

Adult 1-6 Elements

- The skating order of the elements is optional; elements may only be attempted once
- To be skated on half ice in simple program format with limited connecting steps
- (CJS) Judges will reduce their technical element mark by 0.25 for each element missing, repeated or from a higher level

LEVEL	TIME	ELEMENTS
ADULT 1	1:30 max	• Forward marching • Forward two-foot glide • Forward swizzles (4-6 in a row) • Forward snowplow stop – two feet or one foot
ADULT 2	1:30 max	• Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
ADULT 3	1:30 max	• Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chassés on a circle, clockwise and counterclockwise • Backward snowplow stop, right and left
ADULT 4	1:30 max	• Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
ADULT 5	1:30 max	• Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (minimum 2 revolutions)
ADULT 6	1:30 max	• Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (minimum 2 revolutions on 1 foot)