



**Hosted by the Chicagoland Skate USA Committee
and the Chicago Figure Skating Club**

Solo, Compulsory, Jumps & Spins

**Skaters can register through Entryeeze beginning
November 1st – November 17th, however you may begin video taping
your skater anytime between now and closing date.
Videos must be submitted by November 17**

For inquiries, please contact:
Angie Tousignant at atousignant@kvpd.com
Inga Fedorova agni.skate@gmail.com
Kerry Murphy at kerryjohnsonmurphy@gmail.com



CHICAGOLAND SKATE USA

Virtual On Ice Championship

SKATERS MUST BE REGISTERED THROUGH ENTRYEEZE BEGINNING NOVEMBER 1-17.

The 2020 Chicagoland Skate USA Championship is sponsored by the Chicagoland Skate USA Committee and the Chicago Figure Skating Club. This Learn to Skate USA Competition is not sanctioned by USFS however the Championship is conducted in accordance with the USFS rulebook.

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the USFS Learn to Skate USA Program and/or are full members of U.S. Figure Skating.

Eligibility will be based on skill level as of closing date of entries. All SNOWFLOW SAM and LEARN TO SKATE USA SKATERS THROUGH BASIC 6 or one level higher must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

Please remember, this is a virtual competition, there are a lot of variables that we cannot control and are outside the scope and realm of this event.

SKATERS, PLEASE NOTE - For the Free Skate 1- Free Skate 6, Excel and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

ENTRIES AND FEES - **All entries must be registered by November 17th, 2020.** The initial event is \$50.00 and each additional event is \$15.00. Entry Fees are nonrefundable after the closing date. Registration is through Entryeeze. ALL registration fees are credit card only and include a 4% processing fee paid by the skater. Participants may enter as many events as they choose and for which the skater is qualified. **This competition is limited to 250 skaters or 600 starts.**

POSTING OF RESULTS – Results will be posted on the Greater Chicagoland Skate USA Facebook Page no later than December 5th.

AWARDS – Participants will have two options on how skaters will receive their awards.

First Option - Skaters, whose home rink is one of the following Chicago area rinks listed below can pick up their awards from your rink's director two weeks after results are posted: Addison, All Seasons, Canlan Romeoville & West Dundee, Center Ice, Crystal Ice House, Darian, Fox Valley, Glacier, Glenview, Heartland, Highland Park, Hoffman Estates, Pleasant Prairie, Kankakee, Morgan Park, Oak Park, Seven Bridges, Skokie Skatium, Southwest Ice Arena, Robert Crown, Rockford, Rocket, Winnetka & Willowbrook.

Awards (Second Option) - Skater's whose home rink is not listed above will have their awards mailed directly to their home. However, the participants will be responsible for paying an additional \$5 on entry fee under the merchandise tab for shipping cost.

JUDGING

Judging will be on a 6.0 basis. Judging will be by USFS judges and members of the Skate USA Committee Members.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below his/her class level, the chairman and referee will have the option to move the skater into the proper division. This will ensure that every event is as fair as possible to the competitors. **It is an ethical violation for coaches to sandbag an event.** Videos must be submitted in MP4, M4A, or MOV format.

