



Northern Blast 2018

Sanctioned by



Hosted by Northern Ice Skating Club
May 11-13, 2018

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

Early Bird Special!
Sign up by March 1, 2018

Entry Deadline: April 1, 2018

Application via Entryeze 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 April 1, 2018 to: **Northern Blast 2018**
Helen Biggers
7 S 770 Creek Drive
Naperville, IL 60540

Proud participant in the
8th Annual Illinois Grand Prix of Figure Skating

Sanctioning: Northern Blast 2018 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 2018 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
Test Track Free Skate Events

Short Program
Compulsory Moves
Spins
Jumps
Showcase

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 18, 2018. However, a competitor may not skate more than one level in a given event.

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

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under

13 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 13 years of age at the close of entries. **New age rule effective 2/1/18**

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 Test Track 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 mail 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 AND download of competitors action photos.**

\$150 First Event - (Beginner thru Pre-Juvenile, Open Juvenile, Adult, Test Track)
\$165 First IJS Event (Juvenile - Senior)
\$40 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

Direct all questions regarding Northern Blast 2017 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.

Additional practice ice may be available at Seven Bridges Ice Arena the week of the competition. Contact Seven Bridges Ice Arena at 630-271-4400 for details.

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

All levels – 1st through 4th place.

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.

The Illinois Grand Prix of Figure Skating will be held **September 23**, 2018, for all skaters who qualify. **Earn points** at Northern Blast. Please see attached flyer for more info.

Accommodations: The official hotel is the Hilton Lisle/Naperville, 3003 Corporate Drive West, Lisle, IL. It is approximately 4 miles from Seven Bridges off Warrenville Rd. A special rate is available from Thursday, May 10 through

Saturday, May 12, by asking for the group code **CNIS Room Block**. Reservations may be made by calling 1-630 505-0900. **Deadline to make hotel reservations is Wednesday, April 19, 2018.**

Photography and Videotaping: Professional videotaping services will be provided by **Star2 Productions** at the competition. Your First Event Fee includes a video of that event. Additional events will be available for purchase. Professional Action Shots will be taken by **KrPhotogs**, and are included in your entry fee for the first event. **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.

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 Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills 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%20Compliance%20Toolkit.pdf>

Northern Blast 2018, May 11-13, 2018

Competition Entry Form – **EntryEeze Preferred- Deadline is April 1, 2018**

Both sheets must be completed before form can be processed.

| |
|----------------------|
| NISC USE ONLY |
| Postmark Date: _____ |
| Check Number: _____ |
| Amount Rec'd: _____ |

| | | | | | |
|----------------------------|--|----------------|-----------------------------|---------------------------|--|
| Competitor's Last Name: | | First Name: | | USFS #: | |
| Address: | | | | | |
| City: | | State: | | Zip: | |
| Competitor's Home Club: | | Date of Birth: | | Age (as of 3/16/2015) | |
| | | | | Sex: F or M | |
| Highest FS Test Passed: | | | Email to send schedule: | | |
| Primary Coach's Last Name: | | | Primary Coach's First Name: | | |
| Primary Coach's Address: | | City: | | State: | |
| | | | | Zip: | |
| Coach's Primary Phone: | | Coach's Email: | | Coach's USFS#: | |

Please check (✓) each event entered. Use one entry form for all events for this skater.

| | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Well Balanced Free Skate</p> <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 <input type="checkbox"/> 7-Pre-Juvenile IJS <input type="checkbox"/> 8-Juvenile IJS <input type="checkbox"/> 9-Open Juvenile 6.0 <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>Short Program</p> <input type="checkbox"/> 25-Juvenile IJS <input type="checkbox"/> 26-Intermediate IJS <input type="checkbox"/> 27-Novice IJS <input type="checkbox"/> 28-Junior IJS <input type="checkbox"/> 29-Senior IJS | <p>Test Track FS Grand Prix Events</p> <input type="checkbox"/> 17 Pre-Preliminary <input type="checkbox"/> 18-Preliminary <input type="checkbox"/> 19-Pre-Juvenile <input type="checkbox"/> 20-Juvenile <input type="checkbox"/> 21- Intermediate <input type="checkbox"/> 22-Novice <input type="checkbox"/> 23-Junior <input type="checkbox"/> 24-Senior <p>Compulsory Moves</p> <input type="checkbox"/> 30 Beginner <input type="checkbox"/> 31-High Beginner 1 <input type="checkbox"/> 32-No Test <input type="checkbox"/> 33-Pre-Preliminary <input type="checkbox"/> 34-Preliminary <input type="checkbox"/> 35-Pre-Juvenile <input type="checkbox"/> 36-Juvenile/Open Juvenile <input type="checkbox"/> 37-Intermediate <input type="checkbox"/> 38-Novice <input type="checkbox"/> 39-Junior/Senior | <p>Jumps Challenge</p> <input type="checkbox"/> 49-Beginner <input type="checkbox"/> 50-High Beginner <input type="checkbox"/> 51-No Test <input type="checkbox"/> 52- Pre-Preliminary <input type="checkbox"/> 53- Preliminary <input type="checkbox"/> 54-Pre-Juvenile <input type="checkbox"/> 55-Juvenile/Open Juvenile <input type="checkbox"/> 56-Intermediate <input type="checkbox"/> 57-Novice <input type="checkbox"/> 58- Junior <input type="checkbox"/> 59-Senior | <p>Spins Challenge</p> <input type="checkbox"/> 40-Beginner <input type="checkbox"/> 41-Pre-Preliminary <input type="checkbox"/> 42-Preliminary <input type="checkbox"/> 43-Pre-Juvenile <input type="checkbox"/> 44-Juvenile/Open Juvenile <input type="checkbox"/> 45-Intermediate <input type="checkbox"/> 46-Novice <input type="checkbox"/> 47-Junior/Senior <p>Showcase</p> <input type="checkbox"/> 60-Beginner <input type="checkbox"/> 61-Pre-Prelim/Preliminary <input type="checkbox"/> 62-Pre-Juvenile/Juvenile <input type="checkbox"/> 63-Intermediate/Novice <input type="checkbox"/> 64-Junior/Senior <input type="checkbox"/> 65-Adult (all levels) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| Event | Fees | # Events | Cost |
|------------------------------------------------------------------------------------------------------------|------------------|----------|-----------|
| 1st Event – All 6.0 Judging Beginner - Pre-Juv, Adult, Test Track Price Includes Video/Photos | \$ 150 | | \$ |
| First IJS Event (Pre-Juv – Senior) Price Includes Video/ Photos | \$ 165 | | \$ |
| Additional Events (each) | \$ 40 | | |
| Mailed application fee | \$25 | | \$ |
| Early Bird Special, EntryEeze ONLY by March 1, 2018 | Subtract \$10 | | \$ |
| Total: | | | \$ |

We prefer all registrations thru Entry-Eeze. If you must mail, please make check to NISC!

Mail to:
 Northern Blast 2018
 c/o Helen Biggers
 7 S 770 Creek Drive
 Naperville, Illinois 60540

**If competing Pre-Juvenile IJS
 Juvenile – Senior Competitors must
 complete Planned Program Content Sheet
 on U.S. Figure Skating web site by May 1,
 2018.**

PLEASE Register using EntryEeze- Deadline April 1, 2018

Skater Authorization

Authorization by Club Officer

I hereby approve of the entry of _____ (skater's name) into Northern Blast 2015. I further certify that he/she is a full member in good standing of our club and is an eligible skater as defined in the Official Rules of the U.S. Figure Skating. (If you are an individual member, you will certify your own form. Northern Ice Skating Club members do not need a club officer's signature.)

| | | |
|----------------------------------------------------|------------------|--|
| Club Officer | Signature | |
| Title (President, VP, Secretary or Treasurer Only) | Phone #: () | |
| Club (Please do not abbreviate) | | |

Authorization by Athlete and Parent/Guardian

Athlete: I am eligible to enter this event under the official rules of U.S. Figure Skating. Furthermore, I agree to conduct myself, both on and off the ice, in a manner that will reflect favorably upon this competition and upon the sport of figure skating, and that is compliant with the rules set forth by U.S. Figure Skating. I agree to assume all risks of injury resulting from, caused by, or connected with the conduct and management of the competition, and to waive and release any and all claims against officials, U.S. Figure Skating, Seven Bridges Ice Arena, Northern Ice Skating Club and its officers. There are no refunds, as per Rule 3047.

