

RULES OF COMPETITION

AND

JUDGING GUIDELINES

FOR

INCLUSIVE SKATING

MARCH 2014



Singles Levels 1-6: Deductions/Bonus

Who is Responsible?

	Description	Penalty	Who is Responsible
1.	Time violation	Time violations will not incur any deduction but the skater will be asked to leave the ice after completion of the compulsory elements and allotted time for the free skating program. A whistle shall be blown 10 seconds after the expiration of the time limit. The judges shall cease judging at the sound of the whistle. No points will be deducted if a skater has not completed the program provided that the required elements have been included. However, the skater shall be instructed to leave the ice surface 10 seconds after the whistle is blown regardless of whether the program is finished or not.	
2.	Music violation The program must be performed to instrumental music with no Vocals.	Mandatory deduction of 0.50	Deduction will be made by the Judges Panel including the Referee on a majority of votes with no deduction in the case of 50:50 split.
3.	Costume/ prop violations if props are used and/or costume is not appropriate for athletic performance	Mandatory deduction of 0.50	Deduction will be made by the Judges Panel including the Referee on a majority of votes with no deduction in the case of 50:50 split.
4.	Illegal Elements/ Movements – – somersault type jumps; – hand or foot; – twist-like or rotational movements during which the lady is turned over with her skating foot leaving the ice; – rotational movements with the grip of one of the partners on the leg, arm and neck of the other partner;	Mandatory deduction of 1.00	The Technical Specialist identifies. The Technical Panel decides by the majority of votes. Technical controller deducts.

	<ul style="list-style-type: none"> – jumps of one of the partners towards the other partner; – lying and prolonged and/or stationary kneeling on both knees on the ice at any moment. Remarks: If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called “No Level”. 		
5.	Fall during the program	Fall during the program will incur no additional deduction.	The judges will reflect the fall on an element in the GOE or between elements in the Performance and Execution Score
6.	Interruption of program	Interruption of program will incur no additional deduction	The Referee. The judges will reflect the interruption in the Performance and Execution Score.
7.	Fresh Start	No deduction	The Referee
8.	Elements not according to requirements or Well balanced free Skating program		Computer when used deletes elements according to the rules and at all times Technical Controller/ Technical judge authorizes or corrects deletion of elements
9.	Bonus for Distribution of highlights in the second half of the program	There is no bonus for distribution of highlights in the second half of the program.	

JUDGING GUIDELINES

Judges are responsible for the assignment of GOEs and PCSs for every competitor.

ISU Communication No. 1672 Amendments to the Scale of Values, Guidelines for marking Grade of Execution and Levels of Difficulty, season 2011-2012 and ISU Communication No. 1611, Scale of Values, Levels of Difficulty and Guidelines for marking of Grade of Execution as amended and updated shall apply subject to any specific amendments contained within these rules.

The following represents guidelines for assigning scores for Inclusive Skating Competitions.

Grades of Execution

The following guides the identification of the “base” GOE. Reductions are applied for specific errors. The appropriate reduction is determined by the ISU reduction chart for single skating (see latest ISU communication for full details) subject to modifications for Levels 1 to 6 contained within these rules.

Element	PLUS 3/ PLUS 2 (Excellent)	PLUS 1 (Good)	BASE/ MINUS 1 (Satisfactory)	MINUS 2 (Needs Improvement)	MINUS 3 (Needs Improvement)
Step Sequence (Circle, Serpentine, Straight line) – Compulsory Elements Group	<ul style="list-style-type: none"> - Excellent flow - exceptional form and positions. - The character of the music captured by the sequence - clean edges in all turns - balance and confidence through all transitions 	<ul style="list-style-type: none"> - Strong flow - strong form and positions. - Some attempt to show character of the music - clean edges in majority of turns - balance through majority of transitions 	<ul style="list-style-type: none"> - adequate flow - some breaks in form. - clean edges in majority of turns – but tend to be flat - a couple balance checks through more difficult sections of the sequence 	<ul style="list-style-type: none"> Minus 1 with one minor error Base with 2 minor errors 	<ul style="list-style-type: none"> Major errors or more than two minor errors
Simple footwork Sequence	<ul style="list-style-type: none"> - Excellent flow - exceptional form and positions. - The character of the music captured by the sequence - balance and confidence through all transitions 	<ul style="list-style-type: none"> - Strong flow - strong form and positions. - Some attempt to show character of the music - balance through majority of transitions 	<ul style="list-style-type: none"> - adequate flow - some breaks in form. - a couple balance checks through more difficult sections of the sequence 	<ul style="list-style-type: none"> Minus 1 with one minor error Base with 2 minor errors 	<ul style="list-style-type: none"> Major errors or more than two minor errors
Spins	<ul style="list-style-type: none"> - seamless entry - fluid rotation - exceptional positions 	<ul style="list-style-type: none"> - smooth entry - sustained rotation - strong positions 	<ul style="list-style-type: none"> - hesitant but controlled entry - stable and sustained rotation 	<ul style="list-style-type: none"> - Off balance entry - rotation speed deteriorates 	<ul style="list-style-type: none"> - awkward entry - very slow rotation
Turns, elements and edges	<ul style="list-style-type: none"> - Seamlessly integrated with sequence - Excellent flow throughout with continuous action - correct execution of turn element or edge - exceptional form and positions. - balance and confidence through all transitions 	<ul style="list-style-type: none"> - confident entrance - Strong flow throughout - correct execution of turn, element or edge - strong form and positions. - balance through majority of transitions 	<ul style="list-style-type: none"> - slight caution on entry - adequate flow throughout majority of movement - correct execution of turn element or edge - some breaks in form. - a couple of balance checks through the transitions 	<ul style="list-style-type: none"> Reduce the grade by “1” for each of the following errors (cumulative): - stop in action or skid in turn, element or edge - one turn or edge is omitted - transition between turn, elements or edges is not according to requirements Reduce the grade by “2” for - Stumble - touch down of free foot or hand(s) th Reduce the grade by “3” for - Fall 	

Program Component Scores

Program component scores are awarded: Skating Skills, Performance/ Execution,

Suggested ranges of program component scores.

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Skating Skills (Edge Quality/ Ice Coverage)	<ul style="list-style-type: none"> - edges lack depth, - erratic flow and glide, - little or no lean, stiff knees - lack of control, toe pushing - no variety of turns - weak ability to maintain speed - weak flow in movement - lack of power 	<ul style="list-style-type: none"> - edges with some depth, - reasonable flow, glide and some lean - some lack of control in turns - basic turns throughout the program - some ability to maintain speed - reasonable flow in movement - some rough transitions from step to step - some power shown throughout the program 	<ul style="list-style-type: none"> - edges skated flow, glide and lean - turns are reasonably clean and controlled - some variety of turns throughout the program - maintains speed - moderate flow in movement - adequate power shown throughout the program 	<ul style="list-style-type: none"> - strong edges skated with consistent flow, glide and lean - strong execution of turns - appears effortless - interesting variety of turns - demonstrates superior ability to maintain speed - continuous even flow in movement - superior power shown throughout program 	Beyond highest expectations of Inclusive Skating program
Performance/ Execution (Ease of Motion/ Posture)	<ul style="list-style-type: none"> - weak positions - use of only one body part e.g. arms - little or no use of personal space, eg. skating upright throughout 	<ul style="list-style-type: none"> - adequate positions - some use of different parts of the body - limited use of "personal" space 	<ul style="list-style-type: none"> - consistent positions - adequate use of arms, legs, head etc. - some variation in use of "personal" space 	<ul style="list-style-type: none"> - distinct positions - well coordinated use of arms, legs, head etc. - strong use of body to display conviction - interesting varied use of "personal" space 	Beyond highest expectations of Inclusive Skating program
Performance/ Execution (Carriage & Line/ Use of Whole Body)	<ul style="list-style-type: none"> - little or no relation of manner of skating or positions to music and/or theme - weak positions - use of only one body part e.g. arms to express theme - little or no use of personal space, eg. skating upright throughout 	<ul style="list-style-type: none"> - positions and manners of skating generally appropriate to music and theme - adequate positions - some use of different parts of the body to express theme within the program - limited use of "personal" space 	<ul style="list-style-type: none"> - positions and manner of skating appropriate to music and theme - consistent positions - adequate use of arms, legs, head etc., to express the theme through most of the program - some variation in use of "personal" space 	<ul style="list-style-type: none"> - positions and manner of skating original and innovative - distinct positions - well coordinated use of arms, legs, head etc. - strong use of body to display conviction - interesting varied use of "personal" space 	Beyond highest expectations of Inclusive Skating program

