

**The 2014  
Coastal Classic Competition  
National Solo Dance Series Event  
& Southern Grand Prix**

**HOSTED BY  
Port City Skating Club**



**July 12, 2014**

**To be held at:  
The Wilmington Ice House  
7201 Ogden Business Lane  
Wilmington, NC 28411**

**U.S. Figure Skating  
Basic Skills Approval #  
REGISTER ONLINE AT <http://www.portcityskatingclub.net/>  
Or [www.EntryEeze.com](http://www.EntryEeze.com)**



**GENERAL INFORMATION:** The Port City Skating Club (PCSC) and The Wilmington Ice House invite you to participate in our USFS Basic Skills Competition. The Coastal Classic Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website. This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens. This is portion of the Southern Grand Prix basic skills competition series. The competition will be held at Wilmington Ice House on July 12th, 2014, located at 7201 Ogden Business Lane, Wilmington, NC 28411.

**ELIGIBILITY:** The competition is open to ALL invited skaters who are eligible members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must register with the host Basic Skills program/club or any other Basic Skills program/club. Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills skaters through Basic 8 must skate at highest level passed or one level higher, and no official U.S. Figure Skating tests may have been passed, including moves in the field or individual dances. For all other skaters, eligibility will be based on highest free skate test level passed. Skaters may skate at the highest level passed or one level higher but not both levels in the same event during the same competition.

**RULES:** The 2014 Coastal Classic Competition is open to all skaters in good standing with US Figure Skating and will be governed by the rules specified in the 2013/2014 Rulebook and this announcement. All events are separate, and all rounds are final rounds. Males and females may, or may not, be placed in the same group. The organizers reserve the right to limit the number of entries due to time constraints.

**ENTRIES:** **Competition ONLINE deadline is Midnight on June 12, 2014. No paper entries will be accepted.** All Entries will be placed online at <http://www.entryeeze.com/>

1. Late entries will be accepted at the discretion of the competition chair space permitting and will incur an additional fee of \$35.
2. Entry fees will not be refunded after entry deadline date of June 12, 2014 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$50.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

**AWARDS:** All events are final round. Medals will be awarded to first, second, third, and fourth placements. There will be no qualifying rounds.

**JUDGING:** Performances will be judged on required elements, technical skating skills, and presentation. A panel of at least three judges will judge events. Judges may be USFSA or Canadian judges or qualified persons in skating who are USFSA members, at the discretion of the referee. The referee handles any disputes that may occur.

**SCHEDULE OF EVENTS:** Information will be posted on our website. A tentative schedule will be posted on the website as soon as it is available and all participants will be notified when schedule is finalized. You will need your U.S. Figure Skating number and your EntryEeze PIN number to see your individual schedule.

**MUSIC:** The skater, only on CD, must provide the music for all programs: no more than one event per CD. The music must be turned in at registration time no later than one hour before the event by the skater, ready to play, and clearly marked with the competitor's name, event, and actual running time of the music. The time duration is always +/- 10 seconds unless specified in an event description. Competitors must have a backup copy of their music, quickly retrievable in the event of technical difficulties. All CD's must be picked up at the registration desk by the end of the competition. Neither the PCSC nor The Wilmington Ice House will be responsible for music left behind.

**PRACTICE ICE:** One (1) Practice ice session per event will be available for purchase online at the time of registration via Entryeeze. Pre-paid practice ice is being offered to competitors for a cost of \$15 for each 20-minute session. Skaters will be able to pick their own practice ice sessions online but you must indicate the number of sessions you want during the registration process and must be pre-paid with your entry. You will receive a PIN number in order to access your practice ice records and select your sessions. Additional ice sales will be available for a cost of \$20 after the schedule has been posted and after those that pre-register for sessions have had time to select their sessions. Skaters are reminded to be on time for practice ice sessions. As customary, coaches are not allowed on the ice during practice ice sessions and no program music will be played. *Practice ice fees are non-refundable.*

**PHOTOGRAPHY and VIDEOGRAPHY:** Professional photographer and videographer will be taking photos and videos for all skaters and all free skating events, which will be available for purchase. There will be NO flash photography permitted in the ice arena.

**VENDORS:** Vendors will be selling items associated with figure skating.

**LIABILITY:** The Port City Skating Club, USFSA and The Wilmington Ice House accept no responsibility for injury or damage sustained by any participant or spectator in this competition; competitors assume the risk of competing in accordance with United States Figure Skating rule CR3222.