Parent: This skater is eligible to enter this event under the official rules of U.S. Figure Skating. I agree to assume all risks of injury resulting from, caused by or connected with the conduct and management of the competition, and to waive and release any and all claims against officials, U.S. Figure Skating, Seven Bridges Ice Arena, Northern Ice Skating Club and its officers. There are no refunds, as per Rule 3047.

| | |
|----------------------------------------------------------|------|
| Athlete's Signature | Date |
| Parent/Guardian's Signature (if athlete is under age 18) | Date |

Primary Coach's Authorization

I have read this entry form and certify that it is complete and the information on this form is true and correct.

| | |
|--------------|------|
| Coach's Name | |
| Signature | Date |

Northern Ice Member Volunteer Preferences

All Northern Ice members participating in Northern Blast 2015 are expected to provide volunteer support for the competition. This may be done by the skater (where old enough), a parent, or other family member on the skater's behalf. Please list at least 3 choices in order of preference. Job descriptions are given in the "Volunteer FAQ" on the club web site. If you do not list a choice, one will be assigned to you.

| | | | |
|-------------------------|--|-------------------|--|
| Volunteer Name | | | |
| Phone: () | | Email | |
| Pre-competition support | | Setup/Decorations | |
| Hospitality | | Announcer | |
| Ice Monitor | | Runner | |
| Awards | | Vendors | |
| | | Registration | |
| | | Music | |
| | | Competitor Gifts | |
| | | Cleanup | |

Checklist:

- Completed Entry Form (2 pages)
- All required signatures on Skater Authorization sheet
- Check, payable to NISC
- E-mail address (printed legibly) to receive skater's competition schedule
- Planned Program Content Sheet entered online by May 1, 2018 (Juvenile thru Senior, SP and FS)
- Volunteer Preferences identified (Northern Ice members only)

2018 Illinois Grand Prix of Figure Skating



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 eligible categories at a minimum of 4 Grand Prix competitions will be invited to compete, at no cost, at the Illinois Grand Prix of Figure Skating, which will be held at the Centennial Ice Arena in Highland Park on **September 23, 2018**. 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/>

Competitions:

April 5-8, 2018 – W.I.M – Greater Milwaukee FSC
 April 12-15, 2018 – Ladybug – Glenwood FSC
 May 11-13, 2018 – Northern Blast – Northern Ice SC
 June 8-10, 2018 – Quad Cities Championships – FSC of the Quad-Cities
 June 14-16, 2018 – Southport Summer Classic – Southport SC
 July 11-15, 2018 – Skate Milwaukee – Wisconsin FSC
 July 26- 29, 2018 – Chicago Open – Chicago FSC
 August 24-26, 2018 – Skate the Lake – Cutting Edge FSC
 September 7-9, 2018 – Greater Chicagoland Fall Invitational – Wagon Wheel FSC

Events:

The following “Introductory” Free Skate categories are eligible for the Grand Prix:

| | | |
|----------|---------------|---------|
| Beginner | High Beginner | No-Test |
|----------|---------------|---------|

The following “Well-Balanced” Free Skate categories are eligible for the Grand Prix:

| | | |
|-----------------|------------------|--------------|
| Pre-Preliminary | Preliminary | Pre-Juvenile |
| Open Juvenile | Adult Pre-Bronze | Adult Bronze |
| Adult Silver | Adult Gold | |

The following “Test Track” Free Skate categories are eligible for the Grand Prix:

| | | |
|----------------------------|-------------------------|-------------------------|
| Pre-Preliminary Test Track | Preliminary Test Track | Pre-Juvenile Test Track |
| Juvenile Test Track | Intermediate Test Track | Novice Test Track |
| Junior Test Track | Senior Test Track | |

The following “IJS” Free Skate categories are eligible for the Grand Prix:

| | | |
|----------|--------------|--------|
| Juvenile | Intermediate | Novice |
| Junior | Senior | |

Please Note: Individual Competitions may have additional Free Skate categories; however those categories are not eligible for the Illinois Grand Prix of Figure Skating.

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:

| Placement | Points | Placement | Points |
|-----------------------|-----------|-----------------------|----------|
| 1 st place | 10 points | 2 nd place | 7 points |
| 3 rd place | 4 points | 4 th place | 3 points |
| 5 th place | 2 points | Participation | 1 point |
| Bonus for Final Round | | | 1 point |

Competitors who perform their free skate program more than once at a competition (i.e., initial 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 5 competitions will be invited to the Illinois Grand Prix of Figure Skating.