Updated Guidelines for marking +GOE of Singles (positive aspects)

For +1 : 2 bullets

For +2 : 4 bullets

For +3 : 6 bullets

Compulsory Elements Group Level 1	<ol style="list-style-type: none"> 1) Good carriage 2) Good speed 3) Precision of swizzles 4) Precision of stop
Compulsory Elements Group Level 2	<ol style="list-style-type: none"> 1) Good carriage 2) Good speed 3) Precision of turns 4) Precision of stop
Compulsory Elements Group Level 3 and above	<ol style="list-style-type: none"> 1) Good carriage 2) Good shape 3) Symmetry 4) Smoothness 5) Control of edges 6) Control of turns
Step sequences, turns, elements, edges and simple footwork	<ol style="list-style-type: none"> 1) good energy and execution 2) good speed or acceleration during sequence 3) good clarity and precision 4) deep clean edges (including entry and exit of all turns) 5) good control and commitment of whole body to accuracy of steps 6) creativity and originality 7) effortless throughout 8) element matched to the musical structure 9) holding positions (3 seconds) 10) Distance (further than the length of the skaters body) 11) good balance/ body control 12) good carriage

Updated Guidelines in establishing GOE for Errors in Compulsory Elements Group and Free Skating Program

Elements with no value are indicated to the Panel of Judges.

The element will be called if the **GENERAL INTENT OF THE ELEMENT IS CLEAR.**

Errors for which final GOE must be in the minuses	Reduction/ other	Errors for which Final GOE is not restricted	Reduction/ other
Compulsory Elements Group, Elements and Steps			
Fall	-3	Errors and omission of requirements	-1 to -3
Less than half of the pattern doing steps/ turns	-2 to -3	Incorrect pattern	-1 to -2
		Poor quality of steps, turns, positions	-1 to -3
		Unclear steps and movements	-1
		Poor speed and Execution	-1
		Short distance (considerably shorter than the length of the skater's body)	-1
		Poor balance/ body control	-1

OFFICIATING PANEL AND RESPONSIBILITIES

Inclusive skating events may be held at Local club level, National level and at International Level. The size of the officiating panel may therefore need to be adjusted to suit the requirements of the event.

For Inclusive Skating competitions, it is recommended that either

a) a full ISU Judging and Technical Panel is used and the usual ISU rules apply,

or

b) a reduced Technical Panel is used with a full judging panel. In this case the technical panel can consist of a Technical Controller, and one or two Technical Specialists, or Technical Judges (see below). Technical Judges are responsible for identifying the required sequences/elements in the compulsory elements and free skating program and assigning a GOE score. If there are two Technical Specialists or Technical judges one shall act as Technical Specialist and will act as Assistant Technical Specialist. The panel is responsible for identifying the required elements and verifying that the minimum requirements for the elements have been met. They will also apply deductions for falls and illegal elements/movements.

Or,

c) a reduced Technical and Judging panel is used and shall be composed of the following officials:

- Referee
- Up to Five Judges

One Judge will be assigned as the “Technical Judge.” This person is responsible for identifying the required sequences/elements in the compulsory elements and free skating program and assigning a GOE score. This person will also verify that the minimum requirements for each sequence have been met. They will also apply deductions that fall within the responsibility of the Technical Panel. The remaining judges shall assign GOE and PC scores. The Referee oversees the conduct of the event, the work of the Judges and applies deductions for, timing, interruptions, music, and costume violations.

At the conclusion of the performance the technical judge shall confirm the identification and order of elements with the remaining judges.

The following is an outline of the various roles and responsibilities in the various aspects of the application of the principles of calculation for the reduced Judging and Technical Panel:

Activity	Referee	Judge	Technical Judge	Data Specialist
Identification of Element			X	
Verification of minimum requirements			X	
Assignment of GOE	(may do so, but may or may not counting)	X	X	
Assignment of PCS	(may do so, but may or may not counting)	X		
Applies deductions for falls and illegal elements			X	
Applies deductions for timing, interruptions, costume and props	X			
Responsible for rules of conduct of event	X			
Responsible for overseeing activity of the judges	X			
Responsible for verification of data				X
Responsible for calculation of final results				X
Signature required for release of results	X			

General Technical Details for Free Skating Levels 1 to 6

- a) The skills may be performed in any order and the order must be listed in the planned program content sheet.
- b) The skater is not required to perform a set number of skills: however, the skater will be judged on the quality of the performance and the content which will be reflected in the program component scores for Skating Skills and Performance and Execution.
- c) The skater should select the elements to be marked as technical elements and given a Grade of Execution (GOE) and identify these elements in the planned program content sheet.
- d) The remaining elements should be identified in the planned program content sheet as transitional elements.
- e) The program must be performed to instrumental music (no vocals). A mandatory deduction will be made for vocal music.
- f) Elements specified in the ISU Scale of Values use the ISU Scale of Values as per ISU Communication 1724 as amended and updated. Where the technical elements do not have a scale of value specified by the ISU then the IS scale of values will apply. The IS Scale of Values is specified at the end of the Announcement. The IS scale of values will be continually reviewed as more data become available to allow for mathematical validation to take place.
- g) A technical element specified by the ISU is called according to the requirements of the ISU Technical Panel Handbook 2013/2014. A technical element not contained in the ISU technical Handbook and specified by IS is called when 50% or more of the element is performed and the general intent of the technical element is clear. Where appropriate, guidance on the general intent of the technical element will be provided by the ISU Technical Handbook.
- h) Where elements are required to be performed on left and right foot and/ or repeated they must be performed consecutively to be called as technical elements.
- i) Only the first attempt at the technical element selected by the skater can be called. Subsequent attempts will be ignored by the technical panel but may be taken into account by the judges in the Program Component score.
- j) If the skater does not provide a planned program content sheet then the first technical elements performed by the skater (until the requisite number specified for that level are satisfied) will be marked as technical elements and all remaining elements will be regarded as transitional elements and evaluated in the program component score.
- k) All technical elements have fixed base value and are evaluated in Grade of Execution Additional features listed in ISU Communication 1724 will not be taken into consideration for a technical call at Levels.
- l) Skater may start program at any spot on ice surface.
- m) Judging and timing will begin when skater begins to move or skate and ends when the skater comes to a complete stop at the end of the program
- n) Spins may be repeated.

General Technical Details for Compulsory Elements Groups

- a) The compulsory elements are optional in IS events and separate results will be provided for free skating and compulsory elements.
- b) The judges will give each specified element a Grade of Execution (GOE).
- c) At Levels 1, 2 and 3 a Program Component Score is awarded for Performance and Execution in relation to the ease of movement and posture of the skater.
- d) At Levels 4, 5 and 6 a Program Component Score for Skating Skills and Performance and Execution is awarded.
- e) No factor is applied to the Compulsory Elements Group.
- f) Where the skater has two opportunities to perform the element then the attempt which produces the highest GOE will be used towards the skater's final score: the other score will be discarded.
- g) The compulsory elements are marked according to the scale of values specified by IS.
- h) There is no time limit and skaters will be given a reasonable time to skate the elements.

Technical content for Figure competitions

Level 1 Figure – Free Skating program

- a) Well balanced Free program with emphasis on balance and glide.
- b) Duration 1 minutes +/- 10 seconds.
- c) The program can contain only the following specified elements. 4 elements are to be selected by the skater as technical elements to be called and identified on the planned program sheet.
 - Forward march or stroking for a distance of 10 meters
 - Backward wiggle or march for a distance of 10 meters
 - Forward swizzles for a distance of 10 meters
 - Backward swizzles for a distance of 10 meters
 - Forward two-foot glide (length of the body)
 - Backward two-foot glide (length of the body)
 - Forward gliding dip (length of the body)
 - Forward one-foot glide left and right (length of the body)
 - Two-foot jump in place or moving
 - One-foot forward snowplough stop (left or right)
 - Forward two-foot curves left and right (in a circle)

- Two-foot turn front to back on the spot

d) The factor for the Program Components Score is 1.0

e) The average hypothetical score is 2.45. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 2.45 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

Level 1 Figure – Compulsory Elements Group

The skater should perform the following 3 Compulsory Elements in any order. The skater has two opportunities to perform each element.