**TESTING AND CRITIQUE:** A test session will be available to skaters on July 11, 2014. Critique will be offered on July 12, 2014. For more information and registration forms please visit our website [www.portcityskatingclub.net](http://www.portcityskatingclub.net)

**OFFICIAL NOTICES:** It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**FEES:**

Basic Skills Competition Fee

- ❖ First Basic Skills Event \$65.00
- ❖ Second Basic Skills Event \$40.00
- ❖ Special Olympics Badge Event \$30.00
- ❖ All Additional Basic Skills Events \$35.00
- ❖ Duets \$100 per team for 1st event; \$60 for 2<sup>nd</sup> event; \$50 for 3<sup>rd</sup> event

Non-Qualifying Events Fee (To-Test through Pre-Juvenile)

- ❖ First Non-Qualifying Event / Test Track \$85.00
- ❖ Second Non-Qualifying Event / Test Track \$55.00
- ❖ All Additional Non-Qualifying Events \$40.00
- ❖ Duets \$125 per team for 1st event; \$100 for 2<sup>nd</sup> event or \$60 for 3<sup>rd</sup> event

If your Compulsory Moves Event is your ONLY event it will be considered a FIRST EVENT. Late Fees for all events is \$35.00

**IMPORTANT NOTICE FOR ALL 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.

Port City Skating 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>

It is very important to the success of the competition that skaters are placed in the correct division. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in the category that is below their class level, the chairman and Referee will have the option to move the skater to the proper division, even if this is done the day of the competition. This will ensure that every event is as fair as possible to the competitors. Please, be sure to check for the instructor's signature confirming the level of the skater.

WE ALL WANT OUR SKATERS TO DO THEIR BEST. SO LET US WISH THEM GOOD LUCK WITH AN AD IN THE COASTAL CLASSIC COMPETITION PROGRAM.

\$5 at the time of registration OR \$10 t any time after the registration up until 72 hours prior to the event.

Available at check out on EntryEeze



**SOUTHERN GRAND PRIX:** Southern Basic Skills Grand Prix Series will be comprised of a minimum of 5 competition events for the Free Skating portion of the competition only. (Snowplow Sam, Basic Program 1-8, Free Skate 1-6, Adult Free Skate 1 - Bronze, & Test Track Beginner - Preliminary). A point system based on the ranking of each individual of the Grand Prix is established below:

|                            |                           |                          |
|----------------------------|---------------------------|--------------------------|
| 15 points for First Place  | 11 points for Third Place | 7 points for Fifth Place |
| 13 points for Second Place | 9 points for Fourth Place | 5 points for Sixth Place |

An additional 2 points will be awarded for moving up a level ONLY 1 time. See the SGP Page at the TFSC website for a listing of all qualifying competitions. ([www.tfscnc.org](http://www.tfscnc.org))

The top 6 skaters in each Free Skating category based on total points awarded will be invited to compete in the Grand Prix Final in Wake Forest, NC. Special Grand Prix awards will be given out for the top 4 places. There will be entry fees for the Grand Prix Final This year. Points will be posted on the Triangle Figure Skating Club website - [www.tfscnc.org](http://www.tfscnc.org). Official notification of invite to the Grand Prix Final will be done via email to club presidents and/or skating directors. In the event of a tie by added points the following criteria will be taken into consideration for tie-breaking. The total number of points awarded at any non-qualifying competition will be combined to determine the value of the tie breaker. In the event of an unbreakable point tie, all athletes involved will be able to participate in the Grand Prix Final. An additional 2 points will be awarded to all scores for moving up a level. Skaters will be allowed to compete at their current level this year, not just at the level of qualification.

**Skaters are encouraged to compete at their current skating level at The Southern Grand Prix Final which will be held at The Polar Ice House (Wake Forest) on November, 23, 2014.**



**EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8**

Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**

| Level            | Time      | Skating rules/standards  |
|------------------|-----------|--|
| Snowplow Sam 1-3 | 1:00 max. | <ol style="list-style-type: none"> <li>1. March followed by a two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 2-6 in a row</li> </ol>   |
| Basic 1          | 1:00 max. | <ol style="list-style-type: none"> <li>1. Forward two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 6-8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 6-8 in a row</li> </ol>   |
| Basic 2          | 1:00 max. | <ol style="list-style-type: none"> <li>1. Forward one-foot glide, either foot</li> <li>2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot</li> <li>3. Moving snowplow stop</li> <li>4. Two-foot turn in place, forward to backward</li> <li>5. Backward two-foot swizzles, 6 - 8 in a row</li> </ol>   |
| Basic 3          | 1:00 max. | <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>3. Forward slalom</li> <li>4. Backward one-foot glide, either foot</li> <li>5. Two-foot spin – minimum three revolutions</li> </ol>  |
| Basic 4          | 1:00 max. | <ol style="list-style-type: none"> <li>1. Standstill forward outside three-turn, right and left</li> <li>2. Forward outside edge on a circle, clockwise or counter clockwise</li> <li>3. Forward crossovers, 4-6 consecutive, both directions</li> <li>4. Backward stroking, 4-6 strokes</li> <li>5. Backward snowplow stop, right or left</li> </ol>  |
| Basic 5          | 1:00 max. | <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle, clockwise or counterclockwise</li> <li>2. Backward crossovers, 4-6 consecutive, both directions</li> <li>3. Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions</li> <li>4. Side toe hop, either direction</li> <li>5. Hockey stop</li> </ol>  |
| Basic 6          | 1:00 max. | <ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn, right and left</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line, right or left</li> <li>4. Lunge, right or left</li> <li>5. T-stop, right or left</li> </ol>  |
| Basic 7          | 1:00 max. | <ol style="list-style-type: none"> <li>1. Standstill forward inside open mohawk, right to left and left to right</li> <li>2. Ballet jump, either direction</li> <li>3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>  |
| Basic 8          | 1:00 max. | <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns, right and left</li> <li>2. Waltz jump</li> <li>3. Mazurka, either direction</li> <li>4. 1 Combination move, clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions</li> </ol> |





## EVENT: BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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

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

| Level            | Time            | Skating rules/standards  |
|------------------|-----------------|--|
| Snowplow Sam 1-3 | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. March followed by a two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 2-6 in a row</li> </ol>   |
| Basic 1          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Forward two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 6-8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 6-8 in a row</li> </ol>   |
| Basic 2          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Forward one-foot glide, either foot</li> <li>2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot</li> <li>3. Moving snowplow stop</li> <li>4. Two-foot turn in place, forward to backward</li> <li>5. Backward two-foot swizzles, 6 - 8 in a row</li> </ol>   |
| Basic 3          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>2. Forward stroking</li> <li>3. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>4. Forward slalom</li> <li>5. Backward one-foot glide, either foot</li> <li>6. Two-foot spin, minimum three revolutions</li> </ol>   |
| Basic 4          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>2. Standstill forward outside three-turn, right and left</li> <li>3. Forward crossovers, 4-6 consecutive both directions</li> <li>4. Backward stroking, 4-6 strokes</li> <li>5. Backward snowplow stop, right or left</li> </ol>  |
| Basic 5          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Backward crossovers, 4-6 consecutive, both directions</li> <li>2. Basic one-foot spin, free leg held to side of spinning leg, minimum three revolutions</li> <li>3. Side toe hop, either direction</li> <li>4. Hockey stop</li> </ol>  |
| Basic 6          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn, right and left</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line, right or left</li> <li>4. Lunge, right or left</li> <li>5. T-stop, right or left</li> </ol>  |
| Basic 7          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Standstill forward inside open Mohawk, right to left and left to right</li> <li>2. Ballet Jump, either direction</li> <li>3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>  |
| Basic 8          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns, right and left</li> <li>2. Waltz jump</li> <li>3. Mazurka, either direction</li> <li>4. 1 Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ol> |



**EVENT:** Free Skate 1-6 Compulsory Event

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

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

| Level        | Time      | Skating rules / standards  |
|--------------|-----------|--|
| Free Skate 1 | 1:15 max. | <ol style="list-style-type: none"> <li>1. Advanced forward stroking, 4-6 consecutive</li> <li>2. Backward outside three-turns, right and left</li> <li>3. One-foot upright scratch spin from backward crossovers - minimum three revolutions</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>                       |
| Free Skate 2 | 1:15 max. | <ol style="list-style-type: none"> <li>1. Forward outside or inside spiral, right or left</li> <li>2. Waltz three's, right or left, 2-3 sets</li> <li>3. Beginning back spin, entry optional – minimum two revolutions</li> <li>4. Waltz jump, side toe hop, waltz jump sequence</li> <li>5. Toe loop jump</li> </ol>                                    |
| Free Skate 3 | 1:15 max. | <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Backward inside three-turns, right and left</li> <li>3. Back spin - minimum three revolutions</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ol>  |
| Free Skate 4 | 1:15 max. | <ol style="list-style-type: none"> <li>1. Forward power 3's, 2-3 consecutive sets, right or left</li> <li>2. Sit spin - minimum three revolutions</li> <li>3. Loop jump</li> <li>4. Waltz jump/loop jump combination</li> </ol>  |
| Free Skate 5 | 1:15 max. | <ol style="list-style-type: none"> <li>1. Camel spin - minimum three revolutions</li> <li>2. Forward upright spin to back upright spin - minimum three revolutions each foot</li> <li>3. Loop/loop jump combination</li> <li>4. Flip jump</li> </ol>   |
| Free Skate 6 | 1:15 max. | <ol style="list-style-type: none"> <li>1. Five step mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>2. Camel, sit spin combination - minimum of four revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow jump sequence</li> <li>5. Lutz jump</li> </ol> |





