

Program Level II

Name of skater: _____

Program – Level II	
Duration	MAX 1 min 45 sec
Elements	6 elements from badges 1-12
Judging and timing will begin when skater commences to move .	

A Level II program must include **six of the ten** elements listed below. The entire program may only include elements from **Badges 1-12**. 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 ten		Value
	BHo	Bunny hop	0,2
	TSt	T-stop left or right	0,2
	BSt	Backward stroking (6-8 strokes alternating feet)	0,3
	FTFSp	Forward two-foot spin (minimum of three revolutions)	0,3
	FOTTu	Forward outside three-turn (left and right) (in place or moving)	0,3
	FCr	Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)	0,3
	Flu	Forward lunge (at any depth)	0,3
	STD	Shoot the Duck (at any depth) forward or backward	0,4
	FSp	Forward Spiral	0,4
	1W	Waltz jump	0,3

* 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.

Additional elements will receive no value and will not be counted but can be used as **transitional moves** as long as if they are only from **Badge 1-12**.

Forward swizzles	Forward 1/2 swizzles on a circle
Backward swizzles	Backward 1/2 swizzles on a circle
Forward 1-foot glide	Pivot
Backward 1-foot glide	Forward outside edge
Forward 2-foot curves	Forward inside edge
2-foot jump	Backward outside edge
1-foot snowplow stop	Backward inside edge
Forward stroking	Forward inside three-turn
Forward 2-foot glide	Backward crossovers
Backward 2-foot glide	Forward inside mohawk
2-foot turn (for-back and/or back-for)	One-foot upright spin

Deductions: Fall: -0.25 Costume failure: -0.25 Music of incorrect length (wrong music length): per 5 sec -0.25

Program Components:

Presentation: Factor 1.0

Warm up: 4 min & max 8 skaters

2025 Rules

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