

Level VI – Program

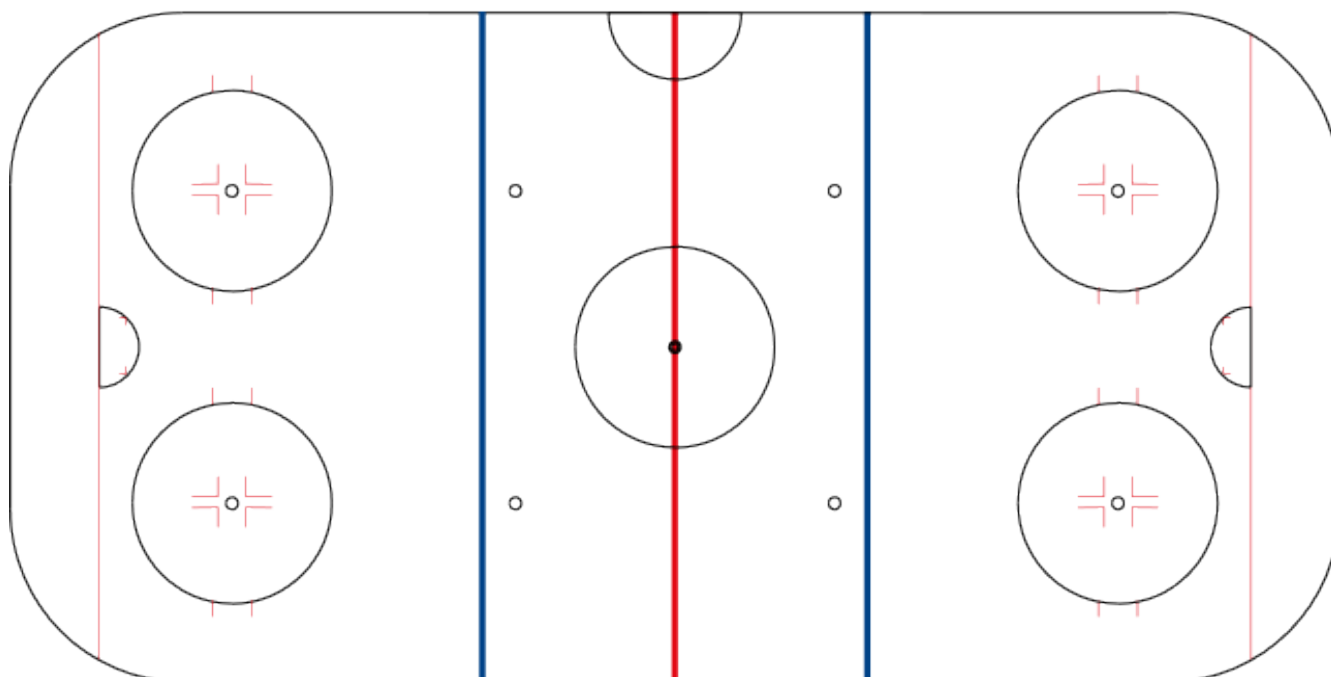
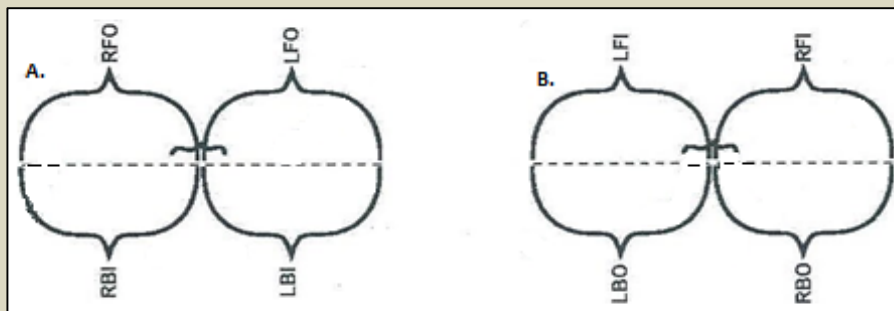
Skaters name: _____

Short Program – Level VI

Duration 1 min 45 sec +/- 10 sec

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

Mandatory Elements	
1A	Single Axel
1F+1Lo+1T	Jump combination: Single Flip + Single Loop + Single Toe Loop
CcoSp	Combination spin with one change of position and one change of foot with a minimum of three (3) revolutions on each foot and a minimum of two (2) revolutions in each position
FSSp or FCSp	Flying sit spin or flying camel spin without any change of position and without any change of foot and a minimum of three (3) revolutions
SSkSqC	<p>Skating Skills Sequence C: This Sequence is considered as one element and must follow each other consecutively, but minimal steps in between are allowed.</p> <p>A – Right forward outside bracket, push backwards into a left backwards inside bracket (closing the circle) left forward outside bracket, push backward into a right back inside bracket (closing up circle)</p> <p>B - Right forward inside bracket, push backwards into left backwards outside bracket (closing up the circle) left forward inside bracket, push backwards into right back outside (closing up circle)</p>



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 Level I-V.