**EVENT:** Free Skate 1-6 Program Event

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

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

| Level        | Time          | Skating rules / standards  |
|--------------|---------------|--|
| Free Skate 1 | 1:30+/-10 sec | <ol style="list-style-type: none"> <li>1. Advanced forward stroking, 4-6 consecutive</li> <li>2. One-foot upright scratch spin from backward crossovers, minimum three revolutions</li> <li>3. Waltz jump from backward crossovers</li> <li>4. Half flip jump</li> </ol> |
| Free Skate 2 | 1:30+/-10 sec | <ol style="list-style-type: none"> <li>1. Forward outside spiral, right or left</li> <li>2. Beginning back spin – entry optional, minimum two revolutions</li> <li>3. Waltz jump, side toe hop, waltz jump sequence</li> <li>4. Toe loop jump</li> </ol>                 |
| Free Skate 3 | 1:30+/-10 sec | <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Back spin, minimum three revolutions</li> <li>3. Salchow jump</li> <li>4. Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ol>                                     |
| Free Skate 4 | 1:30+/-10 sec | <ol style="list-style-type: none"> <li>1. Forward power 3's, 2-3 consecutive sets, right or left</li> <li>2. Sit spin, minimum three revolutions</li> <li>3. Loop jump</li> <li>4. Waltz jump-loop jump combination</li> </ol>   |
| Free Skate 5 | 1:30+/-10 sec | <ol style="list-style-type: none"> <li>1. Camel spin, minimum three revolutions</li> <li>2. Forward upright spin to back upright spin, minimum three revolutions each foot</li> <li>3. Loop-loop jump combination</li> <li>4. Flip jump</li> </ol>                       |
| Free Skate 6 | 1:30+/-10 sec | <ol style="list-style-type: none"> <li>1. Camel, sit spin combination, minimum of four revolutions total</li> <li>2. Split jump or stag jump</li> <li>3. Waltz jump, ½ loop, Salchow jump sequence</li> <li>4. Lutz jump</li> </ol>                                      |







## EVENT: Test Track and Well Balanced Compulsory Moves

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. | <ol style="list-style-type: none"><li>1. Waltz jump</li><li>2. ½ jump of choice</li><li>3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)</li><li>4. Forward or backward spiral</li></ol>  |
| High Beginner     | 1:15 max. | <ol style="list-style-type: none"><li>1. Toe loop jump</li><li>2. Salchow jump</li><li>3. Forward scratch spin - minimum three revolutions</li><li>4. Forward or backward spiral</li></ol>  |
| No-Test           | 1:15 max. | <ol style="list-style-type: none"><li>1. Loop jump</li><li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li><li>3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li><li>4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li></ol> |
| Pre – Preliminary | 1:00 max. | <ol style="list-style-type: none"><li>1. Single flip</li><li>2. Jump combination: single/single (no Axel)</li><li>3. Sit spin or camel spin - minimum three revolutions</li><li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li></ol>   |
| Preliminary       | 1:00 max. | <ol style="list-style-type: none"><li>1. Single Lutz</li><li>2. Jump combination: single/single (may include Axel)</li><li>3. Back upright spin - minimum three revolutions</li><li>4. Forward inside spiral</li></ol>  |
| Pre – Juvenile    | 1:15 max. | <ol style="list-style-type: none"><li>1. Single jump (may include Axel)</li><li>2. Jump combination: single/single (may include Axel)</li><li>3. Layback spin or camel spin - minimum three revolutions</li><li>4. Step sequence - circular</li></ol>   |



## EVENT: Test Track Free Skate

### 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 (formerly Limited Beginner)<br>1:30+/-10 sec | Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (front to back or back to front)</li> <li>• Max 2 jumps sequences</li> <li>• Max 2 of any same jumps</li> </ul>  | Max 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (min 3 revolutions)</li> </ul>   | 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 (formerly Beginner)<br>1:30+/-10 sec    | Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max 2 jumps combinations or sequences</li> <li>• Max 2 of any same jumps</li> </ul>                                     | Max 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (min 3 revolutions)</li> </ul>   | 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  |
| Pre-Preliminary<br>1:30 +/- 10 sec.                   | Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow, toe-loop and loop only.</li> <li>• Max. 2 jump combinations or sequences (using above jumps only)</li> <li>• Max. 2 of any same type jump</li> </ul> | Max of 2 spins: <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min 3 revolutions)</li> </ul>  | 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   |
| Preliminary<br>1:30 +/- 10 sec.                       | Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>   | Max of 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min 3 revolutions per foot)</li> </ul> | Connecting moves and steps should be demonstrated throughout the program | 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 |
| Pre-Juvenile<br>2:00 +/- 10 sec.                      | Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>  | Maximum of 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>• One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>         | One step sequence fully utilizing ice surface                            | 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        |





