



Northern Blast 2020



Hosted by Northern Ice Skating Club
May 8-10, 2020

Seven Bridges Ice Arena
Woodridge, Illinois
Chief Referee: Rick Kern
Accountants: Ed Mann/Valarie Berger

Early Bird Special!
Sign up by February 24, 2020

Entry Deadline: March 17, 2020

Application via Entryyeeze at the following link
<http://comp.entryeeze.com/Home.aspx?cid=129>

or

Mail entry form, with **all** signatures, fees and paper entry fees before March 17, 2020 to: **Northern Blast 2020**
Helen Biggers
7 S 770 Creek Drive
Naperville, IL 60540

participant in the
10th Annual Illinois Grand Prix of Figure Skating

Sanctioning: Northern Blast 2020 is a non qualifying competition, sanctioned by U.S. Figure Skating. This competition will be conducted according to the Official U.S. Figure Skating Rulebook for the 2020 competitive season, except as modified in this announcement.

Events Offered

No Test thru Open Juvenile 6.0 Events
Pre-Juvenile 6.0 and IJS
Juvenile thru Senior IJS Events
Excel Free Skate Events

Short Program
Compulsory Moves
Spins
Jumps
Showcase
Theatre on Ice
Special Olympic event

FREESTYLE CRITIQUES by National Judges- Juvenile and up!

Eligibility: Eligible competitors are current members in good standing of U.S. Figure Skating. Skaters may compete at their current test level, or at one level higher, as of March 17, 2020. However, a competitor may not skate more than one level in a given event.

Skaters may compete in *either* the Competitive Excel Events *or* the Well-Balanced Free Skate events, *but not both*. Competitive Excel skaters may also compete in Compulsory Moves, Spins & Jumps at the same level.

Age restrictions/requirements: Singles free skate events (Well Balanced Program) have the following requirements:

Juvenile: Girls -12 years of age or younger; Boys-13 years of age or younger.

Open Juvenile: Girls- 13 years of age or older; Boys-14 years of age or older.

Intermediate must be under the age of 18

Adults must be 21 years of age or older

Skaters entering beginner–pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

Judging: Short Program and Free Skate events for Juvenile and above will be judged using the International Judging System (IJS). All other events, including Open Juvenile and Excel Free Skate levels, will use the 6.0 system.

Facility: All events will be held at the Seven Bridges Ice Arena, 6690 South Route 53, Woodridge, IL. Phone: 630-271-4400. Maps and directions are included in this announcement. This facility has 2 ice surfaces: 200' x 100' and 200' x 85'.

Entrants: Space is limited, so please register early. The referee and/or Northern Ice Skating Club reserve the right to limit entries in an event and/or cancel an event based on time restrictions. No refunds will be issued after the closing date, per Rule 3047, except if an event is cancelled. Check the accuracy of the entry form before submitting it. *No level or event changes will be allowed once the applications have been submitted to the referee.*

Compulsory Moves, Spins and Jumps events may be ladies and men combined, although we will try to run men only events whenever possible.

Fees: Fees must be paid in full before a skater will be allowed to compete. **First event fee includes an event video**

FREE-Special Olympics Event(all levels)

\$250 Theatre on Ice Team Entry (includes CE and Freeskate

\$145 First Event 6.0- (Beginner thru Pre-Juvenile, Open Juvenile, Adult, Excel)

\$160 First IJS Event (Pre-Juvenile - Senior)Freeskate only

\$ 35 Each additional event

\$ 25 Late entry fee (Requires approval by Chief Referee and Competition Chair)

\$ 30 NSF/returned check fee

\$ 25 Change in event level after close of entries (Requires approval by Chief Referee and Competition Chair)

Direct all questions regarding Northern Blast 2020 to

Helen Biggers

630-207-4335

helen.biggers@gmail.com

Competition Schedule: A tentative schedule will be available approximately 10 days prior to the competition on our website at www.northernice.org and will be **e-mailed** to all competitors using the EntryEeze system. Refer to the web page for changes. However, all times are approximate. Be sure to check with Registration upon arrival at the competition for exact times.

Registration: The Registration desk will open 1 hour before the first event of the day, through the end of each day's competition. Skaters must check in *at least 1 hour prior* to their event. Skaters should check in also with the ice monitor and be prepared to skate up to 45 minutes prior to scheduled times.

