



The North County Figure Skating Club

presents

18th Hidden Valley Open Championships

and

Compete USA Open

August 26 -27, 2017

at the

IcePlex Escondido

555 North Tulip Street
Escondido, California 92026

Hosted by

The North County Figure Skating Club

Sanctioned by

United States Figure Skating

Close of Entries: July 29, 2017



18th Hidden Valley Open Championships, Compete USA Open

August 26– 27, 2017

The 18th Hidden Valley Open Championships will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

Test Level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

Age Restrictions/Requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program) must be at least 14 years of age at the close of entries.

Entry Deadline is Saturday, July 29, 2017

Entries must be completed online via Entryeeze no later than 11:59pm, Saturday, July 29, 2017. Late entries, if accepted, will be charged a \$30 late fee. All age requirements are effective as of the close of entries. A credit card processing fee of 4.0% is charged by *The North County FSC*. Processing fees are not refundable, even if the event is canceled or skater withdraws before close of entries.

Event	Level	Fee
Compete USA (Basic Elements, Compulsory)	Snowplow Sam through Basic 8, Free Skate 1-6, Introductory, No Test	\$75
Compete USA (Basic Program, Free Skate)	Snowplow Sam through Basic 8, Free Skate 1-6, Introductory, No Test	\$75
Free Skate	Pre-Preliminary through Juvenile	\$90
Short Program	Juvenile, Open Juvenile	\$80
Free Skate (Short & Long combined)	Intermediate, Novice, Junior, Senior	\$155
Showcase (First Event)	Beginner through Pre-Preliminary	\$45
	Preliminary through Senior, Duets	\$85
Showcase (Additional Events)	All levels	\$40
Adult Skating Events - Singles	All levels	\$90

Refund Policy: Entry fees will not be refunded after July 31, 2017 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$25.00 fee. Payment of the fee will be required before the skater is allowed to participate in events. Notification of competition times will be available on Entryeeze.

Admission Fees: No admission fees will be charged. Each skater will receive his/her own Competitor's Credential. Each coach will receive one Coach's Credential. Coach must be a U.S. Figure Skating Member and a PSA registered Member.

Facilities: The competition will be held at Escondido IcePlex located at 555 North Tulip St., Escondido, California. The competition arena ice surface measures 100' by 200' with slightly rounded corners.

Music: The North County Figure Skating Club music system will accommodate CD, CD-RW-CD (CD preferred). For best results, we recommend that program music be recorded on Music Quality CD disks. Additionally, CDs should be formatted so that music will begin to play immediately (no practice CDs for

the competition, please). Bring a backup copy of your music. The official competition music must be turned in at the registration table at the time of check-in. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but The North County Figure Skating Club cannot be held responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

Liability: U.S. Figure Skating, The North County Figure Skating Club, and IcePlex accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

System of Judging: The International Judging System (IJS) will be used for the following events: Intermediate, Novice, Junior and Senior Short Programs; Open Juvenile, Juvenile, Intermediate, Novice, Junior and Senior Free Skate Program. The 6.0 System will be used for the following events: Pre-Juvenile and below Free Skate Programs, all Showcase Light and Dramatic Programs; all Compulsory Programs; all Compete USA programs. All competitors skating in IJS events need to submit the planned program content form online through Entryeeze. The deadline to submit the form is July 31, 2017.

Registration: A registration desk will be in the lobby of the IcePlex rink on the dates of the competition and will be manned commencing one hour prior to the start of each day's events. All competitors should check in at the registration desk at least 40 minutes prior to their scheduled event. The official bulletin board will list any schedule changes or other information needed by competitors. Events will not be delayed for competitors who arrive late. The competitors should also be ready to check in with the Ice Monitor 15 minutes prior to their event start time.

Practice Ice: Practice Ice prior to the competition must be arranged with IcePlex.

Video Taping and/or Photography: Contractual commitments with our Videographer and Professional Photographer require that we limit all private videotaping and still photographs to your own skater. Any spectator seen shooting either video or stills of a skater other than her/his own shall be removed from the arena. No flash photography is permitted in the arena at any time.