## EVENT: Well Balanced Program Free Skate

### 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 for pre-preliminary – intermediate.
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.

| Level           | Time  | Jumps  | Spins  | Step Sequences   |
|-----------------|---|--|--|--|
| No Test         | 1:30+/-10 sec                                 | Maximum of 5 jumps elements: <ul style="list-style-type: none"> <li>• Single Jumps (no Axel)</li> <li>• Max 2 combos or sequences</li> <li>• Combos limited to 2 jumps</li> <li>• Number of jumps in sequence is limited to a max of 3 single jumps (half-loop is not considered a single jump)</li> </ul>   | Maximum of 2 spins: <ul style="list-style-type: none"> <li>• Spins must be a different nature.</li> <li>• Minimum three revolutions each.</li> <li>• Spins may change feet, position and start with a fly.</li> </ul>  | Connecting moves and steps should be demonstrated throughout the program |
| Pre-Preliminary | 1:30 +/- 10 sec.<br><br>Vocal music permitted | Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Any single jumps, including Axel, allowed.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps.</li> <li>• Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.)</li> <li>• Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels.</li> <li>• Double or triple jumps are not allowed.</li> </ul>  | Maximum of 2 spins: <ul style="list-style-type: none"> <li>• Spins must be of a different nature</li> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Min. of 3 revolutions</li> </ul>  | One step sequenced that must use ½ of the ice surface.                   |
| Preliminary     | 1:30 +/- 10 sec.<br><br>Vocal music permitted | Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• One must be an Axel or waltz-jump.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps</li> <li>• Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.)</li> <li>• Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop)</li> <li>• Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences.</li> <li>• Max. of 2 Axels or any double jump.</li> <li>• Double flips, double Lutzes, double Axels or triple jumps are not allowed.</li> </ul> | Maximum of 2 spins: <ul style="list-style-type: none"> <li>• Spins must be of a different nature</li> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Min. of 3 revolutions</li> </ul>  | One step sequenced that must use ½ of the ice surface.                   |
| Pre-Juvenile    | 2:00 +/- 10 sec.<br><br>Vocal music permitted | Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• One must be an Axel or waltz –jump.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps</li> <li>• Number of jumps in jump sequence is limited to a max. of 3 single or double jumps. ( ½ loop is not considered a single jump at this level.)</li> <li>• Number of different double jumps is not limited.</li> <li>• Axel and no more than 3 different double jumps may be repeated as</li> <li>• individual jumps, as part of jump combination or jump sequence.</li> <li>• Maximum of 2 Axels or any double jump</li> <li>• No double Axels or triple jumps</li> </ul>  | Maximum of 2 spins: <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*, may fly.</li> <li>• 1 spin with only 1 position*, may fly, no change of foot</li> <li>• Min. 4 revolutions.; 6 revolutions for combo</li> <li>• Spins must be of a different nature</li> </ul> | One step sequence fully utilizing ice surface.                           |