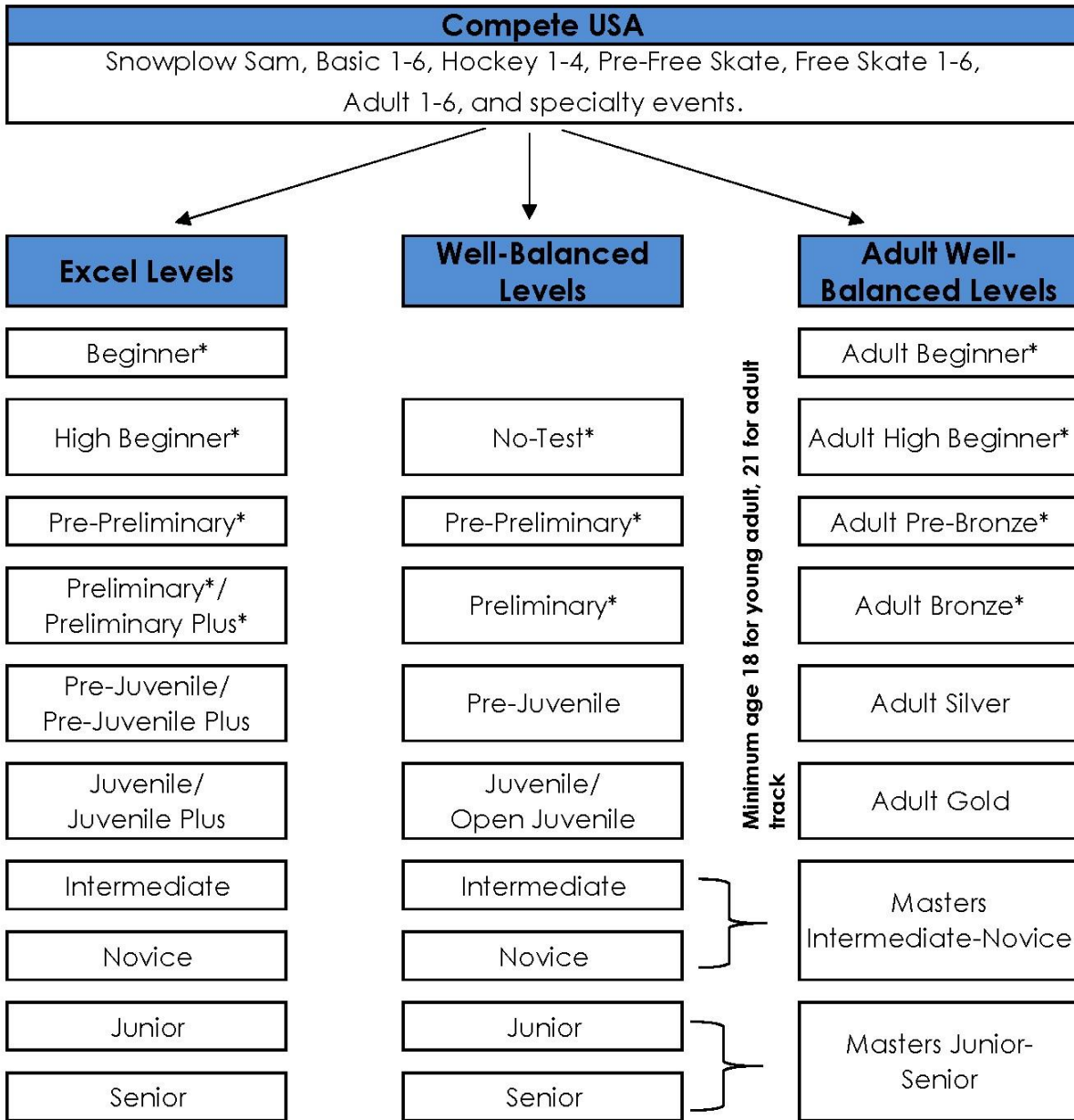
VIDEO REQUIREMENTS & RECOMMENDATIONS:

- Video must be high or recognizable resolution,
- Video submissions will not contain any editing, splicing and must be recorded from one angle. Any videos that are deemed edited will be automatically disqualified. You will be given one chance to resubmit a video, if found to be edited on the second submission the skater will be disqualified and no refunds given.
- We recommend that the person videoing the program, be standing nearest center ice and can clearly record all corners of the ice.
- Please record in landscape mode (not vertical).
- You will not be judged or scored based on the quality or location of video.
- Videos can be recorded with a phone, tablet or computer.
- Do your best to make sure the music is loud enough for the officials to hear when they replay the videos during the judging process. We recommend you turn up the music when you record the program being skated on the ice.
- Make sure the skater's full body is visible at all times during their skating performance.



COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



*Indicates an introductory level that may be held at Compete USA competitions. Beginner and High Beginner require a current Learn to Skate USA and/or U.S. Figure Skating full membership; all other levels require a current full U.S. Figure Skating membership.

SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **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 (no variations), 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 counterclockwise, 4-6 consecutive • • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot |
| Basic 4 | 1:00 max. | <ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions |
| 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, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • • Hockey stop |
| Basic 6 | 1:00 max. | <ul style="list-style-type: none"> • Forward inside three-turn, right and left • Mohawk right to left & left to right • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry • |

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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.

- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

| 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 (no variations), 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 counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot |
| Basic 4 | 1:10 max. | <ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions |
| 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, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop |
| Basic 6 | 1:10 max. | <ul style="list-style-type: none"> • Forward inside three-turn, right and left • Mohawk right to left & left to right • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position |

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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

- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- 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 • Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka – right or left • Waltz jump |
| Free Skate 1 | 1:15 max. | <ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turns, right and left • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop • Half flip jump |
| Free Skate 2 | 1:15 max. | <ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turns, right and left • Beginning back spin, optional entry and free foot position- maximum 3 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, 2 sets clockwise and 2 sets counterclockwise • Advanced back spin with free foot in crossed leg position- minimum 3 revolutions • • 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 3 revolutions • Euler (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 3 revolutions • Waltz jump-loop jump combination • Lutz jump |
| Free Skate 6 | 1:15 max. | <ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/Euler(half loop)/Salchow jump combination • Axel jump, minimum requirement is clear attempt either stationary or moving |

PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

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 steps and transitions should be demonstrated throughout the program.

- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.

| Level | Time | Skating rules/standards |
|---------------------|-----------|---|
| Intro to Free Skate | 1:40 max | <ul style="list-style-type: none"> • One outside and one inside moving three turn • Lunge rising up to forward stroking position • Tap toe • Stand still waltz jump |
| 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 • Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka – right or left • Waltz jump • <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i> |
| Free Skate 1 | 1:40 max. | <ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop jump • Half flip jump • <i>NOT ALLOWED – Waltz jump/toe loop combination</i> |
| Free Skate 2 | 1:40 max. | <ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin, optional entry and free foot position- maximum 3 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED –Waltz jump/toe loop and Salchow/toe loop combination</i> |
| 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, minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination • <i>NOT ALLOWED – Waltz/loop combination</i> |
| 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 3 revolutions • Euler (half loop jump) • Flip jump • <i>NOT ALLOWED – Waltz jump/loop and Waltz/Euler/Salchow combination</i> |
| 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 3 revolutions • Waltz-loop jump combination • Lutz jump |
| Free Skate 6 | 1:40 max. | <ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, Mohawks and toe steps • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/Euler(half loop)/Salchow jump combination • Axel jump, minimum requirement is clear attempt either stationary or moving |

EXCEL COMPULSORY

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

- No music
- The skater must demonstrate the required elements listed
- 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 free skate program.*

| Level | Time | Skating rules/standards |
|-----------------------|-----------|---|
| Excel Beginner | 1:15 max. | <ul style="list-style-type: none"> • Toe loop jump • Salchow jump • One-foot upright spin - minimum 3 revolutions • Choreographic step sequence |
| Excel High Beginner | 1:15 max. | <ul style="list-style-type: none"> • Loop jump • Salchow/toe loop combination • Sit spin - minimum 3 revolutions • Choreographic step sequence |
| Excel Pre Preliminary | 1:15 max. | <ul style="list-style-type: none"> • Flip jump • Loop/loop jump combination • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence |
| Excel Preliminary | 1:15 max. | <ul style="list-style-type: none"> • Lutz jump • Flip/loop jump combination • Camel, sit combination spin – minimum 6 revolutions total • Choreographic step sequence |

WELL BALANCED LEVELS COMPULSORY

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

- No music
- The skater must demonstrate the required elements listed
- 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 free skate program.*

| 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) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence |
| Pre-Preliminary | 1:15 max. | <ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence |
| Preliminary | 1:15 max. | <ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence |
| Pre-Juvenile | 1:15 max | <ul style="list-style-type: none"> • Axel • Double Salchow • Flying Camel or Layback with one change of foot and one change of position Minimum 3 revolutions of each foot • Choreographic step sequence |

EXCEL FREE SKATE

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

| | | | |
|---|--|---|--|
| <p>Excel Beginner</p> <p>1:40 Max.</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p> | <p>Maximum 4 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: Salchow, toe loop only Eulers (half loops) are not allowed. • Maximum 2 jump combinations or sequences. <ul style="list-style-type: none"> • One 3-jump combination is allowed <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump • Maximum 2 of any same jump | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins • No change of foot • No flying entry • Minimum 3 revolutions <p>Max Level: Base</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence |
| <p>Excel High Beginner</p> <p>1:40 Max.</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p> | <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: toe loop, Salchow, Euler (half loop), loop • Flip, Lutz, & Axel NOT permitted • Maximum 2 jump combinations or sequences. • One 3-jump combination is allowed <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump • Maximum 2 of any same jump | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Both spins must be in a single position • No change of foot • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright • Minimum 3 revolutions <p>Max Level: Base</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence |
| <p>Excel Pre-Preliminary</p> <p>1:40 Max.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre-preliminary free skate test</p> <p>*means required element</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p> | <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> • No single Axels, double, or higher jumps allowed • Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> • Jump combinations limited to 2 jumps. One 3 jump combination is allowed • Jump sequence is any listed jump immediately followed by a waltz jump | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position <u>with no change of foot*</u> • One spin may change feet or position, <u>but not both</u> • No flying entry • Minimum 3 revolutions • Spins must be of a different character <p>Max Level: 1</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence |

| | | | |
|---|--|---|--|
| <p>Excel Preliminary 1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p> | <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel <ul style="list-style-type: none"> No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3 jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be a camel or layback spin with no change of foot and no change of position. One spin may change feet or position, <u>but not both</u> No flying entry Minimum 3 revolutions Spins must be of a different character <p>Max Level: 1</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence |
| <p>Excel Preliminary Plus 1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p> | <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, including single Axel No double, or higher jumps allowed Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an axel type jump. | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position <ul style="list-style-type: none"> <u>No change of foot</u> <u>No flying entry</u> One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character <p>Max Level: 1</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence |
| <p>Excel Pre-Juvenile 2:00 +/- 10 sec</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre-Juvenile free skate test.</p> <p>U.S. Figure Skating membership required.</p> | <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump. | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry 1 spin with only 1 position <ul style="list-style-type: none"> No change of foot Spin may start with flying entry <ul style="list-style-type: none"> Minimum 4 revolutions Spins must be of a different character <p>Max Level: 1</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence |
| <p>Excel Pre-Juvenile Plus 2:00 +/- 10 sec</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre-Juvenile free skate test.</p> <p>U.S. Figure Skating membership required.</p> | <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump or a waltz jump <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed. Only 1 double jump may be attempted (limited to double Salchow or double toe loop) o Double loop, double flip, double Lutz, double Axel and higher jumps not allowed. Axel and the 1 allowable double jump may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combination limited to 2 jumps. One 3 jump combination is allowed Jump sequence is any listed jump immediately followed by an axel type jump. | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry 1 spin with only 1 position <ul style="list-style-type: none"> No change of foot Spin may start with flying entry <ul style="list-style-type: none"> Minimum 4 revolutions Spins must be of a different character <p>Max Level: 1</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence |

WELL BALANCED FREE SKATE PROGRAM

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and an Excel Free Skate event at the same competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

| Level | Jumps | Spins | Step Sequences |
|-----------------------------|--|--|--|
| No –Test 1:40 max | <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ○ Jump sequence is any listed jump immediately followed by an Axel type jump (waltz jump) | <p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence |
| Pre-Preliminary 1:40 max | <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ○ Jump sequence is any listed jump immediately followed by an Axel type jump | <p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence |
| Preliminary 1:40 max | <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Jump sequence is any listed jump immediately followed by an Axel type jump | <p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence |

| | | | |
|-------------------------|---|---|---|
| <p>Pre Juvenile</p> | <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel type jump • All single and double jumps are allowed except for the double Axel No double Axels, triple or quadruple jumps allowed An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences Jump combinations limited to 2 jumps except that one 3 jump combination with a maximum of 2 double jumps and 1 single jump is allowed • Jump sequence is any listed jump immediately followed by an Axel type jump | <p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 foot combination with or without change of foot Min 6 revs • 1 spin with only 1 position No change of foot Min. 4 revs <p>Both spins may start with a flying entry. These spins must be of a different character (see US Figure Skating rule 6103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Must fully utilize the ice surface. • Moves in the Field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence |
|-------------------------|---|---|---|

ADULT 1-6, BEGINNER-BRONZE COMPULSORY

- The skating order of the elements is optional. Element may only be attempted once.
- To be skated in simple program format with limited connecting steps.
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

| Level | Time | Elements |
|---------------------|--------------|---|
| Adult 1 | 1:30 Max. | <ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot |
| Adult 2 | 1:30 Max. | Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row |
| Adult 3 | 1:30 Max. | <ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, Right and Left |
| Adult 4 | 1:30 Max. | <ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left |
| Adult 5 | 1:30 Max. | <ul style="list-style-type: none"> • Backward outside edge and backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revs) |
| Adult 6 | 1:30 Max. | <ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot) |
| Adult Beginner | 1:30 Max. | <ul style="list-style-type: none"> • Mazurka • Waltz jump • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left) |
| Adult High Beginner | 1:30 Max. | <ul style="list-style-type: none"> • Waltz Jump • ½ Flip • Forward upright spin – minimum 3 revolutions • Backward outside three- turn, right and left • Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left) |
| Adult Pre-Bronze | 1:30 Max. | <ul style="list-style-type: none"> • Single toe loop jump • Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence • Forward upright spin - minimum 3 revolutions • Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Forward spiral (any edge) |
| Adult Bronze | 1:30 Max. | <ul style="list-style-type: none"> • Single Salchow jump • Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence • Solo spin with no change of foot (min. 3 revolutions) • Backward inside three-turn, right and left • Spiral sequence (Minimum 2 spirals)- must change edge or foot |

ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

| Level | Time | Elements |
|---------|----------|--|
| Adult 1 | 1:40 Max | <ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot |
| Adult 2 | 1:40 Max | <ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row |
| Adult 3 | 1:40 Max | <ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left |
| Adult 4 | 1:40 Max | <ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions |
| Adult 5 | 1:40 Max | <ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin |
| Adult 6 | 1:40 Max | <ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot) |

ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position

| | Jumps | Spins | Step Sequences | Qualifications |
|-------------------------------------|--|--|---|---|
| Adult Beginner 1:40 Maximum | <p>Max. 4 jump elements</p> <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet and Waltz jump • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump | <p>Max. 2 spins</p> <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) | <p>Connecting moves and steps should be demonstrated throughout the program</p> | <p>Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1</p> |
| Adult High Beginner 1:40 Maximum | <p>Max 4 jump elements:</p> <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. | <p>Max 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) | <p>Connecting moves and steps should be demonstrated throughout the program</p> | <p>Skaters may not have passed any U.S. Figure Skating Free Skate tests</p> |
| Adult Pre-Bronze 1:40 Maximum | <p>Max 4 Jump Elements:</p> <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No single Lutz, single Axel or double jumps are allowed | <p>Max 2 Spins:</p> <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) | <p>Connecting steps throughout the program are required</p> | <p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate</p> |
| Adult Bronze 1:50 maximum | <p>Max 4 Jump Elements:</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted | <p>Max 2 Spins:</p> <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted | <p>Max 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence <p>Must use at least ½ ice surface</p> <p>May include Moves in the Field and spirals</p> | <p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate</p> |

Spin Event

Spins should be skated exactly as stated and in this order. Groups will be divided according to Basic/Free Skate test level. **Spins should be a minimum of three revolutions each for Basic 4 through Free Skate 3 & Beginner. High Beginner through No Test should be a minimum of 4 revolutions pre change in spins. Pre-Preliminary through Pre-Juvenile should be a minimum of 5 revolutions per change in spins.** Time limit: one minute or less.

| | |
|-------------------|--|
| Basic 4 – Basic 6 | Forward pivot either foot, Two Foot spin |
| Pre FS-FS 1 | Backward Pivot either foot, One Foot Spin & Scratch Spin |
| FS 2-FS 3 | Forward One-Foot Spin, One Foot Scratch Spin, Back Scratch |
| FS 4 | Forward Scratch Spin, Upright Spin (with change of foot), Sit Spin |
| FS 5 | Upright Spin (with change of foot), Sit Spin, Camel Spin |
| FS 6 | Sit Spin, Camel Spin, Camel-Sit Combination |
| Beginner | Upright One-Foot Spin, Upright Back Spin, Sit Spin |
| High Beginner | Upright One-Foot Spin, Upright Spin (with change of foot), Sit Spin |
| No Test | Upright Spin (with change of foot), Sit Spin, Camel Spin |
| Pre-Preliminary | Forward Spin (with one change of position and no change of foot), Combo Sit Spin with change of foot, Camel Spin |
| Preliminary | Layback spin, Combination spin with one change of position and change of foot, One position spin (skater's choice, upright, sit or camel) |
| Pre-Juvenile | Backward entry Camel spin, Combination spin – All 3 basic positions are required (camel, sit, upright), One position spin (skater's choice, upright, sit or camel) |

Jump Event

Entrants will qualify according to their free skate level, but may 'skate up' one level. Jumps should be performed exactly as stated. Maximum time is 1 minute.

| | |
|-------------------|--|
| Snowplow Sam 1-4 | 2 Two Foot Hop |
| Basic 4 – Basic 6 | Bunny Hop, Side Toe Hop |
| Free Skate 1 | Waltz Jump, ½ Flip, Toe loop |
| Free Skate 2 | Waltz Jump- side toe hop- Waltz Jump, Salchow, ½ Lutz |
| Free Skate 3 | Waltz Jump-Toe Loop or Salchow-Toe Loop, Loop Jump |
| Free Skate 4 | Flip, ½ Loop (Euler), Single Jump - Toe Loop Combo (no Axel) |
| Free Skate 5 | Lutz, Waltz Jump- Loop Jump Combo, Flip Jump |
| Free Skate 6 | Split Jump, Waltz Jump -½ Loop-Salchow, Single Jump-Loop Combo |
| Beginner | Waltz Jump, ½ Flip, Salchow |
| High Beginner | Waltz Jump/Toe Loop, Salchow, ½ Lutz |
| No Test | Toe Loop, Loop, Combination of any 2 Single Jumps (no Axel) |
| Pre-Preliminary | Waltz Jump Loop Jump Combo, Flip, Lutz |
| Preliminary | Flip, Lutz, Jump combination – Any single jump + single loop (may include Axel) |
| Pre-Juvenile | Axel or waltz jump, single or double jump of choice, Jump Combo (single/single, may include Axel). |