Awards: Medals will be awarded 1 through 4 in all events. There are no final rounds.

Special Awards:

The Aileen Arenson Award will be given to the skater with the best Short Program.

- Aileen Competed in singles through Sectional Juniors.
- Began dancing and won National Junior Dance with Chuck Phillips in 1956.
- Returned to compete in National Gold Dance with Howard Taylor in 1962, following the loss of the World Team.
- National Showcase & Theater On Ice Competition Judge
- Sectional Dance Competition Judge & Referee
- Regional Singles & Pairs Competition Judge & Referee
- International Dance Test Judge
- Gold Figure, Moves in the Field II, Singles, Pairs & Dance Test Judge

We are grateful for the years of service that Aileen has dedicated to our sport and our club.

The Jonathan Geen Award will be presented for the best Compete USA performance.

- Jonathan is a past President of the Escondido Figure Skating Club
- National Single & Pairs Competition Judge
- Regional Singles & Pairs Referee
- Gold Singles & Pairs Test Judge
- Low Figure Test Judge

We are grateful for the years of service that Jonathan has dedicated to our sport and our club.

The Elda Stillwell Award for the best Free Skating program of the Competition.

- Elda is a past President of the Escondido Figure Skating Club
- Elda has donated countless hours behind the scenes in the accounting room.
- National Accountant
- Level 2 Technical Accountants.
- Former National Vice Chair of Accountants

We are grateful for the years of Service that Elda has donated to our sport and our club.

The Morry Stillwell Award for the best Showcase performance.

- Morry is a Past President of the United States Figure Skating Association.
- 43 years ago, along with Jack Curtis, Morry started Showcase as an LA Club Competition.
- 11 years ago, again with Jack Curtis, Morry established National Showcase.
- Morry is Pacific Coast Vice Chair of the Theatrical Committee.
- National Singles, Pairs & Showcase Referee
- National Singles, Pairs & Showcase Judge
- Sectional Dance Competition Judge
- Non-Qualifying Singles Technical Controller
- Non-Qualifying Singles, Pairs & Dance Video Replay
- Gold Figure, Moves in the Field, Singles & Pairs Test Judge
- Silver Dance Test Judge

We are grateful for the years of service that Morry has dedicated to our sport and our club.

The Buzz & Peggy Stark Award will be awarded to the Special Skater judged as having performed the most outstanding program. This award is being given to honor the memory of Buzz & Peggy Stark and their many years of devoted service to the sport of figure skating and their work with special athletes.

Official Notices: The official bulletin board will be located in the Arena Lobby and will list any schedule changes or other information needed by competitors.

Information Regarding Coaches: U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- a. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- b. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- c. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- d. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Compete USA Only coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Learn to Skate Program must have successfully passed the annual background screen and be registered as a Learn to Skate instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation, which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

[http://www.usfigureskating.org/Content/Coaching Compliance Toolkit.pdf](http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf)

Contract Information:

Chair: Lisa Gorman
Phone: (951) 226-8092
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Register Suzie Whitehead
Phone: (760) 803-0785
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Accommodations: The Official Hotel

Holiday Inn Express Hotel & Suites
1250 West Valley Parkway
Escondido, California
Hotel Reservations: 1-800-315-2621
Hotel Front Desk: 1-760-741-7117

Short Program Events

The Intermediate through Senior Short Programs will be combined with the Free Skating Program. Juvenile and Open Juvenile Short Programs will be separate events from the Free Skating Programs. Short Programs will be judged using the IJS Judging Systems. Required elements for the 2017 Short Programs will be those specified online at the US Figure Skating website:

<http://www.usfigureskating.org>.

Age restriction and test qualifications for these events shall be as set forth for the 2017 Skating Season US Figure Skating Rulebook, except as otherwise specified. Register your planned elements online at Entryeze.