- Forward swizzles for a distance of 10 meters
- Backward swizzles for a distance of 10 meters
- One-foot forward snowplough stop (left or right)

The average hypothetical score is 1.40. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 1.40 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

Level 2 Figure – Free Skating program

a) Well balanced Free program with emphasis on glide on one foot and turn.

b) Duration 1 minute 30 seconds +/- 10 sec.

c) The program can contain only Level 1 elements and at least 3 of the following specified elements. 5 elements are to be selected by the skater as technical elements to be called and identified on the planned program sheet.

- Consecutive forward one-foot swizzles (left foot and right foot, each for length of body)
- Consecutive backward one-foot swizzles (left foot and right foot, each for length of body)
- Backward one-foot glide length of body (left foot and right foot, each for length of body)
- Bunny Hop
- T-Stop left or right
- Hockey stop
- Backward stroking for a distance of 10 metres
- Two-foot turn gliding forward to backward (length of the body)
- Two-foot turn gliding backwards to forward (length of the body)
- Forward Pivot (one circle)
- Forward two-foot spin (at least 3 revolutions)
- Forward two-foot turn on a circle (clockwise and counter clockwise)
- Forward outside three-turn (left and right for length of body)
- Forward inside three-turn (left and right for length of body)
- Forward spiral for a distance of 10 metres
- Consecutive forward crossovers (left and right in a figure of eight)
- Consecutive backwards crossovers (left and right in a figure of eight)
- Forward outside edge (left and right both edges on a semi circle)
- Forward inside edge (left and right both edges on a semi circle)
- Forward Lunge or Shoot the Duck (at any depth for length of body)

d) The factor for the Program Components Score is 1.5

e) The average hypothetical score is 4.25. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 4.25 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

Level 2 Figure – Compulsory Elements Group

The skater should perform the following Compulsory Elements in succession in the order specified. The skater has two opportunities to perform the elements.

Skaters shall skate the first three elements in succession. After completion of the first three elements the skater will perform the fourth element. The Skater starts at one end of the rink (or on the red goal line) and begins when so instructed by the referee.

- Skater skates forward using stroking motion (not swizzles, the element will not be called if swizzles are performed) to the first blue line, or a point approximately one-third the length of the skating area. At the first blue line (or one-third the length of the ice), skater performs a forward to backward two-foot turn.

- Upon completion of the turn, the skater skates backward stroking (not swizzles, the element will not be called if swizzles are performed) to the second blue line or a point approximately two-thirds the length of the skating area. At second blue line (or two thirds the length of the ice), skater performs a backward to forward two-foot turn.
- Upon completion of the turn, the skater skates forward “using stroking motion” to the finish line (red goal line at the end of the rink) where the skater performs a T-Stop.
- Forward crossovers around the hockey circles in figure eight pattern. One pattern clockwise and one pattern counter clockwise (with no stop between) should be skated with a minimum of five crossovers per circle.

The average hypothetical score is 2.75. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 2.75 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

Level 3 Figure – Free Skating program

- a) Well balanced Free program with emphasis on Flow, Carriage and a slightly more advanced skill level demonstrating the use of forward edges.
- b) Duration 2 minutes +/- 10 sec.
- c) The program can contain only Level 1 and 2 elements and at least 3 of the following specified elements. 6 elements are to be selected by the skater as technical elements to be called and identified on the planned program sheet.
- Waltz jump
 - Backward Spiral (length of body)
 - One foot spin (minimum of three revolutions)
 - Consecutive forward outside edges (left and right both edges on a semi circle)
 - Consecutive forward inside edges (left and right both edges on a semi circle)
 - Consecutive backwards outside edges (left and right both edges on a semi circle)
 - Consecutive backwards inside edges (left and right both edges on a semi circle)
 - Forward inside Mohawk (left and right for length of body)
 - Simpler footwork (Mohawk step sequence, Waltz three-step sequence, etc for a distance of 10 metres or more)
 - Field moves (spirals, lunges etc.)
 - Salchow
 - Toe Loop

d) The factor for the program component score is 2.0

e) The average hypothetical score is 6.20. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 6.20 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

Level 3 Figure – Compulsory Elements Group

Skaters shall skate all of the following elements in isolation. The skater has two opportunities to perform the elements. Skater starts elements at a point designated by the referee and begins elements when so instructed by the referee. The elements are:

- Four consecutive Forward Outside Edges across the width of the rink. The skating edges shall be short strokes with correct take-offs from one foot to the other.
- Four consecutive Forward Inside forward edges across the width of the rink. The skating edges shall be short strokes with correct take-offs from one foot to the other.
- The skater shall execute a Forward Outside Three Turn on the right foot and a Forward Outside Three Turn on the left foot. The competitor shall approach, execute, and exit each Three Turn on one skate. The skate which the Three Turn is to be executed upon shall be the only skate to touch the ice one meter prior to, during, and one meter after the execution of each Three Turn.
- The skater shall execute a right forward inside edge to left backward inside edge open Mohawk and a left forward inside edge to a right backward inside edge open Mohawk. The free leg should be extended before and after the turn.

The average hypothetical score is 3.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 3.00 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

Level 4 Figure – Free Skating program

- a) Well balanced Free program with emphasis on spins and jumps that demonstrates mastery of backward skating. All turns and edges may be performed.
- b) Duration 2 minutes +/- 10 sec.
- c) The program can contain only Level 1, 2 and 3 elements and at least 4 of the following specified Level 4 elements. 7 elements are to be selected by the skater as technical elements to be called and identified on the planned program sheet.

- Salchow
- Toe loop
- Loop jump
- ½ revolution jumps (e.g. split jumps etc)
- Two foot spin, pick up the outside foot (a beginning back spin)
- One foot spins including Sitspin, camel and Intermediate position spin (clear attempt at sitspin or camel spin that does not meet definition in ISU Technical Handbook)
- Combination jump waltz jump/ toe loop
- Combination jump salchow/ toe loop

d) The factor for the program component scores is 2.5

e) The average hypothetical score is 9.60. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 9.60 = \text{Impairment Compensation}$$

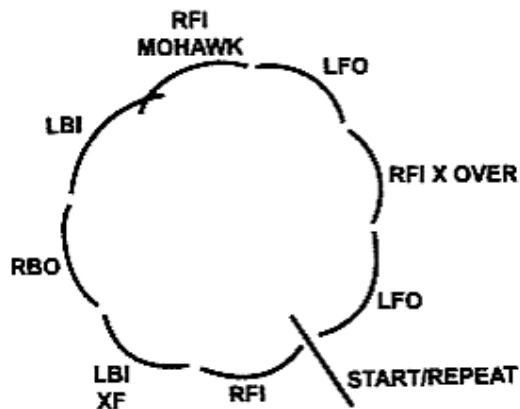
$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

Level 4 Figure – Compulsory Elements Group

Skaters shall skate all of the following elements in isolation. The skater has two opportunities to perform the elements. Skater starts elements at a point designated by the referee and begins elements when so instructed by the referee.

