

PAIR: Level I – Program

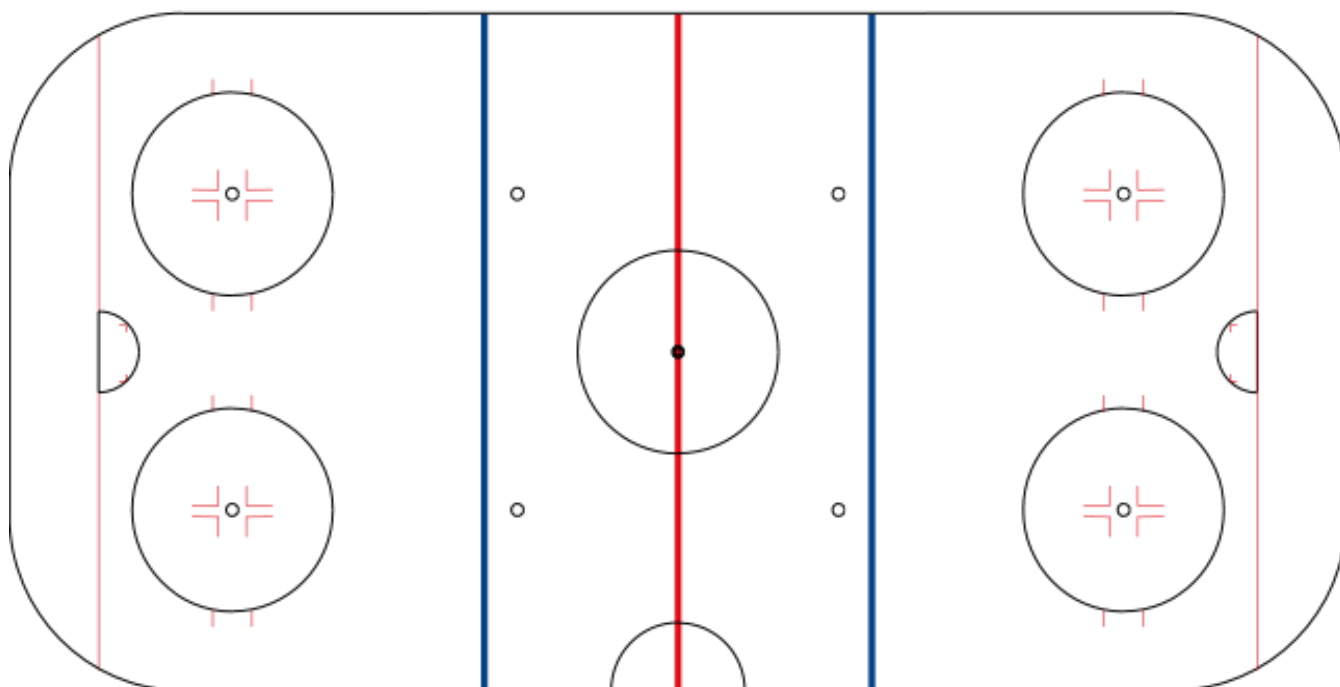
Pair: _____

Pair program – Level I	
Duration	1 min 30 sec +/- 10 sec
Elements	Pair Badges 1-2

The skaters will perform the selected **six elements** listed below from Pair Badges 1-2 and will receive a value and a GOE mark for each element.

*No.	Mandatory Elements	
	PFCr	Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) in unison, hand in hand
	FTFSp	Synchronized two-foot spin (side by side, minimum of three (3) revolutions)
	TFJu	Two foot jump in place or moving (forward only) hand in hand
	PGI	One partner forward one-foot glide and one partner backward one-foot glide (length of the body), hand in hand or in any holding position
	TFPSp	Two-foot pair spin (position optional with both skaters on two feet, minimum of three (3) revolutions)
	Plu	Lunge hand in hand or in any holding position (side by side or facing each other)

* List in which order the pair performs the elements. No.1 being the first element performed in the program and No.6 the last element in the program.



No elements above Pair Badge 2 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element from a higher Badge.

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Additional elements will receive no value and will not be counted but can be used as transitional moves/content as long as they are only from Pair Badges 1-2.

✓	Transitional moves/content – Pair Badges 1-2
	Forward stroking in unison, hand in hand, clockwise and counterclockwise
	Backward swizzles (at least 5), hand in hand
	Forward one-foot glide left and right (length of the body), hand in hand
	Synchronized forward pivots (side by side)
	Synchronized bunny hops (hand in hand)
	T-Stop, hand in hand, left or right

Mark with a ✓ mark for each transitional move that is used in the program.