Event	Requirement	Program
Juvenile	Open to skaters who have passed the Juvenile Free Skating test, but no higher and who have not reached the age of 14 years of age as of August 27, 2017.	The Short Program is to be skated in accordance Rule 4230, except no triple jumps are permitted, and will be judged and scored using the International Judging System. Program Time: 2:00 Max
Open Juvenile	Open to skaters who have passed the Juvenile Free Skating test, but no higher and are over 13 years of age as of August 27, 2017.	The Short Program is to be skated in accordance Rule 4230, except no triple jumps are permitted, and will be judged and scored using the International Judging System. Program Time: 2:00 Max
Intermediate	Open to skaters who have not reached the age of 18 years and have passed the Intermediate Free Skating Test, but no higher.	The Short Program is to be skated in accordance Rule 4230 and will be judged and scored using the International Judging System Program Time: 2:10 Max
Novice	Open to skaters who have passed the Novice Free Skating test, but no higher	The Short Program is to be skated in accordance Rule 4220 and will be judged and scored using the International Judging System Program Time: 2:30 Max
Junior	Open to skaters who have passed the Junior Free Skating test, but no higher	The Short Program is to be skated in accordance Rule 4200 and will be judged and scored using the International Judging System Program Time: 2:40 Max
Senior	Open to skaters who have passed the Senior Free Skating test	The Short Program is to be skated in accordance Rule 4200 and will be judged and scored using the International Judging System Program Time: 2:40 Max

Free Skating Events

The Pre-Preliminary, Preliminary and Pre-Juvenile events will be judged using the 6.0 Majority System. Open Juvenile and Juvenile through Senior Free Skating events will be judged using the IJS Judging System. Required elements for the 2017 Free Skating Programs will be those specified online at the US Figure Skating website: <http://www.usfigureskating.org>. Age restriction and test qualifications for these events shall be as set forth for the 2017 Skating Season US Figure Skating Rulebook, except as otherwise specified. Register your planned elements online at Entryeze.

Event	Requirement	Program
Pre-Preliminary	Open to skaters who have not passed the Preliminary Free Skating test	The free skating program to be skated in accordance with rule 4270 and scored using the 6.0 Majority System. Program Time: 1:40 Max
Preliminary	Open to skaters who have passed the Pre-Preliminary Free Skating test, but not the Pre-Juvenile Free Skating test	The free skating program to be skated in accordance with rule 4260 and scored using the 6.0 Majority System. Program Time: 1:30 +/- 10 seconds
Pre-Juvenile	Open to skaters who have passed the Preliminary Free Skating test, but not the Juvenile Free Skating test	The free skating program to be skated in accordance with rule 4250 and scored using the 6.0 Majority System. Program Time: 2:00 +/- 10 seconds
Open Juvenile	Open to skaters who have passed the Juvenile Free Skating test, but no higher and are over 13 years of age as of June 15, 2017.	The free skating program to be skated in accordance with rule 4240 and scored using the IJS Judging System. Program Time: 2:20 +/- 10 seconds
Juvenile	Open to skaters who have passed the Juvenile Free Skating test, but no higher and who have not reached the age of 14 years of age as of August 27, 2017.	The free skating program to be skated in accordance with rule 4240 and scored using the IJS Judging System. Program Time: 2:20 +/- 10 seconds
Intermediate	Open to skaters who have passed the Intermediate Free Skating test, but no higher, and who have not reached the age of 18 years of age as of August 38, 2017.	The free skating program to be skated in accordance with rule 4230 and scored using the IJS Judging System. Program Time: 2:40 +/- 10 seconds
Novice	Open to skaters who have passed the Novice Free Skating test, but no higher.	The free skating program to be skated in accordance with rule 4220 and scored using the IJS Judging System. Program Time: Ladies: 3:00 +/- 10 seconds Men: 3:30 +/- 10 seconds
Junior	Open to skaters who have passed the Junior Free Skating test, but no higher.	The free skating program to be skated in accordance with rule 4210 and scored using the IJS Judging System. Program Time: Ladies: 3:30 +/- 10 seconds Men: 4:00 +/- 10 seconds
Senior	Open to skaters who have passed the Senior Free Skating test, but no higher.	The free skating program to be skated in accordance with rule 4200 and scored using the IJS Judging System. Program Time: Ladies: 4:00 +/- 10 seconds Men: 4:30 +/- 10 seconds