- Four consecutive Backward Outside Edges across the width of the rink. The skating edges shall be short strokes with correct take-offs from one foot to the other.
- Four consecutive Backward Inside edges across the width of the rink. The skating edges shall be short strokes with correct take-offs from one foot to the other.
- The following steps shall be performed in sequence in a circular figure of eight pattern both clockwise and counter-clockwise. See diagram below for counter-clockwise steps beginning LFO.
 - Left forward outside edge
 - Right forward inside edge crossover
 - Left forward outside edge
 - Right forward inside Mohawk
 - * Left back inside edge
 - Right back outside edge
 - Left back inside crossover
 - Right forward inside edge

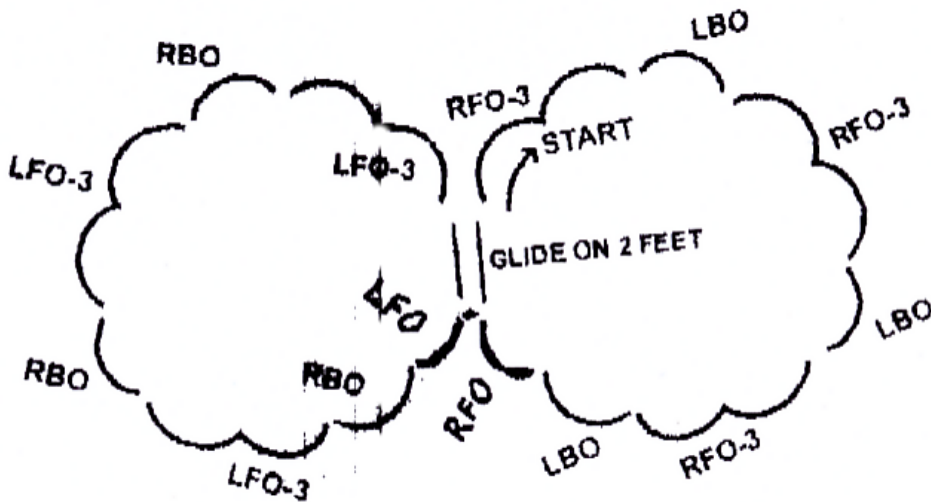
Step sequence must be performed clockwise with steps of a same nature beginning RFO.



- Waltz three step sequence: Performed in a figure eight pattern. A two step introduction may be added
 - Right forward outside three turn
 - Left back outside edge
 - Right forward outside three turn
 - Left back outside edge
 - Right forward outside three turn
 - Left backward outside edge
 - Step forward to RFO edge
 - Glide on two feet back to centre
 - Left forward outside three turn
 - Right back outside edge
 - Left forward outside three turn
 - Right back outside edge
 - Left forward outside three turn

- Right back outside edge
- Step forward to LFO edge
- Glide on two feet back to centre

A minimum of three, three-turn/back edge sequence per circle must be performed



e) The average hypothetical score is 4.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 4.00 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

Level 5 Figure – Free Skating program

- Well balanced Free program with emphasis placed on spins, spin combinations, change of foot spins, all single jumps except axle, single jump combinations and footwork.
- Duration 2 minutes 30 seconds +/- 10 seconds
- The program can contain only Level 1, 2,3,4 and 5 elements and at least 4 of the following free skating elements. No more than 2 two jump combinations is permitted. 8 elements are to be selected by the skater as technical elements to be called and identified on the planned program sheet.

- Single rotation jumps
- Single rotation combination jumps
- Change of foot spins
- Change of position spins

d) The factor for the Program components score is 2.5.

e) The average hypothetical score is 12.30. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

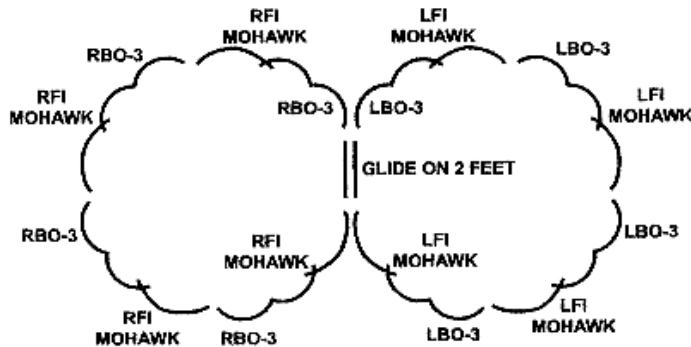
$$\text{WPI\%} \times 12.30 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

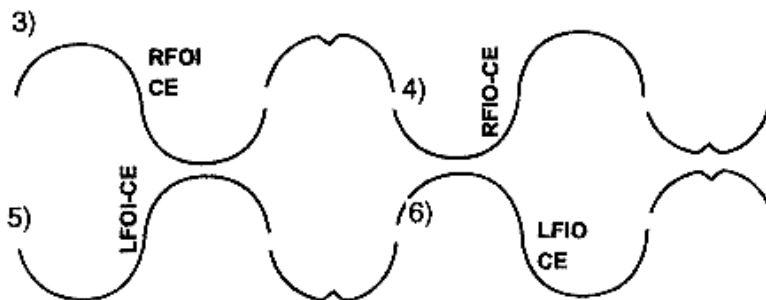
Level 5 Figure – Compulsory Elements Group

The skater has two opportunities to perform the following elements. Skater starts elements at a point designated by the referee and begins elements when so instructed by the referee.

- The following two Elements will be performed in a figure eight pattern. Glide on two feet into left backward outside three turn into left forward inside Mohawk repeat to complete first half of figure eight.
- Glide on two feet into right backward outside three turn into right forward inside Mohawk repeat to complete second half of figure eight.



- The following element will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used.
Right forward outside to inside change of edge into left forward inside three turn. (See Diagram #3)
Right forward inside to outside change edge into left forward outside three turn. (See Diagram #4)
- The following element will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used.
Left forward outside to inside change edge into right forward inside three turn. (See Diagram #5)
Left forward inside to outside change edge into right forward outside three turn. (See Diagram #6)



Level 6 Figure – Free Skating program

a) Well balanced Free program of an advanced nature including axles and multi rotation jumps.

b) Duration 3 minutes +/- 10 seconds

c) The program can contain Level 1, 2,3,4 and 5 elements and at least 4 of the following free skating elements including a step sequence must be included. No more than 2 two jump combinations are permitted and no element of an identical nature may be repeated. Triple and double jumps can be repeated once in combination. 9 elements are to be selected by the skater as technical elements to be called and identified on the planned program sheet.

- Flying spins
- Change of foot spins
- Change of position spins
- Axles
- Double jumps
- Triple jumps
- Combination jumps
- Step sequences

d) The factor for the program component score is 2.5

e) The average hypothetical score is 15.20. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

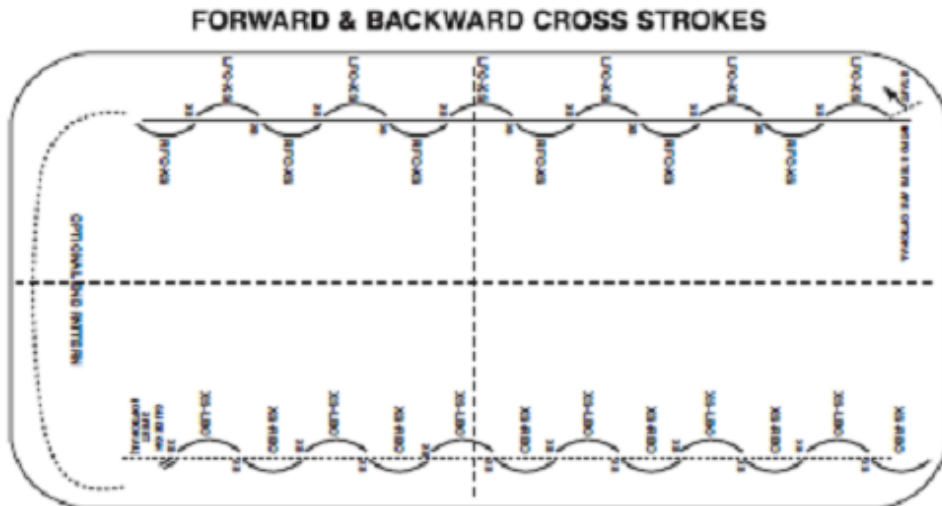
$$\text{WPI\%} \times 15.20 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

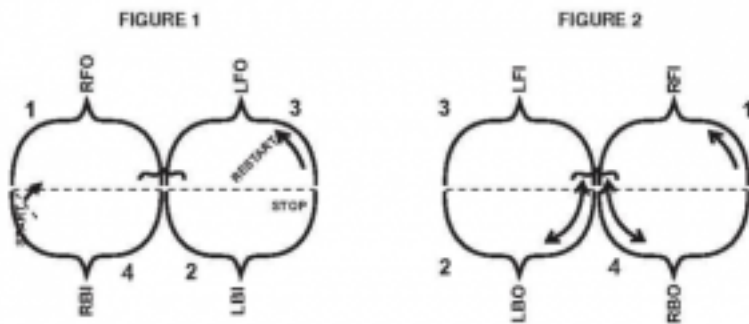
Level 6 Figure – Compulsory Elements Group

The skater has two opportunities to perform the following elements. Skater starts elements at a point designated by the referee and begins elements when so instructed by the referee.

