

## 2022-2023 High School – Moves in the Field to Music

	Time	Required Elements
Pre – Preliminary	2:10 max.	1. Forward perimeter stroking – Clockwise direction only 2. Backward outside consecutive edges 3. Forward right foot spiral 4. Waltz Eight
Preliminary	2:20 max.	1. Forward and Backward Crossovers 2. Consecutive outside spirals 3. Forward power three-turns – Right foot only 4. Alternating Bkwd Crossovers to Bkwd Outside Edges
Pre – Juvenile	2:20 max.	1. Forward perimeter power stroking 2. RFO – LBI three-turns in the field 3. Backward Circle Eight 4. Five-step mohawk sequence
Juvenile	2:40 max.	1. Backward power circle – Clockwise only 2. Eight-Step Mohawk Sequence 3. Forward free skate cross strokes 4. Forward double three-turns – Outside only
Intermediate	3:10 max.	1. Spiral sequence – First side only 2. RFO – LBI Brackets in the field sequence 3. Forward twizzles – Inside only 4. Inside slide chasse
Novice	3:40 max.	1. Forward and backward outside counters – Right only 2. Forward outside loops 3. Backward Rocker Choctaw Sequence 4. Backward twizzles – Outside only
Junior	3:40 max.	1. Forward & Backward Inside rockers – Left only 2. Power pulls – Right foot only 3. Choctaw sequence – R – L – R 4. Backward loop sequence – Inside only 5. Straight line step sequence – Right foot start only
Senior	4:10 max.	1. Sustained edge step – Clockwise only 2. Spiral step – Left foot start and side only 3. BO power double three-turns to double inside rockers – Left foot only 4. BI power double three-turns to power double outside rockers – Right foot only 5. Serpentine step sequence – Counterclockwise only

### General event parameters:

1. Each level will skate a program consisting of specified moves in the field elements skated to music of the skater's choice.
2. Each program must contain the specified moves within the required time duration.
  - a. Note: **The time duration is maximum time – no deduction will be given for being under the specified time.**
3. The moves may be skated in any order.
4. Music may be vocal or instrumental.
5. Skaters must wear all black skating attire or costume
6. This will be judged on the 6.0 system.
7. Skaters receive two marks.
  - a. The technical mark will be based on the focuses of the specified moves. Difficulty of transitional elements will not be rewarded in the technical mark.
  - b. The presentation mark will be based on carriage, projection, style, ice coverage, phrasing of movements to music and creativity of transitional elements.