Music: Competitors should bring 2 CDs in good condition. Skaters must deliver their music when they check in at Registration. Reclaim music at Registration after the event in which it was used. Unclaimed music will not be mailed.

Practice Ice: Practice ice may be available at various times during the competition, as the schedule permits. Practice ice availability and reservation/payment procedures will be posted on our website at www.northernice.org after the competition schedule is available and notification sent via EntryEeze. Music will not be played on practice sessions.

PPC-Planned Program components should be entered via Entryeeze by May 1, 2020

Awards: Awards will be given following the posting of results in each group:

All levels – 1st through 4th place.**Special Olympics**-all participants receive medals

Depending on the number of competitors and time available, final rounds may be offered at the PreJuvenile through Senior levels. Final rounds will be based on free skate only.

Accommodations: The official hotel is the Sheraton Lisle/Naperville, 3000 Warrenville Rd, Lisle, IL. It is approximately 4 miles from Seven Bridges on Warrenville Rd. A special rate is available from Thursday, May 7 through Saturday, May 9, by calling and asking for the **Northern Blast competition Room Block**. Reservations may be made by calling 1-630 505-1000. **Deadline to make hotel reservations is Wednesday, April 18, 2020.**

Videotaping: Professional videotaping services will be provided by **Star2 Productions** at the competition. Free video for all free skate and short programs provided. **No flash photography is permitted in the ice rink.**

Seven Bridges Ice Arena Directions:



www.arenamaps.com

Driving Instructions:

From I-294: I-294 to I-88. West on I-88 to I355. South on I-355 to Hobson Road exit. West on Hobson to Double Eagle Drive. North (right) on Double Eagle Drive to Seven Bridges parking lot.

From I-355: I-355 to Hobson Road exit. West on Hobson Road to Double Eagle Drive. North (right) on Double Eagle Drive to Seven Bridges parking lot.

From I-290: I-290 to I-88. West on I-88 to I355. South on I-355 to Hobson Road exit. West on Hobson Road to Double Eagle Drive. North (right) on Double Eagle Drive to Seven Bridges parking lot.

From I-88: I-88 to I-355. South on I-355 to Hobson Road exit. West on Hobson Road to Double Eagle Drive. North (right) on Double Eagle Drive to Seven Bridges parking lot.

IMPORTANT NOTICE FOR ALL COACHES:

To be a credentialed coach at a sanctioned non qualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training*
- Continuing Education Requirements (CERs) for the 2019-20 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
 - Completed SafeSport Training* (for coaches 18 years old and over)
 - Completed background check (green light status) (for coaches 18 years old and over)
 - Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)
- *SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches who are approved to receive 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. There can be no exceptions to this policy.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit:

<https://usfsa.org/content/Coach%20Compliance%20Outline.pdf>

The Illinois Grand Prix of Figure Skating will be held **September 26-27, 2020**, for all skaters who qualify. **Earn points** at Northern Blast. Please see attached flyer for more info.



Welcome to our 10th season! The Skating Council of Illinois offers skaters the opportunity to earn an invitation to the Illinois Grand Prix of Figure Skating by competing in designated Free Skate events at our competitions. Skaters who compete in Grand Prix designated levels at a minimum of four (4) Grand Prix competitions may be invited to compete, at no cost, at the Illinois Grand Prix of Figure Skating. Invitations will be limited at each level and will be based on the competitor's total points.

This year's competition will be held at the Centennial Ice Arena in Highland Park on **September 26-27, 2020**. Special recognition will be given to skaters who compete in all 9 events. Grand Prix information and standings will be posted on the Skating Council of Illinois website at <http://www.skatingcouncilofillinois.org/>

2020 Competitions:

March 26-29 - W.I.M. - Greater Milwaukee FSC
 April 16-19 - Ladybug - Glenwood FSC
 May 8-10 - Northern Blast - Northern Ice SC
 June 12-14 - Quad Cities Championships - FSC of the Quad-Cities
 June 17-20 - Southport Summer Classic - Southport SC
 July 8-12 - Skate Milwaukee - Milwaukee FSC
 July 23-26 - Chicago Open - Chicago FSC
 August 21-23 - Skate the Lake - Cutting Edge FSC
 September 4-6 - Greater Chicagoland Fall Invitational - Wagon Wheel FSC

Designated Free Skate Events:

Well-Balanced Levels

No-Test	Pre-Preliminary	Preliminary	Pre-Juvenile
Juvenile	Open Juvenile	Intermediate	Novice
Junior	Senior		