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 eligible categories in at least 5 of the Grand Prix competitions. 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 categories 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 test 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."



U.S. Figure Skating Nonqualifying Competitions

EVENT: Introductory Levels Free Skate Program

INTRODUCTORY LEVELS FREE SKATE PROGRAM

General event parameters:

- 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 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 |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| Beginner 1:40 Maximum | Max. 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 | Max. 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 |
| High Beginner 1:40 Maximum | Max. 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. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. | Max. 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 |

| 2017-18 | JUMP ELEMENTS | SPINS | STEP SEQUENCES |
|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>NO TEST</p> <p>1:40 maximum</p> <p>*means element is required</p> | <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 sequences limited to a maximum of 3 single jumps | <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 4103 (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>If IJS is used, then: ChSt</p> |
| <p>PRE-PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p> | <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 sequences limited to a maximum of 3 single jumps | <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 4103 (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>If IJS is used, then: ChSt</p> |
| <p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump or a waltz jump* 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 sequences limited to a maximum of 3 single or double jumps | <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 4103 (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>If IJS is used, then: ChSt</p> |
| <p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</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 allowed except for the double Axel <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 sequences limited to a maximum of 3 single or double jumps | <p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Min 4 revs <p>Both spins may start with a flying entry These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <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>If IJS is used, then: ChSt</p> |

2017-18 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, 2017.



| 2017-18 | JUMP ELEMENTS | SPINS | STEP SEQUENCES |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| JUVENILE and OPEN JUVENILE 2:30 +/- 10 sec *means element is required | Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> No triple or quadruple jumps allowed No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence If both occasions (of the double) are double jumps, the second of those jumps will receive 75% of its original base value No double jump can be included more than twice Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed Number of jumps in jump sequence is not limited | Max 2 Spins <ul style="list-style-type: none"> 1 spin combination, with or without change of foot <ul style="list-style-type: none"> Min 8 rows Min 2 rows in each position 1 spin with only 1 position, no change of foot* <ul style="list-style-type: none"> Min 5 rows Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4960 [E]) | Max 1 Sequence <ul style="list-style-type: none"> One choreographic step sequence** <ul style="list-style-type: none"> Must fully utilize the ice surface |
| INTERMEDIATE 2:30 +/- 10 sec *means element is required | Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> No more than 2 different jumps with 2 1/2 or 3 revolutions may be repeated If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> If both occasions (of the double or triple) are as solo jumps, the second of these jumps will receive 75% of its original base value No double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Number of jumps in jump sequence is not limited | Max 2 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot <ul style="list-style-type: none"> Min 8 rows Min 2 rows in each position 1 spin with only 1 position, no change of foot* <ul style="list-style-type: none"> Min 5 rows Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4960 [E]) | Max 1 Sequence <ul style="list-style-type: none"> One involed step sequence** <ul style="list-style-type: none"> Must fully utilize the ice surface Max Level 2 Only Minimum Variety (8 Turns), and location in each direction, occurring at least 1/3 of the pattern in each direction will be evaluated for the (2/3). <ul style="list-style-type: none"> Must fully utilize the ice surface |
| NOVICE LADIES 3:00 +/- 10 sec *means element is required | Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> If both occasions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 75% of its original base value There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Number of jumps in jump sequence is not limited | Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot <ul style="list-style-type: none"> Min 10 rows Min 2 rows in each position 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 5 rows 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4960 [E]) | Max 1 Sequence <ul style="list-style-type: none"> One involed step sequence** <ul style="list-style-type: none"> Must fully utilize the ice surface |
| NOVICE MEN 3:30 +/- 10 sec *means element is required | Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> If both occasions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 75% of its original base value There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Number of jumps in jump sequence is not limited | Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot <ul style="list-style-type: none"> Min 10 rows Min 2 rows in each position 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 8 rows 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4960 [E]) | Max 1 Sequence <ul style="list-style-type: none"> One involed step sequence** <ul style="list-style-type: none"> Must fully utilize the ice surface |