- Forward cross--strokes down the entire length of the rink. Introduction steps are optional at the beginning of the element and an optional end pattern may be used between the forward and backward cross-strokes.
- Backward cross-strokes down the entire length of the rink.



- Beginning at the top of the circle Right forward outside bracket ... At centre of figure eight push backwards into a left backward inside bracket stop (Beginning at the top of the circle and closing up the circle) left forward outside bracket ... at centre push backward into a right back inside bracket stop (closing up circle). See Figure 1
- Beginning at the top of the circle Right forward inside bracket ... At centre of figure eight push backwards into a left backward outside bracket stop (Beginning at the top of the circle and closing up the circle) left forward inside bracket ... at centre push backward into a right back outside bracket stop (closing up circle). See Figure 2



The average hypothetical score is 5.00. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

$$\text{WPI\%} \times 5.00 = \text{Impairment Compensation}$$

$$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$$

Level 7 Figure (ISU Junior)

a) Well balanced Free program with technical requirements specified for ISU Junior program and in accordance with ISU Technical Rules Single and Pair Skating 2010 Rule 512 and the respective ISU Communication. No short program will be required.

b) No age restrictions apply

c) Duration

Men - 4 minutes +/- 10 sec.

Ladies - 3 minutes 30 seconds +/- 10 sec.

d) The average hypothetical score is 48.00 for Ladies and 58.00 for Men. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

e.g. $\text{WPI\%} \times 48.00 = \text{Impairment Compensation}$

Impairment Compensation + IJS Skating Score = Skaters Total Score

Level 8 Figure (ISU Senior)

a) Well balanced Free program with technical requirements specified for ISU Senior program and in accordance with ISU Technical Rules Single and Pair Skating 2010 Rule 512 and the respective ISU Communication. No short program will be required.

b) Duration

Men - 4 minutes 30 seconds +/- 10 sec.

Ladies - 4 minutes +/- 10 sec.

c) The average hypothetical score is 55.00 for Ladies and 68.00 for Men. Skaters who are classified will have their whole person impairment percentage (WPI%) of the average hypothetical score added to their skating score as follows.

e.g. $WPI\% \times 55.00 = \text{Impairment Compensation}$

$\text{Impairment Compensation} + \text{IJS Skating Score} = \text{Skaters Total Score}$

FACILITATORS

Competitors may either skate alone or with a facilitator who will be allowed to assist the competitor during his or her performance to the extent necessary and as approved by the Classification process. The facilitator will not be judged as a competitor in the event and the facilitator must be an eligible person under ISU rules. See "Facilitators" below for further details.

Facilitators will be allowed on the ice e.g. to act as a guide for the visually impaired, to assist the timing of the start for the hearing impaired.

List of elements – IS Scale of values

Name of Element and Abbreviation	Element Sort. Type	-3 -2 -1 Base Value +1 +2 +3
Forward Swizzles FSw	IS001 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
Backward Swizzles BSw	IS002 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
One foot snowplow-stop (L or R) stop	IS003 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
Forward stroking		
+ fw to bw 2 foot turn FS&FBT	IS004 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Backward stroking		
+ bw to fw 2 foot turn BS&BFT	IS005 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Forward stroking + T stop FS&tstop	IS006 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Forward Crossovers in figure 8 FX8	IS007 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Simple Footwork		
Forward Outside Edges sfFO	IS008 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Simple Footwork		
Forward Inside Edges sfFI	IS009 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Forward Outside three turns (L + R) FO3T	IS010 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Forward Inside Mohawk (L + R) FIM	IS011 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Simple Footwork		
Backward Outside Edges sfBO	IS012 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Simple Footwork Backward Inside Edges sfBI	IS013 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Simpler footwork (Mohawk step.seq) sfm	IS014 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Simpler footwork (Waltz three step.seq) sfw	IS015 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Simple Footwork left back sflb	IS016 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Simple Footwork Right Back sfrb	IS017 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Simple Footwork Right Change sfrc	IS018 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Simple Footwork left change sflc	IS019 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Forward cross strokes FXS	IS020 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Backward cross strokes BXS	IS021 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Simple Footwork Outside Bracket sfob	IS022 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Simple Footwork Inside Bracket sfib	IS023 B	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Forward March or stroking FS	IS024 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
Backward Wiggle or March BW	IS025 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
Forward 2 foot glide F2G	IS026 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
Backward 2 foot glide B2G	IS027 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
Forward gliding dip FGd	IS028 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
Forward Gilde FG	IS029 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
2 foot jump 2J	IS030 J	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
2 foot edges F2E	IS031 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
Forward to Backward Turn FBT	IS032 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
Forward Swizzle (1 foot) FSw2 FSw	IS033 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Backward Swizzle (1 foot) BSw2 BSw	IS034 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Backward Glide BG	IS035 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Bunny hop bh	IS036 J	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
T-stop (L or R) Tstop	IS037 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Hockey stop Hstop	IS038 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Backward stroking BS	IS039 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Forward to Backward Turn Gliding FBTG	IS040 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Backward to Forward Turn Gliding BFTG	IS041 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Forward Pivot Fp	IS042 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
2 foot Upright Spin 2footUSp	IS043 O	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Forward to Backward Turn on Edges FBTE	IS044 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Forward Inside Three-turn (L + R) FI3T	IS045 J	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Forward spiral Fspiral	IS046 U	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Forward crossovers (L + R) FX	IS047 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Backward crossovers (L + R) BX	IS048 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Forward Lunge or Drag Fdrag	IS049 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Shoot the duck (at any depth) Fduck	IS050 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Waltz jump 1W	IS051 J	-0,3 -0,2 -0,1 0,4 0,2 0,4 0,6
Waltz jump (downgrade) 1W<	IS051 J	-0,3 -0,2 -0,1 0,3 0,2 0,4 0,6
One foot spin 1footUSp	IS052 O	-0,3 -0,2 -0,1 0,6 0,2 0,4 0,6
Simpler footwork		
(eg Mohawk step seq/ Waltz three step seq) sf	IS053 S	-0,3 -0,2 -0,1 0,5 0,1 0,2 0,3
Backward Spiral Bspiral	IS054 U	-0,3 -0,2 -0,1 0,5 0,2 0,4 0,6
1/2 rev jump 1H	IS057 J	-0,3 -0,2 -0,1 0,4 0,2 0,4 0,6
1/2 rev jump (downgrade) 1H<	IS057 J	-0,3 -0,2 -0,1 0,3 0,2 0,4 0,6
Intermediate position Spin IPSp	IS058 O	-0,6 -0,4 -0,2 0,9 0,3 0,6 0,9
Beginning Back two foot spin 2footBSp	IS059 O	-0,6 -0,4 -0,2 0,9 0,3 0,6 0,9
Forward 2 foot Swizzle F2Sw	IS060 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
Backward 2 foot Swizzle B2Sw	IS061 B	-0,3 -0,2 -0,1 0,3 0,1 0,2 0,3
Forward Outside Edge FOE	IS062 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3
Forward Inside Edge FIE	IS063 B	-0,3 -0,2 -0,1 0,4 0,1 0,2 0,3

