

## Gold Elements

**PART 1: COMPULSORY ELEMENTS IN ISOLATION (14)** A maximum of four elements can be reskated if necessary.

	<i>E</i>	<i>G</i>	<i>S</i>	<i>NI</i>	<i>COMMENTS</i>
*Stroking <small>(draw for direction)</small>  Draw 1 of {					
*Forward Russian with forward inside 3 turns on end					
*Forward Russian with hip twist sequence on end					
*Forward Russian with backward outside 3 turns/ mohawk sequence on end					
Jumps					
Axel					
Double Toe Loop					
Double Salchow					
Double Loop					
Double Flip					
Double Lutz or Double Axel					
Jump Sequence    3 or more jumps (two doubles)					
Jump Combination    2 doubles					
Spins <small>(min. 5 rotations)</small>					
Layback or Sideways Leaning Spin or Upright Variation					
<small>(min. 5 rotations on each foot)</small> <small>(min. 2 rotations in each position)</small>					
Combination - 3 positions min. 1 change of foot					
Flying Sit Spin (optional foot of landing - 5 rotations)					
Field Movements    a sequence of moves utilizing full ice surface					
Step Sequence    one (optional pattern)					
<i>Passing Requirement:</i> 12/14 Elements including *Stroking Exercise must be <i>Satisfactory</i> or better					<b>TOTAL</b> /14
					<b>RESULT</b>