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.
Singles 2017-18 PS Elements Version 2.0 – 6/2/17 AB

| 2017-18 | JUMP ELEMENTS | SPINS | STEP SEQUENCES |
|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of those jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Number of jumps in a sequence is not limited | <p>Max 3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot <ul style="list-style-type: none"> Min 10 revs All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs <p>All spins may change foot and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 41.03 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> One avoided step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface |
| <p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of those jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Number of jumps in a sequence is not limited | <p>Max 3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot <ul style="list-style-type: none"> Min 10 revs All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs <p>All spins may change foot and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 41.03 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> One avoided step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface |
| <p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of those jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Number of jumps in a sequence is not limited | <p>Max 3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot <ul style="list-style-type: none"> Min 10 revs All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs <p>All spins may change foot and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 41.03 (E))</p> | <p>Max 2 Sequences</p> <ul style="list-style-type: none"> One avoided step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface One choreographic sequence* <ul style="list-style-type: none"> Must be clearly visible |
| <p>SENIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of those jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Number of jumps in a sequence is not limited | <p>Max 3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot <ul style="list-style-type: none"> Min 10 revs All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs <p>All spins may change foot and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 41.03 (E))</p> | <p>Max 2 Sequences</p> <ul style="list-style-type: none"> One avoided step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface One choreographic sequence* <ul style="list-style-type: none"> Must be clearly visible |



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|---------------------------------------------|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| INTERMEDIATE LADIES/MEN 2:10 max. | Single or Double Axel | Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination | Jump Combination Single/Double, Double/Double, Single/Triple, or Double/Triple or <u>Triple/triple</u> May not repeat Axel jump or solo jump performed | Spin Only one position No change of foot May start with a fly Min. 5 revs. | | Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos. | Leveled Step Sequence Max Level 2. Only Simple Variety (5 turns) or Minimum Variety (7 turns) & rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface |
| NOVICE LADIES 2:30 max. | Single or Double Axel | Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo | Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed | Layback, Sideways Leaning, Sit or Camel Spin No change of foot No flying entry Min. 6 revs. | | Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos. | Leveled Step Sequence Fully utilizing the ice surface |
| NOVICE MEN 2:30 max. | Single or Double Axel | Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo | Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed | Camel or Sit Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot | | Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos. | Leveled Step Sequence Fully utilizing the ice surface |
| JUNIOR LADIES 2:40 +/- 10 sec | Double Axel | Double or Triple Lutz Immediately preceded by connecting steps or other free skating movements | Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed | Flying Sit Spin Flying pos. may be different than landing pos. Min. 8 revs. | Layback, Sideways Leaning or Camel Spin without change of foot No flying entry Min. 8 revs. | Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos. | Leveled Step Sequence Fully utilizing the ice surface |
| JUNIOR MEN 2:40 +/- 10 sec | Double or Triple Axel | Double or Triple Lutz Immediately preceded by connecting steps or other free skating movements | Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed | Flying Sit Spin Flying pos. may be different than landing pos. Min. 8 revs. | Camel Spin With only 1 change of foot No flying entry Min. 6 revs. each foot | Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos. | Leveled Step Sequence Fully utilizing the ice surface |
| SENIOR LADIES 2:40 +/- 10 sec | Double or Triple Axel | Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo | Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed | Flying Spin Landing position different than spin in 1 position Min. 8 revs. | Layback, Sideways Leaning, Sit or Camel Spin without change of foot No flying entry Min. 8 revs. | Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos. | Leveled Step Sequence Fully utilizing the ice surface |
| SENIOR MEN 2:40 +/- 10 sec | Double or Triple Axel | Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo | Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed | Flying Spin Landing position different than spin in 1 position Min. 8 revs. | Camel or Sit Spin With only 1 change of foot No flying entry Min. 6 revs. each foot | Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos. | Leveled Step Sequence Fully utilizing the ice surface |

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence. **Singles Short Program 2017-18 Version 2.0 – 5/30/17 AB**



U.S. Figure Skating Nonqualifying Competitions

EVENT: 2017-18 Test Track Free Skate – Introductory through Senior levels

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. 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.
4. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

| 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>Maximum of 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 any U.S. Figure Skating free skate 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>Maximum of 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 any U.S. Figure Skating free skate tests |
| Pre-Preliminary 1:40 maximum | <p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump | <p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. 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 pre-preliminary free skate test |

