

Program Level III

Name of skater: _____

Program – Level III	
Duration	MAX 2 min 40 sek
Elements	MAX 9 elements from badges 1-12 and Footwork and difficult jumps and spins and spirals
Judging and timing will begin when skater commences to move .	

A Level III program must include **max nine** of the elements listed below. The entire program may only include elements from **Badges 1-12 and Footwork and difficult jumps and spins and spirals**. 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	Max. 3 Skating Skills Elements chosen from:		Value
	BCr	Consecutive backwards crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle).	0,4
	FIEd	Consecutive forward inside edges (set of four edges alternating feet = a total of four edges).	0,4
	FITTu	Forward inside three-turn (left and right) (in place or moving) this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed.	0,4
	StSq	One Step Sequence utilizing the full icesurface, pattern optional, containing two different turns: Three turns, C Steps (mowhawks), S Steps (choctaws).	1,5

Max. 2 spins (can be the same abbreviation). Minimum three revolutions:

*No	Spins:	Value	*No	Spins with a flying entrance:	Value	
	USp	Upright spin	1,0	FUSp	Upright spin	1,5
	BUSp	Back Upright spin	1,2	FCuSp	Change Upright spin	1,5
	CuSp	Change Upright spin	1,5	FSSp	Sit Spin	1,7
	SSp	Sit Spin	1,1	FCSSp	Change Sit Spin	1,6
	CSSp	Change Sit Spin	1,6	FCSp	Camel Spin	1,6
	CSp	Camel Spin	1,1	FCCSp	Change Camel Spin	1,7
	LSp	Layback Spin	1,2	FCCoSp	Change Comb. Spin	1,7
	CCSp	Change Camel Spin	1,7			
	CoSp	Combination Spin	1,5			
	CCoSp	Change Combination Spin	1,7			

Max. 4 jumps (max. 2 jump combinations or sequences of two or three jumps). Each jump can be executed twice. **Allowed jumps:** Waltz jump (W), Single Salchow (1S), Single Toe loop (1T), Single Loop (1Lo) Jump executed more than once, **MUST** be in combination or sequence.

*No	Single jumps - allowed jumps:		Gildi	*No	Combination / sequence.	Value
	1W	Waltz jump	0,3		1W + 1T	0,7
	1S	Salchow	0,4		1W + 1Lo	0,8
	1T	Toe Loop	0,4		1T + 1T	0,8
	1Lo	Loop	0,5		1S + 1T	0,8
					1S + 1Lo	0,9
					1Lo + 1T	0,9
					1T + 1Lo	0,9
					1Lo + 1Lo	1,0
					1W + 1T + 1T	1,1
					1W + 1Lo + 1T	1,2
					1W + 1T + 1Lo	1,2
					1S + 1T + 1T	1,2
					1S + 1Lo + 1T	1,3
					1S + 1T + 1Lo	1,3
					1S + 1Lo + 1Lo	1,4

* List in which order the skater performs the elements. No.1 being the first element performed in the program and no.9 the last element in the program.

Deductions: Fall: -0.50 Costume failure: -0.50 Music of incorrect length (wrong music length): per 5 sec -0.50
Element from a **higher** level: -1.0

Program Components: Presentation & Skating skills: Factor 1.0

Warm up: 6 min & max 6 skaters

2025 Rules

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