**ADULT EVENTS: Compulsories, Adult 1-6 Free Skate, Pre-Bronze and Bronze:**

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

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec unless otherwise noted

|   |   |
|---|---|
| <p><b><u>ADULT 1</u></b></p> <ul style="list-style-type: none"> <li>• Backward swizzles</li> <li>• Forward one-foot glides, one time skater’s height: R &amp; L</li> <li>• Two-foot turns</li> <li>• Snowplow stops: R or L</li> </ul>  | <p><b><u>ADULT 2</u></b></p> <ul style="list-style-type: none"> <li>• Forward stroking</li> <li>• Forward crossovers, clockwise and counter clockwise</li> <li>• Backward one-foot glide: R or L</li> <li>• Forward pivot</li> <li>• Forward Chasses on a circle</li> </ul>   |
| <p><b><u>ADULT 3</u></b></p> <ul style="list-style-type: none"> <li>• Backward crossovers, clockwise and counter clockwise</li> <li>• Inside Mohawk, either direction</li> <li>• Backward snowplow stops: R and L</li> <li>• Forward progressives</li> <li>• Beginning two-foot spin</li> </ul>                                   | <p><b><u>ADULT 4</u></b></p> <ul style="list-style-type: none"> <li>• Forward three turns, outside or inside: R &amp; L</li> <li>• Alternate backward crossovers with two-foot transition</li> <li>• Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle</li> <li>• Power three turns: one direction only</li> </ul> |
| <p><b><u>ADULT PRE-BRONZE</u></b></p> <ul style="list-style-type: none"> <li>• Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test. Time: 1:40 max.</li> <li>• No Axel or Doubles</li> <li>• Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements</li> </ul> | <p><b><u>ADULT BRONZE</u></b></p> <ul style="list-style-type: none"> <li>• Must have passed no higher than adult bronze free skate test or preliminary free skate test. Time: 1:50 max.</li> <li>• No Axel or Doubles</li> <li>• Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements</li> </ul>   |
| <p><b><u>ADULT SILVER</u></b></p> <ul style="list-style-type: none"> <li>• Must have passed no higher than adult silver free skate test or pre-juvenile free skate test. Time: 2:10 max.</li> <li>• No Doubles</li> <li>• Refer to the current U.S. Figure Skating Rulebook #4580 for specific requirements</li> </ul>            |   |





**EVENT: NATIONAL SOLO DANCE SERIES EVENTS**

Format: The solo pattern dance event, combined event and shadow dance event are being offered as part of the U.S. Figure Skating Solo Dance Series and will be run in accordance with the U.S. Figure Skating Solo Dance Series Guidelines found [here](#).

Please refer to the 2014 Solo Dance Series guidelines for current rules, levels and requirements.

**U.S. Figure Skating Solo Dance Series:**

**SOLO DANCE SERIES SOLO PATTERN DANCE EVENT** - The solo pattern dance event is comprised of two dances at each level.

| <b>Level</b>  | <b>Dances</b>                 |
|---------------|-------------------------------|
| Preliminary   | Canasta Tango<br>Rhythm Blues |
| Pre-Bronze    | Swing Dance<br>Cha Cha        |
| Bronze        | Willow Waltz<br>Ten Fox       |
| Pre-Silver    | Fourteenstep<br>Foxtrot       |
| Silver        | Tango<br>Rocker Foxtrot       |
| Pre-Gold      | Kilian<br>Paso Doble          |
| Gold          | Viennese Waltz<br>Quickstep   |
| International | Silver Samba<br>Yankee Polka  |

Refer to the 2014 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479> for the solo pattern dance event rules, test requirements and details.

**SOLO DANCE SERIES COMBINED EVENT**

Refer to the [2014 Solo Dance Series Handbook](#) for the combined event rules and details





## SHOWCASE EVENTS:

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A .2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

For specific guidelines regarding the conduct of Showcase or Artistic competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org). Showcase categories may include:

- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
  - Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
  - Duets: Theatrical/artistic performances by any competitors.
  - Mini production ensembles): Theatrical performances by three to seven competitors.
  - Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles.
- NOTE: Skaters may enter only one each duet, mini production or production event.

| LEVEL   | ELEMENTS   | QUALIFICATIONS   | PROGRAM LENGTH |
|---|--|--|----------------|
| Basic 1-8   | Elements only from Basic 1-8 curriculum  | May not have passed any higher than Basic 8 level.   | Time 1:00 Max  |
| Free skate 1-6/<br>Beginner/High<br>Beginner/ Adult 1-4 | 3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop. | May not have passed any official U.S. Figure Skating free skate tests.                                   | Time: 1:30 Max |
| No Test/<br>Pre-preliminary/ Adult<br>Pre-Bronze        | 3 jump maximum. No axels or double jumps permitted.  | Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test. | Time: 1:30 Max |
| Preliminary/<br>Adult Bronze                            | 3 jump maximum. Axels are permitted, but no double jumps allowed.                                    | Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.         | Time: 1:40 Max |



## SHOWCASE EVENT – INTERPRETATIVE EVENT

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- The music will be played during a 30-minute off-ice session and twice during an on-ice warm-up prior to the performance.
- The room will be attended only by the adult monitor assigned to play the music and the competing skaters in that group.
- **Skaters after the warm up will go back to a room, with no music being played.**
- Skaters will be brought to the ice when the previous skater finishes.
- All competitors in an event will interpret the same music.
- Props are permitted but must be brought into the room prior to listening to the music, and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### Interpretative Events and Levels

| Level                  | Program Duration | Test Requirements  |
|------------------------|------------------|--|
| Pre-juvenile and below | 1:00 maximum     | Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline |
| Juvenile - novice      | 1:30 maximum     | Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline |
| Teen and young adult   | 1:30 maximum     | Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline |
| All adult events       | 1:30 maximum     | Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline |