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|------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Preliminary 1:30 +/- 10 sec.</p> | <p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump | <p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • One spin in one position, no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) | <p>Connecting moves and steps should be demonstrated throughout the program</p> | <p>Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test</p> |
| <p>Pre-Juvenile 2:00 +/- 10 sec.</p> | <p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump | <p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin, change of foot optional (Min. 4 revolutions). Spins may not fly | <p>One step sequence fully utilizing ice surface</p> | <p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p> |
| <p>Juvenile 2:20 +/- 10 sec.</p> | <p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump | <p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions) • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • Only solo spin may fly | <p>One step sequence fully utilizing ice surface</p> | <p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p> |
| <p>Intermediate 2:40 +/- 10 sec.</p> | <p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow and double toe loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump | <p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions). • One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). | <p>One step sequence fully utilizing ice surface</p> | <p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p> |

| Level | Jumps | Spins | Step Sequences | Qualifications |
|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p> | <p>Maximum of 7 jump elements for men and 6 for ladies:</p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump | <p>Maximum of 3 spins, of a different nature:</p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min. 5 revs per foot) The other spins are the option of the skater (min. 6 revolutions per foot) All spins may fly | <p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p> | <p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p> |
| <p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p> | <p>Maximum of 8 jump elements for men and 7 for ladies:</p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump | <p>Maximum of 3 spins of a different nature:</p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of at three basic positions and one change of foot (2 per position, min. 5 revolutions per foot) | <p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p> | <p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p> |
| <p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p> | <p>Maximum of 8 jump elements for men and 7 for ladies:</p> <ul style="list-style-type: none"> Any single jumps. Must include at least four different double jumps, one must be a double lutz. Triples are not permitted Maximum of 3 jump combinations or sequences Max. 2 of any same type jump | <p>Maximum of 3 spins of a different nature:</p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of at three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) | <p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p> | <p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p> |

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 $\frac{1}{2}$ 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 • $\frac{1}{2}$ 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 |



U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

1. Basic Skills – Juvenile. Elements skated on 3/8 ice
2. Intermediate – Senior. Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed

| Level | Time | Skating rules/standards |
|----------------------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pre – Preliminary | 1:15 max | <ol style="list-style-type: none"> 1. Single flip (<i>for competitions held before December 31, 2014</i>) Single Toe Loop (<i>for competitions held after January 1, 2015</i>) 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge) |
| Preliminary | 1:15 max. | <ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral |
| Pre – Juvenile | 1:15 max. | <ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular |
| Juvenile & Open Juv. | 1:15 max. | <ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular |
| Intermediate | 1:30 max. | <ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence - straight line |
| Novice | 1:30 max. | <ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence - straight line |
| Junior | 1:30 max. | <ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence - straight line |
| Senior | 1:30 max | <ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence - straight line |



U.S. Figure Skating Nonqualifying Competitions

EVENT: Spins Challenge

General event parameters:

- 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.
- All events are skated on 1/2 ice.
- Minimum number of revolutions are noted in parentheses.

| Level | Time | Skating rules / standards |
|---------------------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beginner | 1:30 max. | <ol style="list-style-type: none"> Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3) |
| High Beginner | 1:30 max. | <ol style="list-style-type: none"> Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3) |
| No-Test | 1:30 max. | <ol style="list-style-type: none"> Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3) |
| Pre – Preliminary | 1:30 max. | <ol style="list-style-type: none"> Upright one-foot spin (3) Upright back scratch spin (3) Sit spin (3) |
| Preliminary | 1:30 max. | <ol style="list-style-type: none"> Forward scratch to back scratch spin (3) Combination spin with no change of foot (4) Sit spin (3) |
| Pre – Juvenile | 1:30 max. | <ol style="list-style-type: none"> Camel spin (3) Combination spin – camel to sit spin; no change of foot (5) Forward to backward scratch spin (3 per foot) |
| Juvenile & Open Inv | 1:30 max. | <ol style="list-style-type: none"> Sit spin (4) Combination spin – with change of foot; optional change of position (4 per foot) Girls – layback spin (4); Boys – camel spin (4) |
| Intermediate | 1:30 max. | <ol style="list-style-type: none"> Flying camel spin (5) Sit spin to backward sit spin (4 per foot) Combination spin – change of foot & change of position (4 per foot) |
| Novice | 1:30 max. | <ol style="list-style-type: none"> Choice of camel, sit or layback spin (6) Camel spin to backward camel spin (4 per foot in position) Combination spin – change of foot & two changes of position (2 per position & 5 per foot) |
| Junior | 1:30 max. | <ol style="list-style-type: none"> Flying sit spin or flying reverse sit spins (6) Solo spin of choice (6) – may not fly Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot) |
| Senior | 1:30 max. | <ol style="list-style-type: none"> Flying spin of choice (6) Solo spin of choice (6) – may not fly Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot) |