FREE SKATING JUDGING GUIDELINES INCLUSIVE SKATING LEVELS 1 TO 6

FREESKATING GUIDANCE ON GOE						
PLUS 3 (Excellent)	PLUS 2 (Very Good)	PLUS 1 (Good)	BASE (Satisfactory)	MINUS 1 (Hesitant)	MINUS 2 (Needs Improvement)	MINUS 3 (Needs Improvement)
<ul style="list-style-type: none"> - Exceptional form and positions. - Excellent flow throughout with continuous action. - Balance and confidence through all of transitions. - the character of the music captured throughout the sequence or element - Seamlessly integrated with sequence. - clean edges in all turns 	<ul style="list-style-type: none"> - Strong flow - Strong form and positions. - Balance and confidence through most of transitions. - the character of the music captured by part of the sequence or element - clean edges in most of turns 	<ul style="list-style-type: none"> - Correct execution of all element or edge. - Good balance through majority of transitions. - Confident entrance - some attempt to show character of the music - clean edges in majority of turns 	<ul style="list-style-type: none"> - Correct execution of majority of element. - Adequate flow throughout majority of movement. - clean edges in some turns 	<ul style="list-style-type: none"> - Some breaks in form. - A couple balance checks through more difficult sections of the sequence or transition. - Slight caution on entry. - turns tend to have flats 	<ul style="list-style-type: none"> - Minus 1 with one minor error. - Base with 2 minor errors. 	<ul style="list-style-type: none"> - Major errors or more than two minor errors.
SPINS						
<ul style="list-style-type: none"> - seamless entry - fluid rotation - exceptional positions 	<ul style="list-style-type: none"> - smooth entry - sustained rotation - strong positions 	<ul style="list-style-type: none"> - stable and sustained rotation 	<ul style="list-style-type: none"> Controlled entry and rotation 	<ul style="list-style-type: none"> Hesitant entry and rotation 	<ul style="list-style-type: none"> - Off balance entry rotation speed deteriorates 	<ul style="list-style-type: none"> - awkward entry - very slow rotation
<p>Increase the grade (positive aspects)</p> <p>+1: 2 bullets +2: 4 bullets +3: 6 bullets</p> <ol style="list-style-type: none"> 1) good energy and execution 2) good speed or acceleration during sequence 3) good clarity and precision 4) deep clean edges (including entry and exit of all turns) 5) good control and commitment of whole body to accuracy of steps 6) creativity and originality 7) effortless throughout 8) element matched to the musical structure 9) holding positions (3 seconds) 10) Distance (further than the length of the skaters body) 11) good balance/ body control 12) good carriage 		<p>Reduce the grade by "1" for each of the following errors (cumulative):</p> <ul style="list-style-type: none"> - unclear, poor quality of steps, turns, positions eg. Stop in action or skid in turn, element or edge - part of element is omitted or element is not according to requirements - poor speed and Execution or short distance (considerably shorter than the length of the skater's body) - Poor balance/ body control 			<p>Reduce the grade by "2" for</p> <ul style="list-style-type: none"> - Stumble - touch down of free foot or hand(s) - major omission of requirements <p>Reduce the grade by "3" for</p> <ul style="list-style-type: none"> - Fall - total failure of requirements or element 	

SUGGESTED RANGES OF PROGRAM COMPONENT SCORES					
Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Skating Skills (Edge Quality/ Ice Coverage)	<ul style="list-style-type: none"> edges lack depth - erratic flow and glide - little or no lean, stiff knees - lack of control, toe pushing - no variety of turns - weak ability to maintain speed - weak flow in movement - lack or power 	<ul style="list-style-type: none"> - edges with some depth - reasonable flow, glide + some lean - some lack of control in turns - basic turns throughout program - some ability to maintain speed reasonable flow in movement - some rough transitions from step to step - some power shown throughout the program 	<ul style="list-style-type: none"> - edges skated flow, glide and lean - turns are reasonably clean and controlled - some variety of turns throughout the program - maintains speed - moderate flow in movement - adequate power shown throughout the program 	<ul style="list-style-type: none"> strong edges skated with consistent flow, glide and lean - strong execution of turns - appears effortless - interesting variety of turns - demonstrates superior ability to maintain speed - continuous even flow in movement - superior power shown throughout the program 	Beyond highest expectations of Impaired Skating program
Performance/ Execution Ease of Motion/Posture)	<ul style="list-style-type: none"> - weak positions - use of only one body part e.g. arms 	<ul style="list-style-type: none"> - adequate positions - some use of different parts of the body 	<ul style="list-style-type: none"> - consistent positions - adequate use of arms, legs, head etc. 	<ul style="list-style-type: none"> - distinct positions - well coordinated use of arms, legs, head etc. 	Beyond highest expectations of Impaired Skating program
Performance/ Execution (Carriage & Line/ Use of Whole Body)	<ul style="list-style-type: none"> - little or no relation of manner of skating or positions to music and/or theme - use of only one body part e.g. arms to express theme - little or no use of personal space, eg. skating upright throughout 	<ul style="list-style-type: none"> - positions and manners of skating generally appropriate to music and theme - some use of different parts of the body to express theme within the program - limited use of "personal" space 	<ul style="list-style-type: none"> - positions and manner of skating appropriate to music and theme - adequate use of arms, legs, head etc., to express the theme through most of the program - some variation in use of "personal" space 	<ul style="list-style-type: none"> - positions and manner of skating original and innovative - strong use of body to display conviction - interesting varied use of "personal" space 	Beyond highest expectations of Impaired Skating program

IS Skating
LEVEL 1 LADIES (CE) COMPULSORY ELEMENTS

Judge

1

	Planned Element	Executed Element	Comments	GOE 1 st Attempt	GOE 2 nd Attempt	GOE Best Attempt	Program Components	
							Performance/ Execution	
1	F2Sw Forward 2 foot swizzles							
2	B2Sw Backward 2 foot Swizzles							
3	Stop One foot forward snowplow stop (L or R)							

Costume/Prop Violation:

Comments:

Signature:

COMPULSORY ELEMENTS GROUP GUIDANCE ON GOE

PLUS 3 (Excellent)	PLUS 2 (Very Good)	PLUS 1 (Good)	BASE (Satisfactory)	MINUS 1 (Hesitant)	MINUS 2 (Needs Improvement)	MINUS 3 (Needs Improvement)
<ul style="list-style-type: none"> - Exceptional form and positions. - Excellent flow throughout with continuous action. 	<ul style="list-style-type: none"> - Strong flow - Strong form and positions. - Balance and confidence through all transitions. - Seamlessly integrated with sequence. 	<ul style="list-style-type: none"> - Correct execution of all element or edge. - Good balance through majority of transitions. - Confident entrance. 	<ul style="list-style-type: none"> - Correct execution of majority of element. - Adequate flow throughout majority of movement. 	<ul style="list-style-type: none"> - Some breaks in form. - A couple balance checks through more difficult sections of the sequence. - Slight caution on entry. 	<ul style="list-style-type: none"> - Minus 1 with one minor error. - Base with 2 minor errors. 	<ul style="list-style-type: none"> - Major errors or more than two minor errors.
Increase the grade (positive aspects) +1: 2 bullets +2 : 4 bullets +3 : 6 bullets 1) Good carriage 2) Good shape 3) Symmetry 4) Smoothness 5) Control of edges 6) Control of turns		Reduce the grade by "1" for each of the following errors (cumulative): - stop in action or skid in element - part of element is omitted - element is not according to requirements - poor speed and execution - short distance (considerably shorter than the length of the skater's body) - Poor balance/ body control			Reduce the grade by "2" for - Stumble - touch down of free foot or hand(s) Reduce the grade by "3" for - Fall	

SUGGESTED RANGES OF PROGRAM COMPONENT SCORES

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Performance/ Execution (Ease of Motion/ Posture)	<ul style="list-style-type: none"> - weak positions - edges lack depth - erratic flow and glide - little or no lean, stiff knees - lack of power, control, toe pushing - weak ability to maintain speed - weak flow in movement 	<ul style="list-style-type: none"> - adequate positions - edges with some depth + some lean - reasonable flow in movement, glide - some lack of control in turns - some power + ability to maintain speed - some rough transitions 	<ul style="list-style-type: none"> - consistent positions - edges skated flow, glide and lean - turns are reasonable clean + controlled - maintains speed - moderate flow in movement - adequate power throughout 	<ul style="list-style-type: none"> - distinct positions - well coordinated - strong edges skated with consistent flow, glide and lean + superior power - strong execution of turns - appears effortless - demonstrates superior ability to maintain speed - continuous flow in movement 	Beyond highest expectations of Impaired Skating program

