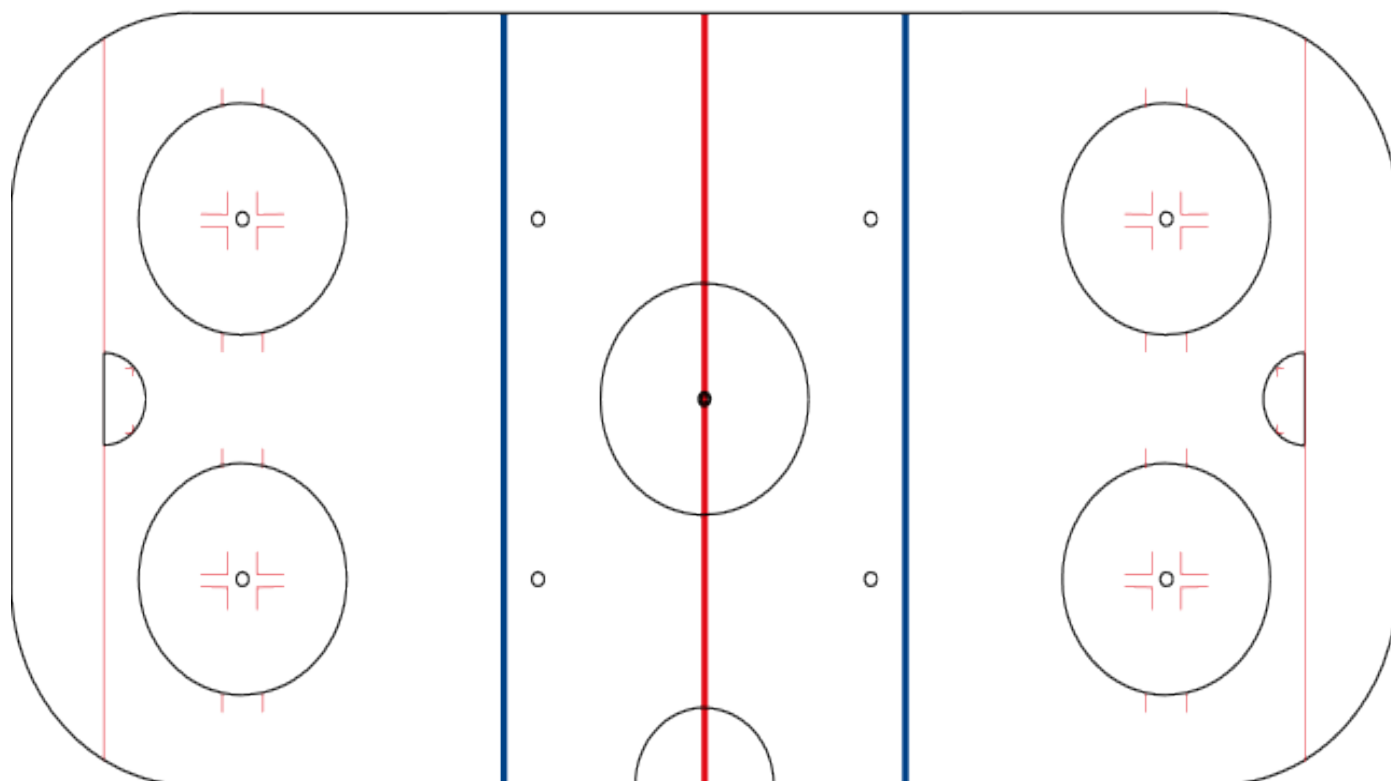
- Each single jump can be executed two times with a maximum of five jump elements in total.
- There can be three jump combinations or sequences (with a maximum of two jumps).
- A jump combination is considered as one jump element. For example: 1 Waltz jump (=1 jump element), Single Salchow + Single Toeloop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

Three (3) spins (flying entrance or flying spins are not allowed)

1. One spin in one position with or without change of foot (upright, layback, sit or camel) (Usp/CUSp/LSp/CLSp/SSp/CSSp/CSp/CCSp) with a minimum of three (3) revolutions on each foot
- 2.-3. Two spins with at least one change of position with or without change of foot with a minimum of two (2) revolutions in each position and three (3) revolutions on each foot (CoSp/CCoSp)

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

CHSq



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