# Adult 1-6 Free Skate with Music

**GENERAL EVENT PARAMETERS:**

- The skating order of the required elements is optional

- The elements are not restricted to the number of times 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

- Skater must demonstrate the required elements and may use, but is 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

| ADULT 1 — 1:40 MAX |
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| **ELEMENTS** |
| • Forward marching<br>• Forward two-foot glide<br>• Forward swizzle (4-6 in a row)<br>• Forward snowplow stop – two feet or one foot |

| ADULT 2 — 1:40 MAX |
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| **ELEMENTS** |
| • Forward skating across the width of the ice<br>• Forward one-foot glides<br>• Forward slalom<br>• Backward skating<br>• Backward swizzles, 4-6 in a row |

| ADULT 3 — 1:40 MAX |
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| **ELEMENTS** |
| • Forward stroking using the blade properly<br>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise<br>• Backward skating to a long two-foot glide<br>• Forward chasses on a circle, clockwise and counterclockwise<br>• Backward snowplow stop, Right and Left |

| ADULT 4 — 1:40 MAX |
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| **ELEMENTS** |
| • Forward outside edge on a circle, right and left<br>• Forward inside edge on a circle, right and left<br>• Forward crossovers, clockwise and counterclockwise<br>• Backward one-foot glides, right and left<br>• Hockey stop, both directions |

| ADULT 5 — 1:40 MAX |
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| **ELEMENTS** |
| • Backward outside edge on a circle, right and left<br>• Backward inside edge on a circle, right and left<br>• Backward crossovers, clockwise and counterclockwise<br>• Forward outside three-turn, right and left<br>• Beginning two-foot spin |

| ADULT 6 — 1:40 MAX |
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| **ELEMENTS** |
| • Forward stroking with crossover end patterns<br>• Backward stroking with crossover end patterns<br>• Forward inside three-turn, right and left<br>• T-stop<br>• Lunge<br>• Two-foot spin into one-foot spin (min 2 revs on 1 foot) |