**SPINS EVENT:**

No music on half-ice. Spins should be skated exactly as stated and in this order. Skaters will perform one spin at a time (no excessive connecting steps). Skaters will be given one opportunity to perform each spin. Groups will be divided according to Basic/Free Skate test level. Spins should be a minimum of three revolutions each.

| Level             | Time      | Skating rules / standards  |
|-------------------|-----------|--|
| Beginner          | 1:30 max. | <ul style="list-style-type: none"> <li>Upright one-foot spin (3)</li> <li>Upright two-foot spin (3)</li> <li>Sit spin (3)</li> </ul>   |
| High Beginner     | 1:30 max. | <ul style="list-style-type: none"> <li>Upright one-foot spin (3)</li> <li>Upright two-foot spin (3)</li> <li>Sit spin (3)</li> </ul>   |
| No-Test           | 1:30 max. | <ul style="list-style-type: none"> <li>Upright one-foot spin (3)</li> <li>Upright two-foot spin (3)</li> <li>Sit spin (3)</li> </ul>   |
| Pre – Preliminary | 1:30 max. | <ul style="list-style-type: none"> <li>Upright one-foot spin (3)</li> <li>Upright two-foot spin (3)</li> <li>Sit spin (3)</li> </ul>   |
| Preliminary       | 1:30 max. | <ul style="list-style-type: none"> <li>Backward upright spin (3)</li> <li>Combination spin with no of foot (4)</li> <li>Sit spin (3)</li> </ul>  |
| Pre – Juvenile    | 1:30 max. | <ul style="list-style-type: none"> <li>Camel spin (3)</li> <li>Combination spin – camel to sit spin; no change of foot (6)</li> <li>Forward to backward scratch spin (3 per foot)</li> </ul> |

**JUMPS EVENT:**

Entrants will qualify according to their free skate level, but may ‘skate up’ one level. All levels will be skated on ½ ice. Jumps should be performed exactly as stated. Skaters will be given two opportunities to perform each jump and will be judged on the best one. Repeated jumps must be the same as the original. The following format will be used: the first skater will take the ice and attempt the first jump twice, then attempt the second jump twice before going to the next skater. The repeat of each jump element must be the same jump(s) as the first when there is a choice. This procedure will be repeated throughout the event. Maximum time is 1 minute.

| Level             | Time      | Skating rules / standards   |
|-------------------|-----------|---|
| Beginner          | 1:15 max. | <ul style="list-style-type: none"> <li>Waltz jump (from backward crossovers)</li> <li>½ flip or ½ Lutz</li> <li>Single Salchow</li> </ul>                         |
| High Beginner     | 1:15 max. | <ul style="list-style-type: none"> <li>Waltz jump (from backward crossovers)</li> <li>Single Salchow</li> <li>Jump combination – waltz jump-toe loop</li> </ul>   |
| No-Test           | 1:15 max. | <ul style="list-style-type: none"> <li>Single toe loop</li> <li>Single loop</li> <li>Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ul> |
| Pre – Preliminary | 1:15 max. | <ul style="list-style-type: none"> <li>Single toe loop</li> <li>Single flip</li> <li>Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ul> |
| Preliminary       | 1:15 max. | <ul style="list-style-type: none"> <li>Single flip</li> <li>Single Lutz</li> <li>Jump combination – Any single jump + single loop (may be Axel)</li> </ul>        |
| Pre – Juvenile    | 1:15 max. | <ul style="list-style-type: none"> <li>Single Axel</li> <li>Single or double jump</li> <li>Jump combination – single/single (no Axel)</li> </ul>                  |







**MOVES IN THE FIELD EVENT:**

- Levels are based on the skaters' highest Moves in the field test passed.
- Moves in the field competition event will consist of the skater performing two moves in the field patterns.
- Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between.
- The host club may choose to play background music, at a low volume, at their discretion.

| Level           | July 1 <sup>st</sup> – September 30 <sup>th</sup>  |
|-----------------|--|
| Pre-Preliminary | 1. Basic consecutive edges (Backward outside & backward inside only).<br>2. Forward left & right spirals |
| Preliminary     | 1. Forward circle eight<br>2. Alternating forward 3-turns.   |
| Pre-Juvenile    | 1. Five-step mohawk sequence.<br>2. Backward circle eight.   |

| Level        | July 1 <sup>st</sup> – September 30 <sup>th</sup>   |
|--------------|---|
| Juvenile     | 1. Eight-step mohawk sequence.<br>2. Forward double 3-turns.  |
| Intermediate | 1. Forward twizzles (left forward outside & left forward inside only).<br>2. Inside slide chasse pattern. |