ADULT FREE SKATING

Event	Requirement	Program
Adult Pre-Bronze	Passed no higher than the adult pre-bronze free skate test.	The free skating program to be skated in accordance with rule 4600 and scored using the 6.0 Majority System. Program Time: 1:40 Max
Adult Bronze	<p>A. Must have passed at least one of the following:</p> <ol style="list-style-type: none"> 1. The adult bronze free skate test and no higher adult free skate tests. 2. The standard preliminary free skate test and no higher standard free skate test. <p>B. May have passed:</p> <ol style="list-style-type: none"> 1. The 2nd figure skating test and no higher before October 1, 1977. 2. Any figure or moves tests on or after October 1, 1977, and prior to October 1 1979, except the 8th figure test. 3. Any figure or moves test on or after October 1, 1979 	The free skating program to be skated in accordance with rule 4590 and scored using the 6.0 Majority System. Program Time: 1:50 Max
Adult Silver	<p>A. Must have passed at least one of the following:</p> <ol style="list-style-type: none"> 1. The adult silver free skate test and no higher adult free skate test. 2. Before October 1, 1994, the standard juvenile free skate test and no higher free skate tests. 3. On or after October 1, 1994, the standard pre- juvenile free skate test and no higher free skate tests. 4. Prior to October 1, 1977, the 3rd figure test on no higher figure tests. <p>B. May have passed:</p> <ol style="list-style-type: none"> 1. Any figure or moves test on or after October 1, 1977' and prior to October 1, 1979, except the 8th figure test. 2. Any figure of moves test on or after October 1, 1979 	The free skating program to be skated in accordance with rule 4580 and scored using the 6.0 Majority System. Program Time: 2:10 Max
Adult Gold	<p>A. Must have passed at least one of the following:</p> <ol style="list-style-type: none"> 1. The adult gold free skate test 2. The standard juvenile free skate test and: <ol style="list-style-type: none"> a. Prior to October 1, 1991, no higher than the standard intermediate free skate test; b. On or after October 1, 1991, no higher than the standard juvenile free skate test; 3. Prior to October 1, 1977, the 3rd figure test and no higher than the 5th figure test. <p>B. May have passed:</p> <ol style="list-style-type: none"> 1. Any figure tests or moves-in-the- field tests on or after Oct. 1, 1977, and prior to October 1, 1979, except for the 8th figure test; 2. Any figure or moves tests on or after October 1, 1979 	The free skating program to be skated in accordance with rule 4570 and scored using the IJS Judging System. Program Time: 2:40 Max

Masters Intermediate Novice	Must have passed at least one of the following: A. The standard intermediate free skate test and: 1. On or after October 1, 1977, and prior to October 1, 1991, no higher than the standard Junior free skate test; 2. On or after October 1991, no higher than the standard Novice free skate test; B. Prior to October 1, 1977, the 3 rd figure test; C. On or after October 1, 1977, and prior to October 1, 1997, the 8 th figure test.	The free skating program to be skated in accordance with rule 4540 and scored using the IJS Judging System. Program Time: 3:10 Max
Masters Junior Senior	Must have passed at least one of the following: A. The standard novice free skate test; B. Prior to October 1, 1977, the 4 th figure test; C. On or after October 1, 1977, and prior to October 1, 1997, the 8 th Figure test.	The free skating program to be skated in accordance with rule 4510 and scored using the IJS Judging System. Program Time: 3:40 Max

Showcase Events

Eligibility to Compete:

All entry qualifications must be attained as of July 29, 2017. Those eligible under U.S. Figure Skating Rules, reinstated skaters and representatives of other governing bodies may compete.

Showcase Events – Basis of Judging:

All entry qualifications must be attained as of July 29, 2017. Those eligible under U.S. Figure Skating Rules, reinstated skaters and representatives of other governing bodies may compete.