IS Skating
LEVEL 2 LADIES (CE) COMPULSORY ELEMENTS

Judge

1

	Planned Element	Executed Element	Comments	GOE 1 st Attempt	GOE 2 nd Attempt	GOE Best Attempt
1	FS&FBT Forward stroking and forward to backward 2 foot turn					
2	BS&BFT Backward stroking + backward to forward 2 foot turn					
3	FS&Tstop Forward stroking + T stop					
4	FX8 Forward crossovers in figure 8					

Program Components

Performance/ Execution	

Costume/Prop Violation:

Comments:

Signature:

COMPULSORY ELEMENTS GROUP GUIDANCE ON GOE

PLUS 3 (Excellent)	PLUS 2 (Very Good)	PLUS 1 (Good)	BASE (Satisfactory)	MINUS 1 (Hesitant)	MINUS 2 (Needs Improvement)	MINUS 3 (Needs Improvement)
<ul style="list-style-type: none"> - Exceptional form and positions. - Excellent flow throughout with continuous action. 	<ul style="list-style-type: none"> - Strong flow - Strong form and positions. - Balance and confidence through all transitions. - Seamlessly integrated with sequence. 	<ul style="list-style-type: none"> - Correct execution of all element, turn or edge. - Good balance through majority of transitions. - Confident entrance. 	<ul style="list-style-type: none"> - Correct execution of majority of element. - Adequate flow throughout majority of movement. 	<ul style="list-style-type: none"> - Some breaks in form. - A couple balance checks through more difficult sections of the sequence. - Slight caution on entry. 	<ul style="list-style-type: none"> - Minus 1 with one minor error. - Base with 2 minor errors. 	<ul style="list-style-type: none"> - Major errors or more than two minor errors.
Increase the grade (positive aspects) +1: 2 bullets +2: 4 bullets +3: 6 bullets 1) Good carriage 2) Good shape 3) Symmetry 4) Smoothness 5) Control of edges 6) Control of turns		Reduce the grade by "1" for each of the following errors (cumulative): - stop in action or skid in element - part of element is omitted - element is not according to requirements - poor speed and execution - short distance (considerably shorter than the length of the skater's body) - Poor balance/ body control			Reduce the grade by "2" for - Stumble - touch down of free foot or hand(s) Reduce the grade by "3" for - Fall	

SUGGESTED RANGES OF PROGRAM COMPONENT SCORES

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Performance/ Execution (Ease of Motion/ Posture)	<ul style="list-style-type: none"> - weak positions - edges lack depth - erratic flow and glide - little or no lean, stiff knees - lack of power, control, toe pushing - weak ability to maintain speed - weak flow in movement 	<ul style="list-style-type: none"> - adequate positions - edges with some depth + some lean - reasonable flow in movement, glide - some lack of control in turns - some power + ability to maintain speed - some rough transitions 	<ul style="list-style-type: none"> - consistent positions - edges skated flow, glide and lean - turns are reasonable - clean + controlled - maintains speed - moderate flow in movement - adequate power throughout 	<ul style="list-style-type: none"> - distinct positions - well coordinated - strong edges skated with consistent flow, glide and lean + superior power - strong execution of turns - appears effortless - demonstrates superior ability to maintain speed - continuous flow in movement 	Beyond highest expectations of Impaired Skating program

IS Skating
LEVEL 3 LADIES (CE) COMPULSORY ELEMENTS

Judge

1

	Planned Element	Executed Element	Comments	GOE 1 st Attempt	GOE 2 nd Attempt	GOE Best Attempt	Program Components	
							Performance/ Execution	
1	sfFO Forward Outside edges x 4 consec							
2	sfFI Forward Inside Edges x4 consec							
3	sfFO3T Forward Outside three turns (L +R)							
4	sfFIM Forward Inside mohawks (L + R)							
Costume/Prop Violation:								
Comments:				Signature:				

COMPULSORY ELEMENTS GROUP GUIDANCE ON GOE

PLUS 3 (Excellent)	PLUS 2 (Very Good)	PLUS 1 (Good)	BASE (Satisfactory)	MINUS 1 (Hesitant)	MINUS 2 (Needs Improvement)	MINUS 3 (Needs Improvement)
<ul style="list-style-type: none"> - Exceptional form and positions. - Excellent flow throughout with continuous action. 	<ul style="list-style-type: none"> - Strong flow - Strong form and positions. - Balance and confidence through all transitions. - Seamlessly integrated with sequence. 	<ul style="list-style-type: none"> - Correct execution of all element or edge. - Good balance through majority of transitions. - Confident entrance. 	<ul style="list-style-type: none"> - Correct execution of majority of element. - Adequate flow throughout majority of movement. 	<ul style="list-style-type: none"> - Some breaks in form. - A couple balance checks through more difficult sections of the sequence. - Slight caution on entry. 	<ul style="list-style-type: none"> - Minus 1 with one minor error. - Base with 2 minor errors. 	<ul style="list-style-type: none"> - Major errors or more than two minor errors.
Increase the grade (positive aspects) +1: 2 bullets +2: 4 bullets +3: 6 bullets 1) Good carriage 2) Good shape 3) Symmetry 4) Smoothness 5) Control of edges 6) Control of turns		Reduce the grade by "1" for each of the following errors (cumulative): - stop in action or skid in element - part of element is omitted - element is not according to requirements - poor speed and execution - short distance (considerably shorter than the length of the skater's body) - Poor balance/ body control		Reduce the grade by "2" for - Stumble - touch down of free foot or hand(s) Reduce the grade by "3" for - Fall		

SUGGESTED RANGES OF PROGRAM COMPONENT SCORES

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Performance/ Execution (Ease of Motion/ Posture)	<ul style="list-style-type: none"> - weak positions - edges lack depth - erratic flow and glide - little or no lean, stiff knees - lack of power, control, toe pushing - weak ability to maintain speed - weak flow in movement 	<ul style="list-style-type: none"> - adequate positions - edges with some depth + some lean - reasonable flow in movement, glide - some lack of control in turns - some power + ability to maintain speed - some rough transitions 	<ul style="list-style-type: none"> - consistent positions - edges skated flow, glide and lean - turns are reasonable - clean + controlled - maintains speed - moderate flow in movement - adequate power throughout 	<ul style="list-style-type: none"> - distinct positions - well coordinated - strong edges skated with consistent flow, glide and lean + superior power - strong execution of turns - appears effortless - demonstrates superior ability to maintain speed - continuous flow in movement 	Beyond highest expectations of Impaired Skating program

IS Skating
LEVEL 4 LADIES (CE) COMPULSORY ELEMENTS

Judge

1

	Planned Element	Executed Element	Comments	GOE 1 st Attempt	GOE 2 nd Attempt	GOE Best Attempt
1	sfBO Back Outside edges x 4 consec.					
2	sfBI Back Inside edges x 4 consec					
3	Sfm Forward cross mohawk back cross step x2 L+R					
4	Sfw FO 3 turn back edge x2 L+R					
Costume/Prop Violation:						

Program Components

Skating Skills	
Performance/ Execution	

Comments:

Signature:

COMPULSORY ELEMENTS GROUP GUIDANCE ON GOE

PLUS 3 (Excellent)	PLUS 2 (Very Good)	PLUS 1 (Good)	BASE (Satisfactory)	MINUS 1 (Hesitant)	MINUS 2 (Needs Improvement)	MINUS 3 (Needs Improvement)
<ul style="list-style-type: none"> - Exceptional form and positions. - Excellent flow throughout with continuous action. 	<ul style="list-style-type: none"> - Strong flow - Strong form and positions. - Balance and confidence through all transitions. - Seamlessly integrated with sequence. 	<ul style="list-style-type: none"> - Correct execution of all element or edge. - Good balance through majority of transitions. - Confident entrance. 	<ul style="list-style-type: none"> - Correct execution of majority of element. - Adequate flow throughout majority of movement. 	<ul style="list-style-type: none"> - Some breaks in form. - A couple balance checks through more difficult sections of the sequence. - Slight caution on entry. 	<ul style="list-style-type: none"> - Minus 1 with one minor error. - Base with 2 minor errors. 	<ul style="list-style-type: none"> - Major errors or more than two minor errors.
Increase the grade (positive aspects) +1: 2 bullets +2 : 4 bullets +3 : 6 bullets 1) Good carriage 2) Good shape 3) Symmetry 4) Smoothness 5) Control of edges 6) Control of turns		Reduce the grade by "1" for each of the following errors (cumulative): - stop in action or skid in element - part of element is omitted - element is not according to requirements - poor speed and Execution - short distance (considerably shorter than the length of the skater's body) - Poor balance/ body control		Reduce the grade by "2" for - Stumble - touch down of free foot or hand(s) Reduce the grade by "3" for - Fall		

