# Adult 1-6, Beginner-Bronze Compulsory

- 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
- A 0.2 deduction will be taken for each element missing, repeated or from a higher level

## Adult 1 — 1:30 Max

**Elements**

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop on one or two feet

## Adult 2 — 1:30 Max

**Elements**

- 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

**Elements**

- Forward stroking using the blade properly
- Forward half-swizzle jumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Forward chasses on a circle, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Backward snowplow stop, right and left

## Adult 4 — 1:30 Max

**Elements**

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Hockey stop, both directions
- Backward one-foot glides, right and left

## Adult 5 — 1:30 Max

**Elements**

- Backward outside edge and 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 (min 2 revs)

## Adult 6 — 1:30 Max

**Elements**

- 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 (min 2 revs on 1 foot)

## Adult Beginner — 1:30 Max

**Elements**

- Mazurka
- Waltz jump
- Forward beginning one-foot spin from backward crossovers (min 2 revs)
- Forward moving inside open mohawk (right and left) - heel to instep
- Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)

## Adult High Beginner — 1:30 Max

**Elements**

- Waltz jump
- ½ flip
- Forward upright spin - minimum 2 revolutions
- Forward outside three-turn, right and left
- Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)

## Adult Pre-Bronze — 1:30 Max

**Elements**

- Single toe loop
- Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow - maximum of 2 jumps in combination or 3 jumps in a sequence
- Forward upright spin - minimum 3 revolutions
- Two forward crossovers into a forward inside mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise
- Forward spiral (any edge)

## Adult Bronze — 1:30 Max

**Elements**

- Single Salchow
- Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) - maximum 2 jumps in combination or 3 jumps in a sequence
- Solo spin in one position with no change of foot (min. 3 revolutions)
- Forward inside three-turn, right and left
- Spiral sequence (Minimum 2 spirals)