- a. Performances will be judged for theatrical and artistic qualities, from an entertainment standpoint.
- b. Technical skating skill and difficulty will not be rewarded as such; however, skating must be the major element of the performance and of sufficient quality to support the theatrical elements chosen.
- c. *Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks.*
- d. Jump difficulty is not rewarded in showcase, therefore jumps, if choreographed, should be those performed with style, flow and confidence. Jumps should not be used but as the choreography requires.
- e. Theatrical elements evaluated will include: Energy, poise, acting, pantomime, eye contact, choreography, form, extension and the use of costumes, ice and props.
- f. One performance mark incorporating the 6.0 scoring system will be assigned each performance by each judge. No technical skating mark will be used. Any overtime penalties will be posted with the results.

Events:

Singles skaters, once qualified for a level, may enter any or all events for which they meet age and test requirements. Singles need not qualify separately for multiple events. Duets need not qualify but must meet test requirements stated in #6.

- a. Singles Events will be:
 - i. ***Dramatic Entertainment:*** A serious, emotional, artistic interpretation.
 - ii. ***Light Entertainment:*** Any performance not serious enough to be considered dramatic.
 - iii. Skaters may enter any or all of these single events at the level for which they are qualified.
- b. Duet: A theatrical/artistic performance by any two contestants. The highest test level of a duet member will determine the duet competition level.
- c. Singles contestants may enter events only at their ages and test levels as of July 25, 2017.

Showcase Events

Singles and Duets

Event	Must have passed the Free Skating Test	Must <u>not</u> have passed the Free Skating Test	Age	Time
Learn to Skate Showcase Levels				
Snowplow Sam, Basic 1 - 6	A least one of the following Learn to Skate badge test: Snowplow Sam 1 through Basic 8	Learn to Skate badge test Free Skate 1 or higher. May not have passed any U.S. Figure Skating tests.	No age restrictions	1:00 MAX
Pre-Free Skate, Free Skate 1 – 6	A least one of the following Learn to Skate badge test: Free Skate 1 through Free Skate 6	May not have passed any U.S. Figure Skating tests.	No age restrictions	1:00 MAX
Introductory Levels				
Beginner	May have passed any Learn to Skate badge test	May not have passed any U.S. Figure Skating tests.	No age restrictions	1:30 MAX
High Beginner	May have passed any Learn to Skate badge test	May not have passed any U.S. Figure Skating tests.	No age restrictions	1:30 MAX
Showcase Tots	No Requirement	Pre-Preliminary	Under 6 years	1:10 Max
Showcase 1	No Requirement	Pre-Preliminary	No age restrictions	1:10 Max
Showcase 2	No Requirement	Pre-Preliminary	No age restrictions	1:40 Max
US Figure Skating Levels				
Pre-Preliminary	No Requirement	Preliminary	No age restrictions	1:40 Max
Preliminary	Preliminary	Pre-Juvenile	No age restrictions	1:40 Max
Pre-Juvenile	Pre-Juvenile	Juvenile	No age restrictions	1:40 Max
Juvenile	Juvenile	Intermediate	13 & under	2:10 Max
Teen (Open Juvenile)	Juvenile	Intermediate	14 - 17	2:10 Max
Intermediate	Intermediate	Novice	17 & under	2:10 Max
Young Adult	Juvenile Free Skate or Juvenile Free Dance	Novice Free Skate or Novice Free Dance	18 - 20	2:10 Max
Novice	Novice	Junior	No age restrictions	2:10 Max
Junior	Junior	Senior	No age restrictions	2:40 Max
Senior	Senior		No age restrictions	2:40 Max

Specifics:

1. There is no minimum time requirement for any event.
2. Showcase events will not be segregated by gender.
3. The highest test level of a Duet member will determine the Duet Competition level.
4. Where the number of entrants requires the separation into groups, awards will be given to each group. There will be no final rounds for any Showcase event.
5. There will be a 0.2 deduction for each 5 seconds in excess of the maximum performance and prop placement time.
6. Timing starts with the first motion of the body and ends when motion stops. Props and scenery must be placed and removed by single and duet contestants within one minute. No assistance is allowed; violations will be penalized .2 for each 5 seconds excess time or assistance. Posted results will indicate any such deductions.
7. Preliminary and above Singles competitors who have passed the Preliminary FS test or higher and placed 1st through 4th in a showcase category qualify for National Showcase. Duets need not qualify by placement for National Showcase.
8. Groups for Showcase 1 and Showcase 2 will be divided by age.

