

# Program Level I

Name of skater: \_\_\_\_\_

Program – Level I	
<b>Duration</b>	MAX 1 min 30 sec
<b>Elements</b>	6 elements from badges 1-6
Judging and timing will begin when skater commences <b>to move</b> .	

A Level I program must include **six of the eight** elements listed below. The entire program may only include elements from **Badges 1-6**. Each element has a base value that will be evaluated for a GEO score. If an element is performed while moving instead of standing still, the element is considered of higher quality, which is reflected in a higher GEO. The order of the elements is optional.

*No	Compulsory elements: choice of six from the following eight		Value
	F\$w	Forward swizzles (at least 5)	0,1
	B\$w	Backward swizzles (at least 5)	0,2
	FGl	Forward one-foot glide left and right	0,2
	FTCu	Forward two-foot curves left (at least 2) and right (at least 2)	0,2
	TFJu	Two-foot jump in place or moving (forward only)	0,2
	FSSt	One-foot forward snowplow stop (left or right)	0,2
	BGl	Backward two-foot glide	0,2
	OFSw	5 consecutive forward 1-foot swizzles on circle (left or right)	0,2

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

X	Additional elements will receive no value and will not be counted but can be used as <b>transitional moves</b> as long as if they are only from <b>Badge 1-6</b> .
	Forward march
	Backward wiggle or march
	Forward skating
	Forward gliding dip
	Forward stroking
	2-foot turn front to back
	Backward one foot glide
	Pivot

Mark **X** for additional elements used in the program.

**Deductions:** Fall: -0.10      Costume failure: -0.10      Music of incorrect length (wrong music length): per 5 sec -0.10

**Program Components:** Presentation: Factor 1.0      **Warm up:** 4min & max 8 skaters      **2025 Rules**