Level VI – Program

Skaters name: _____

Free Program – Level VI

Duration

3 min +/- 10 sec

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

Mandatory Elements

Seven (7) jump elements

Allowed jumps:

all single and double jumps (excluding Waltz jump and Double Axel)

- 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 three jumps).
- A jump combination is considered as one jump element. For example: 1 Loop jump (=1 jump element), Single Salchow + Single Toeloop combination (=1 jump element).

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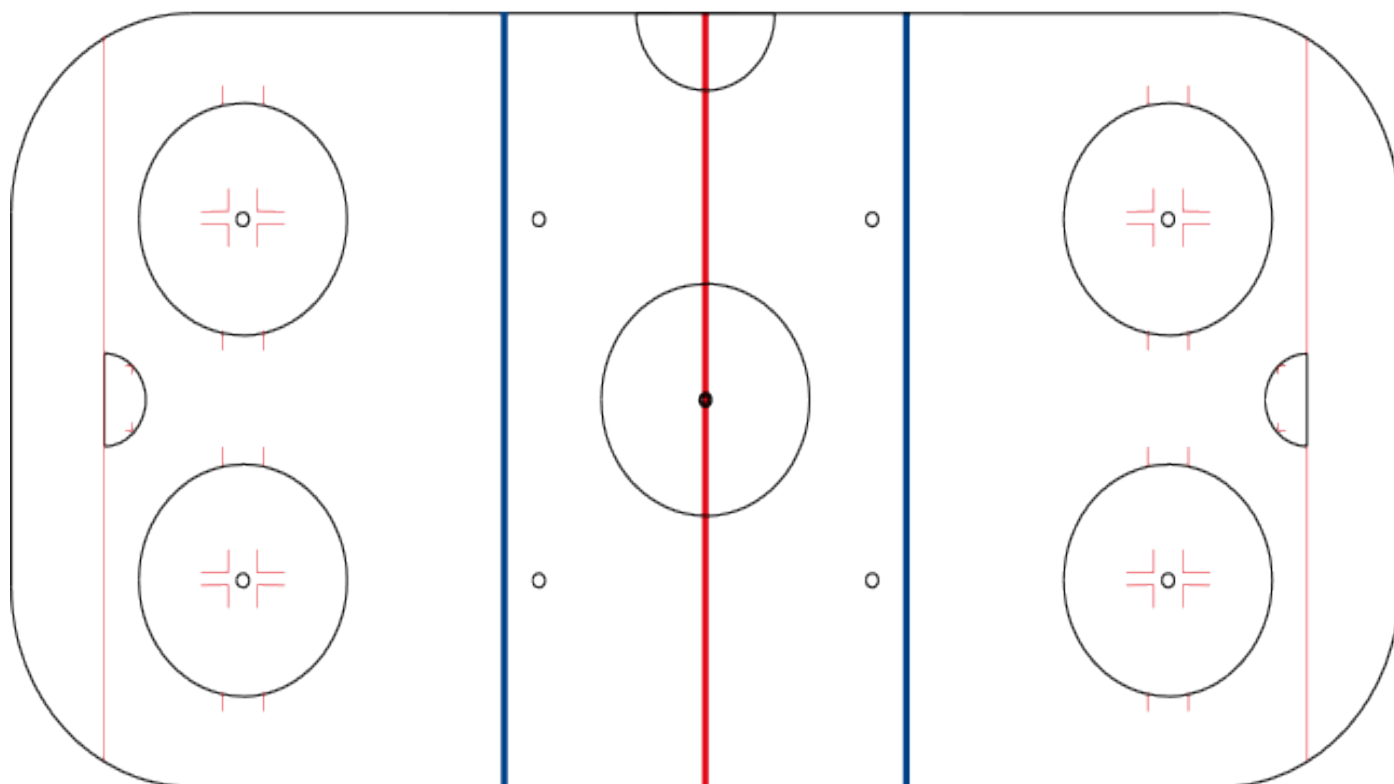
Three (3) spins

1. One spin with change of foot and change of position (CCoSp) with a minimum of five (5) revolutions on each foot and two (2) revolutions in each position
2. One spin with a flying entrance with or without change of foot and with or without change of position, but with a minimum of six (6) revolutions in total
3. One spin free of choice.

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

CHSq



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 Level I-V.