Excel Levels

Excel Beginner	Excel High Beginner	Excel Pre-Preliminary	Excel Preliminary
Excel Preliminary Plus	Excel Pre-Juvenile	Excel Pre-Juvenile Plus	Excel Juvenile
Excel Juvenile Plus	Excel Intermediate	Excel Intermediate Plus	Excel Novice
Excel Junior	Excel Senior		

Please Note: Individual Competitions may offer other Free Skate level; however, those levels are NOT eligible for the Illinois Grand Prix of Figure Skating. Use of the IJS scoring system below Well-Balanced Juvenile and for any Excel level is at the option of each competition's local organizing committee. Grand Prix standings are not affected by whether 6.0 or IJS is used at these levels.

Awards:

The designated Free Skate events of each competition will be eligible for accumulating points. The system for scoring points for the final award will be as follows:

<i>Placement</i>	<i>Points</i>	<i>Placement</i>	<i>Points</i>
<i>1st place</i>	<i>10 points</i>	<i>2nd place</i>	<i>7 points</i>
<i>3rd place</i>	<i>4 points</i>	<i>4th place</i>	<i>3 points</i>
<i>5th place</i>	<i>2 points</i>	<i>Participation</i>	<i>1 point</i>
<i>Bonus for Final Round</i>			<i>1 point</i>

Competitors who perform their free skate program more than once at a competition (i.e., qualifying and final rounds) will receive the highest points earned for any one performance. If an event has less than 6 skaters, the points will be awarded as if there were 6 skaters in the group. If there is only one skater in the group, he or she will be awarded 5 points. At the end of the Series, competitors who have competed in at least four (4) competitions may be invited to the Illinois Grand Prix of Figure Skating, subject to limitations at each level.

Frequently Asked Questions

How do I enter the Championships? Participation in the Illinois Grand Prix of Figure Skating is by invitation only. To be invited to compete, you must have competed in designated levels in at least four (4) of the Grand Prix competitions. The number of competitors in each level will be limited, based on their total points. Not everyone who competed in at least four (4) competitions may be invited. Eligible competitors will be sent invitations immediately following the Greater Chicagoland Fall Invitational.

What does it cost to enter? There is no entry fee for the Illinois Grand Prix of Figure Skating. The Skating Council of Illinois and our participating clubs are supporting this event. Practice Ice will be available for purchase. There will also be vendors, including video and still photography.

Who will keep my points and how will I know how many points I have? Ed Mann, a National Accountant, will tabulate points as the season progresses. Standings will be posted on the Skating Council of Illinois web site at www.skatingcouncilofillinois.org It is the responsibility of each competitor to verify the accuracy of the points posted on the website. Discrepancies should be brought to the attention of Ed Mann.

What happens to my points if I change levels during the season? Your points stay with you if you skate at more than one level. Eligibility to skate at the Illinois Grand Prix of Figure Skating will be determined by the competitor's most recent competition level.

Who can I ask if I have more questions? Contact any Skating Council of Illinois officer, or visit www.skatingcouncilofillinois.org and click on "Contact Us."