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
3. Jumps with an "*" must be preceded with connecting steps (intermediate – senior)

| 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 $\frac{1}{2}$ Lutz 3. Single Salchow |
| High Beginner | 1:15 max. | <ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop |
| No-Test | 1:15 max. | <ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. 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 loop 2. Single flip 3. 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 flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel) |
| Pre – Juvenile | 1:15 max. | <ol style="list-style-type: none"> 1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel) |
| Juvenile & Open Juv. | 1:15 max. | <ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel) |
| Intermediate | 1:30 max. | <ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel) |
| Novice | 1:30 max. | <ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel) |
| Junior | 1:30 max. | <ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel) |
| Senior | 1:30 max. | <ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel) |

EVENT: Showcase Events – Dramatic Entertainment Events

EVENT LEVELS, AGES, TEST REQUIREMENTS AND PERFORMANCE TIMING

Except for Adult events, skaters must compete at the highest level for which they qualify.

| | Event | Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track) | Must not have passed Free Skate or Dance (solo or partnered) Test | Age | Time |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------|----------|
| Singles or Duets (Duets must compete at the highest test level of the two skaters and both members of a duet must meet at least the minimum test pre-requisite for Preliminary Free Skating or Adult Bronze Level.) | Beginner, High Beginner, No Test* <i>Note: these levels do not qualify for National Showcase</i> | | Pre-Preliminary Free Skate | No minimum age (max age 20) | 1:30 max |
| | Pro-Preliminary* <i>Note: this level does not qualify for National Showcase</i> | | Preliminary Free Skate | No minimum age (max age 20) | 1:30 max |
| | Preliminary | Preliminary Free Skate | Pre Juvenile Free Skate OR Juvenile Free Dance | No minimum age (max age 20) | 1:40 max |
| | Pre Juvenile | Pre Juvenile Free Skate | Juvenile Free Skate OR Juvenile Free Dance | No minimum age (max age 20) | 1:40 max |
| | Juvenile | Juvenile Free Skate OR Juvenile Free Dance | Intermediate Free Skate OR Intermediate Free Dance | 13 and under* | 2:10 max |
| | Teen | Juvenile Free Skate OR Juvenile Free Dance | Intermediate Free Skate OR Intermediate Free Dance | 14-17* | 2:10 max |
| | Intermediate | Intermediate Free Skate OR | Novice Free Skate OR Novice Free Dance | 17 and 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 Free Skate OR Novice Free Dance | Junior Free Skate OR Junior Free Dance | No Age Restriction | 2:10 max |
| | Junior | Junior Free Skate OR Junior Free Dance | Senior Free Skate OR Senior Free Dance | | 2:40 max |
| Senior | Senior Free Skate OR Senior Free Dance | | 2:40 max | | |

*Beginning February 1, 2018, the following changes will take effect: Juvenile age requirement is under 13 years of age and the Teen age requirement is 13 years of age or older.

| Event | Must meet requirements* Must have passed Free Skate, Figure, or Dance Test (solo or partnered). | Must not have passed Free Skate, Figure or Dance Test (solo or partnered; standard, adult, or masters track) | Age | Time |
|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------------------------------------------------------------|
| Adult Pre-Bronze <i>Note: this level does not qualify for National Showcase</i> | Adult Pre-Bronze Free Skate Pre-Preliminary Free Skate | Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17) | 21 and older | 1:40 max |
| Adult Bronze | Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17) | Adult Silver Free Skate Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) | 21 and older | 1:40 max |
| Adult Silver | Adult Silver Free Skate Juvenile Free Skates (prior to 10/1/94) Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) | Adult Gold Free Skates Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77) | 21 and older | 1:40 max |
| Adult Gold | Adult Gold Free Skate Juvenile Free Skates Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77) | Intermediate Free Skate (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77) | 21 and older | 1:40 max |
| Masters | Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver FD (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79) | | 21 and older | 1:40 max (through 4/30/18) 2:10 max (commencing 5/1/18) |
| Mini Production | Open | | Open | 3:10 max |
| Production | Open | | Open | 6:15 max |

* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, rules 2540-2552 apply, and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Learn to Skate USA levels and events, please refer to the U.S. Figure Skating Compete USA Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.