Compete USA Events

EVENT: Basic Elements: Snowplow Sam – Basic 6

Format: Basic elements,

- To be skated on 1/2 ice
- No music
- All elements must be skated in the order listed

Level	Time	Skating Rules/Standards
Snowplow Sam	1:00 MAX	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 MAX	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 MAX	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 MAX	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:00 MAX	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:00 MAX	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:00 MAX	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left

EVENT: Basic Program: Snowplow Sam – Basic 6

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified. Vocal music is allowed.

- To be skated on full ice
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level

Level	Time	Skating Rules/Standards
Snowplow Sam	1:10 MAX	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 MAX	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 MAX	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 MAX	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:10 MAX	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 MAX	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:10 MAX	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left

EVENT: Pre-Free Skate to Free Skate 6 Compulsory

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating Rules/Standards
Pre-Free Skate	1:15 MAX	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:15 MAX	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Backward outside three-turns, right and left • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 MAX	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Backward inside three-turns, right and left • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 MAX	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, clockwise and counterclockwise • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 MAX	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 MAX	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 MAX	<ul style="list-style-type: none"> • Forward power pulls, right and left • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump

EVENT: Pre-Free Skate to Free Skate 6 Program

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating Rules/Standards
Pre-Free Skate	1:40 MAX	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:40 MAX	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop jump • Half flip jump
Free Skate 2	1:40 MAX	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:40 MAX	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 MAX	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half Loop jump • Flip jump
Free Skate 5	1:40 MAX	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 MAX	<ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump

EVENT: Introductory Levels Compulsory Event

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Skaters may have the option to skate one level higher in compulsories than their free skate program.

Level	Time	Skating Rules/Standards
Beginner	1:15 MAX	<ul style="list-style-type: none">• Waltz jump• ½ jump of choice• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)• Forward or backward spiral
High Beginner	1:15 MAX	<ul style="list-style-type: none">• Toe loop jump• Salchow jump• Forward scratch spin - minimum three revolutions• Forward or backward spiral

EVENT: No Test Compulsory Event

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- This level is open to skaters transitioning from an ISI program to US Figure Skating and have not taken any Learn to Skate or US Figure Skating tests.

Level	Time	Skating Rules/Standards
No Test	1:15 MAX	<ul style="list-style-type: none">• Loop jump• Jump combination to include a toe loop (may not use a loop or Axel)• Solo spin - sit or camel spin - minimum three revolutions• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included

EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Max	Maximum 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences. • Max. 2 of any same jump 	Maximum 2 spins: <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions). 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests.
High Beginner 1:40 Max.	Maximum 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop). • Single rotation jumps: Salchow and toe loop only. • Maximum of 2 jump combinations or sequences. • Max. 2 of any same type jump. 	Maximum 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions). 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests.

EVENT: No Test Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.
- This level is open to skaters transitioning from an ISI program to US Figure Skating and have not taken any Learn to Skate or US Figure Skating tests.

Level	Jumps	Spins	Step Sequences	Qualifications
No Test 1:40 Max	Maximum 5 jump elements: <ul style="list-style-type: none"> • Up to 2 may be jump combos or sequences. • Jump combos are limited to 2 jumps. • Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level). • No Axels or double jumps are permitted. 	Maximum 2 spins: <ul style="list-style-type: none"> • Spins must be of different character. • Each spin must have a Minimum of 3 revolutions. • Spins may change feet, position and start with a fly. 	One step sequence that utilizes ½ of the ice surface.	