

## Team Compulsory

**FORMAT:** The designated skater from each team will perform their chosen element in sequence on full ice with no music and will follow this format:

1. Each team must have three to four skaters; each skater must do at least one required element
2. Teams will be directed to find a “base” for their team on the ice along the boards where they will stay for the full event
3. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed
4. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
5. Once all the teams have had their skaters complete the element, the next element will be called
6. Judges will assess a GOE for each completed element

| LEVEL                                                  | JUMPS/STOPS                                                                                                                                                                          | SPINS/TURNS/GLIDES                                                                                                                                                                                                                          | SKATING SKILLS                                                                                                                                                                                                              |
|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SNOWPLOW<br/>SAM – BASIC<br/>3, HOCKEY 1-4</b>      | <ul style="list-style-type: none"> <li>Wiggles, two-foot swizzles forward or backward (4-8 in a row)</li> <li>Snowplow stop (one or both feet) or hockey stop (with skid)</li> </ul> | <ul style="list-style-type: none"> <li>Curves, glide turns, or hockey turns (right and left, forward)</li> <li>March then glide on two feet or forward one-foot glide on left and right foot (one-time skater’s height, forward)</li> </ul> | <ul style="list-style-type: none"> <li>Forward half-swizzle pumps or forward C-cuts on a circle (right and left, 6-8 consecutive)</li> </ul>                                                                                |
| <b>BASIC 4 –<br/>BASIC 6</b>                           | <ul style="list-style-type: none"> <li>Side toe hop, bunny hop, ballet jump or mazurka</li> <li>Waltz jump</li> </ul>                                                                | <ul style="list-style-type: none"> <li>Forward inside pivot or two-foot spin (min. 3 revs.)</li> <li>One-foot upright spin, optional entry and free foot position (min. 3 revs.)</li> </ul>                                                 | <ul style="list-style-type: none"> <li>Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)</li> </ul>                                                                      |
| <b>ASPIRE 1-4</b>                                      | <ul style="list-style-type: none"> <li>Single jump (no Axel)</li> <li>Jump combination or jump sequence (no Axel allowed)</li> </ul>                                                 | <ul style="list-style-type: none"> <li>Solo spin (scratch spin, layback, camel or sit), min. 3 revs., no flying entry)</li> <li>Combo spin: one change of foot, change of position optional (min. 3 revs. on each foot)</li> </ul>          | <ul style="list-style-type: none"> <li>Choreographic Step sequence (ChSt)</li> </ul>                                                                                                                                        |
| <b>ADULT 1-6</b>                                       | <ul style="list-style-type: none"> <li>Forward snowplow stop</li> <li>Lunge</li> </ul>                                                                                               | <ul style="list-style-type: none"> <li>Forward swizzles, 4-6 in a row</li> <li>Backward one-foot glide, right and left</li> </ul>                                                                                                           | <ul style="list-style-type: none"> <li>Forward chassés on a circle, clockwise and counterclockwise</li> </ul>                                                                                                               |
| <b>ADULT<br/>BEGINNER/<br/>ADULT HIGH<br/>BEGINNER</b> | <ul style="list-style-type: none"> <li>Bunny hop</li> <li>Waltz jump</li> </ul>                                                                                                      | <ul style="list-style-type: none"> <li>Beginning one-foot spin from backward crossovers</li> <li>Backward inside three-turn, right and left</li> </ul>                                                                                      | <ul style="list-style-type: none"> <li>Alternating right and left forward outside edges across width of the rink</li> </ul>                                                                                                 |
| <b>ADULT PRE-<br/>BRONZE/<br/>ADULT<br/>BRONZE</b>     | <ul style="list-style-type: none"> <li>Half Flip</li> <li>Salchow jump</li> </ul>                                                                                                    | <ul style="list-style-type: none"> <li>Forward upright spin</li> <li>Backward upright spin</li> </ul>                                                                                                                                       | <ul style="list-style-type: none"> <li>Two forward crossovers into a forward inside C step, step down and cross behind, one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> </ul> |