<p>Well Balanced Free Skate</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Beginner <input type="checkbox"/> 2 High Beginner <input type="checkbox"/> 3-No Test <input type="checkbox"/> 4-Pre-Preliminary <input type="checkbox"/> 5-Preliminary <input type="checkbox"/> 6-Pre-Juvenile 6.0 <input type="checkbox"/> 7-Open Juvenile 6.0 <input type="checkbox"/> 8-Pre-Juvenile IJS <input type="checkbox"/> 9-Juvenile IJS <input type="checkbox"/> 10-Intermediate IJS <input type="checkbox"/> 11-Novice-IJS <input type="checkbox"/> 12-Junior -IJS <input type="checkbox"/> 13-Senior IJS <p>Well -Balanced SP</p> <ul style="list-style-type: none"> <input type="checkbox"/> 14-PreJuvenile <input type="checkbox"/> 15-Juvenile <input type="checkbox"/> 16-Intermediate <input type="checkbox"/> 17-Novice <input type="checkbox"/> 18-Junior <input type="checkbox"/> 19-Senior 	<p>Excel FS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 20- Pre-Preliminary <input type="checkbox"/> 21-Preliminary <input type="checkbox"/> 22-Preliminary Plus <input type="checkbox"/> 22-Pre-Juvenile <input type="checkbox"/> 24-Pre-Juvenile Plus <input type="checkbox"/> 25-Juvenile <input type="checkbox"/> 26-Juvenile Plus <input type="checkbox"/> 27- Intermediate <input type="checkbox"/> 28-Novice <input type="checkbox"/> 29-Junior <input type="checkbox"/> 30-Senior <p>Compulsory Moves</p> <ul style="list-style-type: none"> <input type="checkbox"/> 31-Beginner <input type="checkbox"/> 32-High Beginner <input type="checkbox"/> 33-No Test <input type="checkbox"/> 34-Pre-Preliminary <input type="checkbox"/> 35-Preliminary <input type="checkbox"/> 36-Pre-Juvenile <input type="checkbox"/> 37-Juvenile/Open Juvenile 	<p>Jumps Challenge</p> <ul style="list-style-type: none"> <input type="checkbox"/> 38-Beginner <input type="checkbox"/> 39-High Beginner <input type="checkbox"/> 40-No Test <input type="checkbox"/> 41-Pre-Preliminary <input type="checkbox"/> 42-Preliminary <input type="checkbox"/> 43-Pre-Juvenile <input type="checkbox"/> 44-Juvenile/Open Juvenile <p><input type="checkbox"/> Theatre On Ice</p> <ul style="list-style-type: none"> <input type="checkbox"/> 52-Preliminary <input type="checkbox"/> 53-Open <input type="checkbox"/> 54-Intermediate <input type="checkbox"/> 55-Novice <input type="checkbox"/> 56-Junior <input type="checkbox"/> 57-Senior <input type="checkbox"/> 58-Adult <p><input type="checkbox"/> 71-Special Olympics</p>	<p>Spins Challenge</p> <ul style="list-style-type: none"> <input type="checkbox"/> 45-Beginner <input type="checkbox"/> 46-High Beginner <input type="checkbox"/> 47-No Test <input type="checkbox"/> 48-Pre-Preliminary <input type="checkbox"/> 49-Preliminary <input type="checkbox"/> 50-Pre-Juvenile <input type="checkbox"/> 51-Juvenile/Open Juvenile <p>Showcase</p> <ul style="list-style-type: none"> <input type="checkbox"/> 59-Beginner <input type="checkbox"/> 60-Pre-Prelim/Preliminary <input type="checkbox"/> 61-Pre-Juvenile/Juvenile <input type="checkbox"/> 62-Intermediate/Novice <input type="checkbox"/> 63-Junior/Senior <input type="checkbox"/> 64-Adult (all levels) <p>Adults Well-Balanced</p> <ul style="list-style-type: none"> <input type="checkbox"/> 65-Adult Pre Bronze <input type="checkbox"/> 66-Adult Pre-Bronze <input type="checkbox"/> 67-Adult Silver <input type="checkbox"/> 68-Adult Gold <input type="checkbox"/> 69-Masters Int-Novice <input type="checkbox"/> 70-Masters Junior -Senior
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Event	Fees	# Events	Cost
1st 6.0 Event – All 6.0 Judging, Beginner - Open Juvenile, Excel, Price Includes Video	\$ 145		\$
Additional Event-Well Balanced SP	\$35		
1st IJS Event - PreJuv- Senior - Freeskate Price includes Video	\$160		\$
Additional Events (each)	\$35		\$
Theatre On Ice CE and FS per team	\$250		\$
Mailed application fee, late entry, or change of event after close	\$25		\$
Early Bird Special, EntryEeze ONLY by FEBRUARY 24, 2020	Subtract \$10		\$
Total:			\$

We prefer all registrations through Entryeze. If you must mail, please make check payable to NISC!

Mail to:

Northern Blast 2020
c/o Helen Biggers
7 S 770 Creek Drive
Naperville, Illinois 60540

If competing Pre-Juvenile IJS or Juvenile – Senior, Competitors must complete Planned Program Content Sheet on U.S. Figure Skating web site by May 1, 2020.



COMPETITIVE PROGRESSION THROUGH THE LEVELS OF US FIGURE SKATING

<https://www.usfigureskating.org/content/Singles%20Competitive%20Pipeline.pdf>

2019-20 Singles Short Program Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. This includes any changes from the 2019 Governing Council.

<https://usfsa.org/content/2019-20%20Singles%20SP%20Chart.pdf>

2019-20 Singles Free Skating Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. This includes any changes from the 2019 Governing Council. This chart has also been updated to show the change to the juvenile free skate time that went into effect Dec. 1, 2019.

