

# PAIR: Level II – Program

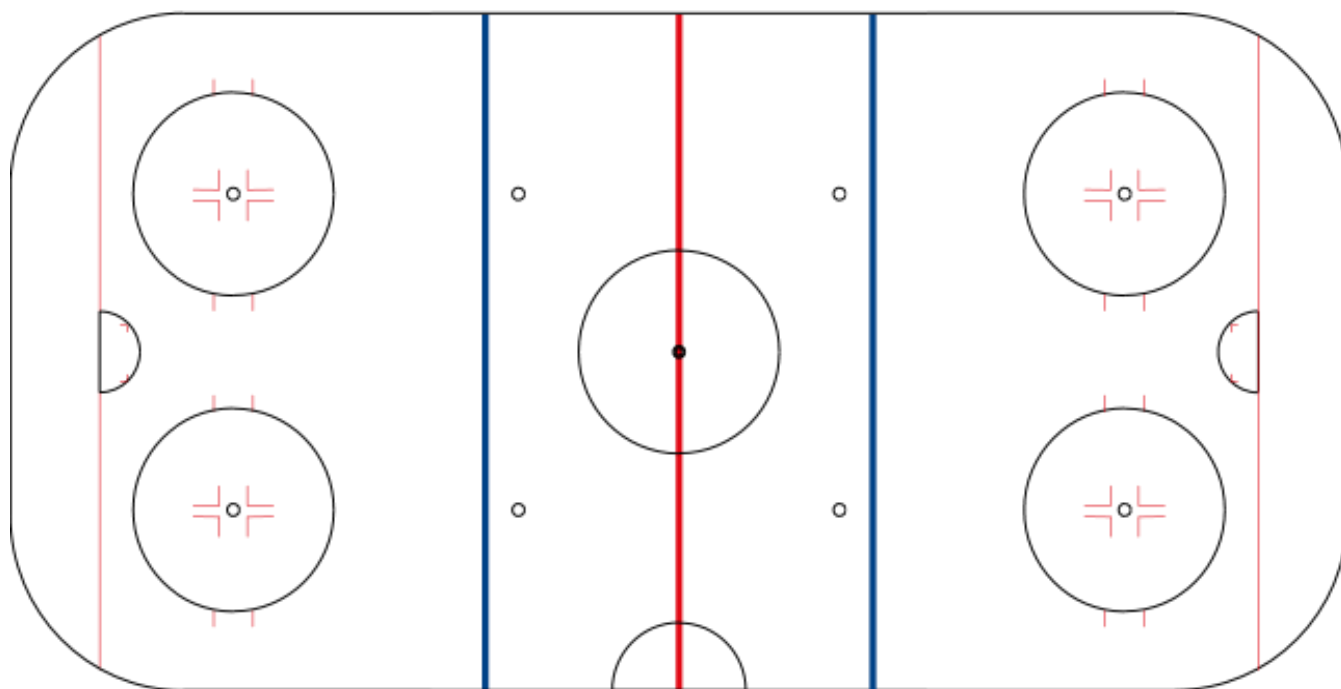
Pair: \_\_\_\_\_

Program – Level II	
<b>Duration</b>	2 min +/- 10 sec
<b>Elements</b>	Pair Badges 1-3

The skaters will perform the selected **seven elements** listed below from Pair Badges 1-3 and will receive a value and a GOE mark for each element.

*No.	Mandatory Elements	
	PBCr	Consecutive backward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) in unison, hand in hand
	BHLi	Bunny hop lift (cross arm hold or armpit hold)
	StSq	Step Sequence consisting of steps and turns from Badge 9-12 Singles (covering at least half of the ice surface, straight line or circular pattern can be used)
	KHPSp	Kilian hold pair spin (minimum three (3) revolutions, on one or two feet)
	Usp	One foot upright spin/ scratch spin (minimum of three (3) revolutions, side by side)
	W	Synchronized waltz jump (side by side)
	Sp	Spirals hand in hand or in any holding position (position optional)

\* List in which order the pair performs the elements. No.1 being the first element performed in the program and No.7 the last element in the program.



No elements above Pair Badge 3 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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Pair: \_\_\_\_\_

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 1-3.

✓	Transitional moves/content – Pair Badges 1-3
	Forward stroking in unison, hand in hand, clockwise and counterclockwise
	Forward crossovers in unison, hand in hand, clockwise and counterclockwise
	Synchronized two-foot spin (side by side, minimum of three revolutions)
	Backward swizzles (at least 5), hand in hand
	Forward one-foot glide left and right (length of the body), hand in hand
	Two-foot jump in place or moving (forward only), hand in hand
	One partner forward one-foot glide and one partner backward one-foot glide (length of the body), hand in hand
	Synchronized forward pivots (side by side)
	Synchronized bunny hops (hand in hand)
	Two-foot pair spin (position optional with both skaters on two feet, minimum of three revolutions)
	Lunge in holding position (side by side or facing each other)
	T-Stop, hand in hand, left or right
	Synchronized Single Salchow (1S) (side by side)

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