SUGGESTED RANGES OF PROGRAM COMPONENT SCORES

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Skating Skills (Edge Quality/ Ice coverage)	<ul style="list-style-type: none"> - edges lack depth - erratic flow and glide - little or no lean, stiff knees - lack of power, control, toe pushing - weak ability to maintain speed - weak flow in movement 	<ul style="list-style-type: none"> - edges with some depth - reasonable flow in movement, glide + some lean - some lack of control in turns - some power + ability to maintain speed - some rough transition 	<ul style="list-style-type: none"> - edges skated flow, glide and lean - turns are reasonable - clean + controlled - maintains speed - moderate flow in movement - adequate power throughout 	<ul style="list-style-type: none"> - strong edges skated with consistent flow, glide and lean - strong execution of turns - appears effortless - demonstrates superior ability to maintain speed - continuous flow in movement - superior power 	Beyond highest expectations of Impaired Skating program
P/E(Ease of Motion/ Posture)	- weak positions	- adequate positions	- consistent positions	- distinct positions - well coordinated	As above

IS Skating
LEVEL 5 LADIES (CE) COMPULSORY ELEMENTS

Judge

1

	Planned Element	Executed Element	Comments	GOE 1 st Attempt	GOE 2 nd Attempt	GOE Best Attempt	Program Components	
							Skating Skills	
1	sflb Left BO three mohawk x4							
2	sfrb Right BO three Mohawk x4							
3	sfrc RFO change of edge LFI Three RFI change of edge LFO Three							
4	sflc LFO change of edge RFI Three RFO change of edge RFO Three							
Costume/Prop Violation:								
Comments:							Signature:	

COMPULSORY ELEMENTS GROUP GUIDANCE ON GOE

PLUS 3 (Excellent)	PLUS 2 (Very Good)	PLUS 1 (Good)	BASE (Satisfactory)	MINUS 1 (Hesitant)	MINUS 2 (Needs Improvement)	MINUS 3 (Needs Improvement)
<ul style="list-style-type: none"> - Exceptional form and positions. - Excellent flow throughout with continuous action. 	<ul style="list-style-type: none"> - Strong flow - Strong form and positions. - Balance and confidence through all transitions. - Seamlessly integrated with sequence. 	<ul style="list-style-type: none"> - Correct execution of all element or edge. - Good balance through majority of transitions. - Confident entrance. 	<ul style="list-style-type: none"> - Correct execution of majority of element. - Adequate flow throughout majority of movement. 	<ul style="list-style-type: none"> - Some breaks in form. - A couple balance checks through more difficult sections of the sequence. - Slight caution on entry. 	<ul style="list-style-type: none"> - Minus 1 with one minor error. - Base with 2 minor errors. 	<ul style="list-style-type: none"> - Major errors or more than two minor errors.
Increase the grade (positive aspects) +1: 2 bullets +2: 4 bullets +3: 6 bullets 1) Good carriage 2) Good shape 3) Symmetry 4) Smoothness 5) Control of edges 6) Control of turns		Reduce the grade by "1" for each of the following errors (cumulative): - stop in action or skid in element - part of element is omitted - element is not according to requirements - poor speed and Execution - short distance (considerably shorter than the length of the skater's body) - Poor balance/ body control		Reduce the grade by "2" for - Stumble - touch down of free foot or hand(s) Reduce the grade by "3" for - Fall		

SUGGESTED RANGES OF PROGRAM COMPONENT SCORES

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Skating Skills	<ul style="list-style-type: none"> edges lack depth - erratic flow and glide - little or no lean, stiff knees - lack of power, control, toe pushing - weak ability to maintain speed weak flow in movement 	<ul style="list-style-type: none"> edges with some depth - reasonable flow in movement, glide + some lean - some lack of control in turns - some power + ability to maintain speed - some rough transition 	<ul style="list-style-type: none"> - edges skated flow, glide and lean - turns are reasonable clean + controlled - maintains speed - moderate flow in movement - adequate power throughout 	<ul style="list-style-type: none"> strong edges skated with consistent flow, glide and lean - strong execution of turns - appears effortless - demonstrates superior ability to maintain speed - continuous flow in movement - superior power 	Beyond highest expectations of Impaired Skating program
P/E (Ease of Motion/ Posture)	- weak positions	- adequate positions	- consistent positions	- distinct positions - well coordinated	As above

IS Skating
LEVEL 6 LADIES (CE) COMPULSORY ELEMENTS

Judge

1

	Planned Element	Executed Element	Comments	GOE 1 st Attempt	GOE 2 nd Attempt	GOE Best Attempt
1	FXS Forward cross strokes					
2	BXS Backward cross strokes					
3	sfob Simple footwork outside bracket					
4	sfib Simple footwork inside bracket					
Costume/Prop Violation:						

Program Components

Skating Skills	
Performance/ Execution	

Comments:

Signature:

COMPULSORY ELEMENTS GROUP GUIDANCE ON GOE

PLUS 3 (Excellent)	PLUS 2 (Very Good)	PLUS 1 (Good)	BASE (Satisfactory)	MINUS 1 (Hesitant)	MINUS 2 (Needs Improvement)	MINUS 3 (Needs Improvement)
<ul style="list-style-type: none"> - Exceptional form and positions. - Excellent flow throughout with continuous action. 	<ul style="list-style-type: none"> - Strong flow - Strong form and positions. - Balance and confidence through all transitions. - Seamlessly integrated with sequence. 	<ul style="list-style-type: none"> - Correct execution of all element or edge. - Good balance through majority of transitions. - Confident entrance. 	<ul style="list-style-type: none"> - Correct execution of majority of element. - Adequate flow throughout majority of movement. 	<ul style="list-style-type: none"> - Some breaks in form. - A couple balance checks through more difficult sections of the sequence. - Slight caution on entry. 	<ul style="list-style-type: none"> - Minus 1 with one minor error. - Base with 2 minor errors. 	<ul style="list-style-type: none"> - Major errors or more than two minor errors.
Increase the grade (positive aspects) +1: 2 bullets +2: 4 bullets +3: 6 bullets 1) Good carriage 2) Good shape 3) Symmetry 4) Smoothness 5) Control of edges 6) Control of turns		Reduce the grade by "1" for each of the following errors (cumulative): - stop in action or skid in element - part of element is omitted - element is not according to requirements - poor speed and Execution - short distance (considerably shorter than the length of the skater's body) - Poor balance/ body control		Reduce the grade by "2" for - Stumble - touch down of free foot or hand(s) Reduce the grade by "3" for - Fall		

SUGGESTED RANGES OF PROGRAM COMPONENT SCORES

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Skating Skills	<ul style="list-style-type: none"> edges lack depth - erratic flow and glide - little or no lean, stiff knees - lack of power, control, toe pushing - weak ability to maintain speed weak flow in movement 	<ul style="list-style-type: none"> edges with some depth - reasonable flow in movement, glide + some lean - some lack of control in turns - some power + ability to maintain speed - some rough transition 	<ul style="list-style-type: none"> - edges skated flow, glide and lean - turns are reasonable clean + controlled - maintains speed - moderate flow in movement - adequate power throughout 	<ul style="list-style-type: none"> strong edges skated with consistent flow, glide and lean - strong execution of turns - appears effortless - demonstrates superior ability to maintain speed - continuous flow in movement - superior power 	Beyond highest expectations of Impaired Skating program
P/E (Ease of Motion/ Posture)	- weak positions	- adequate positions	- consistent positions	- distinct positions - well coordinated	As above

