



# CanSkate Elements Program

In each event, except Stage 7, skaters will perform all three (3) selected elements in the following manner: There must be an opening and closing movement, 1/3 of the ice will be used, maximum time allowed per element program is 45 seconds, and there will be no music. Boys and Girls will perform in the same flights. Skating dress is optional. In the Stage 7 event the skater will perform all four (4) elements.

**Qualifications:** Skaters **must not have passed more** than three (3) complete fundamentals of each stage.

## Stage 7

1. Forward Chasses
2. Backward progressives
3. Sit Spin (one (1) revolution)
4. Waltz Jump (from backward crosscuts)

## Stage 6

1. Backward crosscuts in a figure 8 pattern
2. Forward two (2) foot side stop with speed
3. Turning on a curve forward to backward changing feet

## Stage 5

1. Forward crosscuts in a figure eight (8) pattern
2. One (1) foot side stop
3. Forward power jump

## Stage 4

1. Backward glide on curve (two (2) feet to one (1) foot) either clockwise or counterclockwise.
2. Two (2) foot jump forward to backward and backward to forward on a curve
3. Forward one (1) foot spin (one (1) revolution)

## Stage 3

1. Backward snowplow or backward ½ snowplow
2. Two (2) foot spin picking up alternate feet
3. Two (2) foot jump gliding backward

## Stage 2

1. Forward glide (2 feet to 1 foot)
2. Forward snowplow or forward ½ snowplow
3. Two (2) foot spin

## Stage 1

1. Walking around on the spot
2. Walking backwards (eight (8) steps)
3. Two (2) foot jump on the spot



# CanSkate Team Events

Each team to be made up of four (4) skaters, each skater to perform one (1) element. When a team consists of three skaters, one (1) skater would then perform two (2) elements.

**Stage 7:** Skaters must not have passed more than three (3) complete fundamentals of the Stage 7 Badge.

- Elements:**
1. Backward progressives
  2. Sit Spin (one (1) revolution)
  3. Toe Loop
  4. Forward two (2) foot side stop with speed

**Stage 6:** Skaters must not have passed more than three (3) complete fundamentals of the Stage 6 Badge.

- Elements:**
1. Circle stroking with crosscuts and turns
  2. Turning on a curve – forward to backward – changing feet
  3. Backward circle thrusts (counterclockwise)
  4. One (1) foot spin with forward outside spiraling edged entry (minimum one (1) revolution)

**Stage 5:** Skaters must not have passed more than three (3) complete fundamentals of the Stage 5 Badge.

- Elements:**
1. Forward circle thrusts, counterclockwise
  2. Turning on a curve (backward to forward). Changing feet, either inside or outside
  3. One (1) foot back spin (one (1) revolution)
  4. Forward two (2) foot side stop

**Stage 4:** Skaters must not have passed more than three (3) complete fundamentals of the Stage 4 Badge.

- Elements:**
1. Two (2) foot jump backward to forward on a curve
  2. Forward glide on a curve, two (2) feet to one (1) foot
  3. Forward one (1) foot spin (one (1) revolution)
  4. Backward two (2) foot sculling

**Stage 3:** Skaters must not have passed more than three (3) complete fundamentals of the Stage 3 Badge.

- Elements:**
1. Backward tow (2) foot sculling
  2. Forward snowplow or forward ½ snowplow
  3. Two (2) foot turn forward to backward
  4. Two (2) foot spin picking up alternate feet

**Stage 2:** Skaters must not have passed more than three (3) complete fundamentals of the Stage 2 Badge.

- Elements:**
1. Walking backward with glide
  2. Two (2) foot jump on the spot
  3. Two (2) foot ½ turn on the spot
  4. Forward ½ sit glide