<https://usfsa.org/content/2019-20%20Singles%20FS%20Chart.pdf>

2019-2020 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

https://fs12.formsite.com/USFSAIT/images/2020_Excel_FS_Requirements.pdf

2019-20 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2019.

<https://usfsa.org/content/2019-20%20Adult%20Singles%20WBP%20Chart.pdf>

Non qualifying Competition Showcase Guidelines

2019-2020 Season

https://fs12.formsite.com/USFSAIT/images/2020_Showcase_Guidelines.pdf

Theatre On Ice 2019-20 Guidelines

https://fs12.formsite.com/USFSAIT/images/2020_TOI_Guidelines.pdf

EVENT: Introductory Levels Free Skate Program - Beginner, High Beginner and No Test Levels

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. 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.
3. 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 Maximum	<p><i>Max. 5 jump elements:</i></p> <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 	<p><i>Max. 2 spins:</i></p> <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 Basic Skills free skating badge tests
High Beginner 1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <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. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<p><i>Max. 2 spins:</i></p> <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 Basic Skills free skating badge tests



INTRODUCTORY LEVELS 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.
- *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: COMPULSORY MOVES

General event parameters:

1. No Test – Pre-Juvenile: Elements skated on ½ ice
2. Juvenile – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

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.	<ol style="list-style-type: none"> 1. Axel or double Salchow 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – must include rotating in both directions
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum four revolutions 4. Step sequence – must include 3 difficult turns and rotating in both directions
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow, double toe loop or double loop 2. Jump combination: single/single or double/single, double/double 3. Flying spin, minimum five revolutions 4. Step sequence – must include 4 difficult turns and rotations in both directions
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Jump combination: double/single or double/double 3. Flying spin - minimum six revolutions 4. Step sequence – must include 5 difficult turns and rotations in both directions
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip or double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions

EVENT: Spins Challenge

General event parameters:

1. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Spin with one change of position and no change of foot (6 revs) 2. Backward sit spin (3 revs) 3. Camel spin (4 revs)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Spin with one change of foot and one change of position (min. 3 revs each foot) 2. Combination sit spin with change of foot (min. 3 revs each foot) 3. One position spin – skater's choice (upright, sit or camel), (4 revs)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 1. Backward entry Camel spin (4 revs) 2. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position) 3. Forward to backward scratch spin (min 4 revs per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 1. Sit spin (4) 2. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) 3. Girls – layback spin (6 revs); Boys – camel spin (5 revs)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Flying camel spin-basic camel position required (5 revs) 2. Sit spin to backward sit spin-basic sit position required (4 revs per foot) 3. Combination spin – change of foot & all 3 basic positions required (2 revs in each position & min 5 revs per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Illusion to back scratch spin; may change feet (6 revs) 2. Camel spin to backward camel spin (4 revs per foot) 3. Combination spin – change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Flying sit spin or flying reverse sit spin (6 revs) 2. Solo spin of choice – may not fly (8 revs) 3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated $\frac{1}{2}$ ice; Juvenile – senior will be skated on full ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none">1. Waltz jump (from backward crossovers)2. $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none">1. Waltz jump (from backward crossovers)2. Single Salchow3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none">1. Single toe loop2. Single loop3. Jump combination – Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none">1. Single toe loop2. Single flip3. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none">1. Single flip2. Single Lutz3. Jump combination – Any single jump + single loop (may include Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none">1. Single Axel or double Salchow2. Single or double jump3. Jump combination – single/single (may include Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none">1. Single Axel2. Double Salchow or double toe loop3. Jump combination – single/single or double/single (may include single Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none">1. Single Axel2. Double toe loop or double loop3. Jump combination – double/single or double/double (may include single Axel)
Novice	1:30 max.	<ol style="list-style-type: none">1. Double loop2. Double flip3. Jump combination – double/double (may include double Axel)
Junior	1:30 max.	<ol style="list-style-type: none">1. Choice of double or triple jump (Salchow, toe loop, loop, Lutz)2. Double or triple flip3. Jump combination – double/double (may include double Axel)
Senior	1:30 max.	<ol style="list-style-type: none">1. Choice of double or triple jump (Salchow, toe loop, loop, flip)2. Double or triple Lutz3. Jump combination – double/double or triple/double (may include double Axel)