

Short Program Level IV

Name of skater: _____

Program – Level IV		SHORT	
Duration	MAX	2 min 15 sec	
Elements	MAX	5 elements	
Judging and timing will begin when skater commences to move.			

A Level IV program must include **max five** of the elements listed below. Each element has a base value that will be evaluated for a GEO score. Additional elements will receive no value and will not be counted. The order of the elements is optional.

*No	One Step Sequence		Value
	StSq	One Step Sequence (StSq) utilizing the full ice surface (pattern optional), containing three different turns: three turns, C Steps (mowhawks), S Steps (choctaws), brackets, loops, counters, rockers	1,5
*No	One spin in one position – allowed spins:		Value
	USp	Upright Spin in one position (minimum of 3 revolutions in position)	1,0
	SSp	Sit Spin in one position (minimum of 3 revolutions in position)	1,1
	CSp	Camel Spin in one position (minimum of 3 revolutions in position)	1,1
*No	One combination spin:		Value
	CoSp	Combination spin without change of foot (minimum of 2 revolutions in each position)	1,5
	CCoSp	combination spin with change of foot (minimum of 2 revolutions in each position)	1,7
MAX 2 jump element:			
<ul style="list-style-type: none"> • One solo jump • One jump combination of two single jumps 			
*No	MAX 1 solo jump – allowed jumps:		Value
	1Lo	Loop	0,5
	1F	Flip	0,5
	1Lz	Lutz	0,6
	1A	Axel	1,1
*No	Combinations:		Gildi
	1T + 1T		0,8
	1S + 1T		0,8
	1S + 1Lo		0,9
	1Lo + 1T		0,9
	1T + 1Lo		0,9
	1Lo + 1Lo		1,0
	1F + 1T		0,9
	1F + 1Lo		1,0
	1Lz + 1T		1,0
	1Lz + 1Lo		1,1
	1A + 1T		1,5
	1A + 1Lo		1,6

* List in which order the skater performs the elements. No.1 being the first element performed in the program and no.5 the last element in the program.

