



6.0 SECTIONAL LEVEL TEAMS

Skaters will perform skills individually as well as connected, in partnered or group drills. They should demonstrate an understanding and basic mastery of the skills listed below

Strong "Bilateral Movement" is important at this level – skaters should demonstrate mastery of both Clockwise and Counterclockwise turns and steps

***Skills marked with an asterisk are not required for Preliminary Team consideration**

Basics Skills (required for all 6.0 Sectional Levels):

- **Forward Stroking** – 4-6 strokes to cover long axis; strong posture, power, extension and blade usage expected
- **Forward & Backward Crossovers** – focus on posture, power and extension
- **Forward & Backward Perimeter Stroking** – 4 sets down long axis with emphasis on strong understroke extensions
- **Forward Cross Rolls*** – down the long axis showing strong posture, power and progressive blade usage

Advanced Turns & Steps (Required for some 6.0 Sectional Levels):

- **Back Power 3-Turns** – Preliminary skaters familiar with this skill from Freeskate 5 are encouraged to perform them
- **FO Counters*** – with good power and flow in and out of turn; may be performed in repetitive pattern down long axis
- **FI Brackets*** – with good power and flow in and out of turn; may be performed down long axis in repetitive pattern
- **Back Outside Single or Double Twizzle*** – Using Preliminary Moves BO Extension Pattern (*Preliminary skaters may show Back Outside Double Three Turns)

Field Moves & Field Elements (Required for all 6.0 Sectional Levels):

1. **Spread Eagle Outside** - either direction; choice of entrance, BO entrance preferred
2. **Forward Straight Line Spirals** at 135 degrees or higher
3. **Dance Jumps:** Straight leg Bunny Hops, Half-Flips and Falling Leaves – both directions
4. **Additional Spins/Splits/Flexibility Moves:** Skaters should pick one skill to demonstrate (*your best "tricks"!*)
Emphasis should be put on high quality versus difficulty. Examples:
 - a. Basic Spins Positions or Variations of Basic Positions (Sit, Broken Leg, Pancake, Cannonball; Camel, Catch Camel; Upright Spin with hands above head, Crossfoot spin, Illusion front or back)
 - b. Split or Stag Jumps
 - c. Flexibility Moves: Charlotte, 135 "Y" Extension (same or opposite hand holding), Ina Bauer, Beillman Spirals