

## Adult 1-6 Free Skate

### GENERAL EVENT PARAMETERS:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times each element is executed, or length of glides, number of revolutions, etc., unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- To be skated on full ice with music.
- Skaters must demonstrate the required elements and may use, but are not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element missing and for those elements performed from a higher level.

LEVEL	TIME	ELEMENTS
ADULT 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzles (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
ADULT 2	1:40 max	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
ADULT 3	1:40 max	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chassés on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, right and left</li> </ul>
ADULT 4	1:40 max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
ADULT 5	1:40 max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin (minimum 2 revolutions)</li> </ul>
ADULT 6	1:40 max	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (minimum 2 revolutions on 1 foot)</li> </ul>