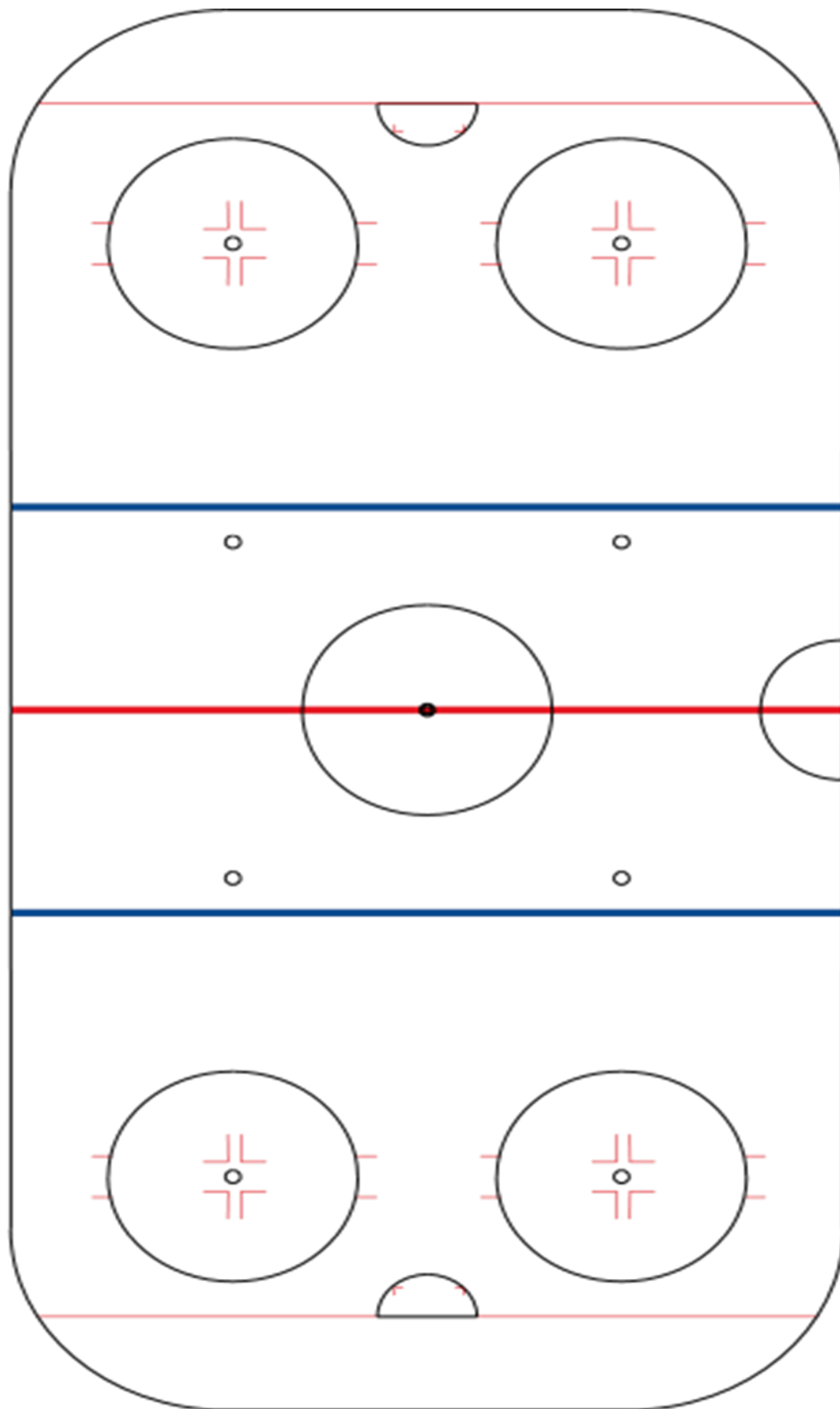
Deductions: Fall: -0.50 Costume failure: -0.50 Music of incorrect length (wrong music length): per 5 sec -0.50

Program Components: Presentation, Skating skills & Composition: Factor 1.0

Warm up: max 6 skaters SP: 4 min FP: 6 min

Short Program Level IV

Name of skater: _____



Free Program Level IV

Name of skater: _____

Program – Level IV		FREE
Duration	MAX	3 min 10 sec
Elements	MAX	11 elements
Judging and timing will begin when skater commences to move.		

A Level IV program must include **max eleven** of the elements listed below. Each element has a base value that will be evaluated for a GEO score. Additional elements will receive no value and will not be counted. The order of the elements is optional.

*No	One Choreographic Sequence		Value
	ChSq	One Choreographic Sequence (covering the whole ice surface including at least two different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading).	3,0

Maximum three spins. Spins must be of **different** abbreviations.

*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 seven jump elements

- All single and double jumps are allowed.
- Each jump can be executed two times with a maximum of seven jump elements in total. Jumps executed more than once **MUST** be in combination or sequence.
- There can be three jump combinations or sequences (with a maximum of one sequence or combination containing three jumps).
- A jump combination is considered as one jump element.

*Nr	Allowed jumps:		Value	*Nr	MAX 3 jump combinations or sequences	Gildi
	1S	Single Salchow	0,4			
	1T	Single Toe Loop	0,4			
	1Lo	Single Loop	0,5			
	1Eu	Single Euler	0,5			
	1F	Single Flip	0,5			
	1Lz	Single Lutz	0,6			
	1A	Single Axel	1,1			
	2S	Double Salchow	1,3			
	2T	Double Toe Loop	1,3			
	2Lo	Double Loop	1,7			
	2F	Double Flip	1,8			
	2Lz	Double Lutz	2,1			

* List in which order the skater performs the elements. No.1 being the first element performed in the program and no.11 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

Program Components: Presentation, Skating skills & Composition: Factor 1.0

Warm up: max 6 skaters SP: 4 min FP: 6 min

Free Program Level IV

Name of skater: _____