**STEP SEQUENCES EVENT:**

- Levels are based on the skaters' highest Moves in the Field test passed.
- Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine).
- Skates perform two different step sequences of their choice; any shape or pattern is permitted; however, skaters must make it clear when their first step sequence ends, and their second begins.
- Each of the step sequences must include the required steps and/or turns listed for each level.
- Each step sequence may, and is encouraged to, include additional steps or turns.
- Each step sequence must utilize the full ice surface.
- Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating.

| Level                | Time      | Required elements   |
|----------------------|-----------|---|
| Pre-Preliminary      | 1:00 max. | Each of the two step sequences must include:<br>- Forward outside 3-turn<br>- Inside mohawk<br>- Demonstration of forward outside & forward inside edges  |
| Preliminary          | 1:00 max. | Each of the two step sequences must include:<br>- At least two consecutive forward outside power 3-turns<br>- Forward inside 3-turn<br>- At least one set of alternating 3-turns (outside or inside)            |
| Pre-Juvenile         | 1:00 max. | Each of the two step sequences must include:<br>- Backward inside 3-turns on each foot<br>- Backward outside 3-turns on each foot<br>- At least 2 consecutive power pulls (backward or forward)                 |
| Juvenile & Open Juv. | 1:30 max. | Each of the two step sequences must include:<br>- Forward outside double 3 (either foot)<br>- Forward inside double 3 (either foot)<br>- At least 2 consecutive cross strokes (backward or forward)             |
| Intermediate         | 1:30 max. | Each of the two step sequences must include:<br>- Choice of backward double 3<br>- At least 2 different brackets with clear entry & exit edges<br>- Forward inside 1 ½ twizzle<br>- Forward outside 1 ½ twizzle |

**TEAM COMPULSORIES EVENT:**

- Divide into levels according to BASIC/FREE SKATE levels
- A minimum of three skaters on a team, each skater will do one required element
- Judging done with one mark for each element (skater) for total team points



**BEGINNER SYNCHRONIZED SKATING EVENT**

The beginner competition program is also part of the U.S. Figure Skating Basic Skills program. The beginner competition program is for Basic Skills level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Beginner teams compete at Basic Skills competitions and nonqualifying synchronized skating competitions around the country.

Required elements – Each level has specific required elements that must be completed:

| LEVEL  | CIRCLE  | LINE  | BLOCK   | WHEEL   | INTERSECTION   |
|--|---|---|---|---|--|
| <b>BEGINNER 1</b><br>8-16 skaters, majority under 9 years old<br>1 ½ - 2 minutes<br>+/- 10 seconds     | One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.  | One line, which must cover half ice to full ice and must have only forward skating.   | One block, which must cover half ice to full ice, and must have only 1 configuration. | One wheel, choice of 4-spoke or 3 spoke with backward pumps.                    | One intersection: Two lines facing each other, 2-foot glide at point of intersection.                  |
| <b>BEGINNER 2</b><br>8-16 skaters, majority 9 – 11 years old<br>1 ½ - 2 minutes<br>+/- 10 seconds      | One circle, which must include the choreographed step sequence: 2 forward crossovers, FO 3 turn, back pump, BO 1 foot glide (held for at least 2 counts), back pump, 1 backward crossover, FI stroke (1 direction only, don't need to repeat) | One line, which must cover the ice and may include forward and backward skating.      | One block, which must cover the ice and must have 1 or 2 configurations.              | One wheel of the team's choice with backward pumps.                             | One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.        |
| <b>BEGINNER 3</b><br>8-16 skaters, majority at least 12 years old<br>2 – 2 ½ minutes<br>+/- 10 seconds | Circle element, which must include the combination move from Basic 8. (1 direction only, don't need to repeat)  | Line element, which must cover the ice and must include forward and backward skating. | One block, which must cover the ice and must have 2 or 3 configurations.              | Wheel element of the team's choice with backward pumps, chasses, or crossovers. | One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection. |

The emphasis of the Beginner competition is on mastering the “basic skills” of synchronized skating:

- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Unison and use of skills such as guiding and shadowing.
- Incorporating skills from the Basic 1-8 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels.

Restrictions in Beginner 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Beginner 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Beginner 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

Restrictions in Beginner 3:

- No traveling within elements (change of configuration and rotational direction are allowed).

Restrictions in all levels: All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating Rulebook Please reference <http://usfsa.org/Programs.asp?id=338> for most up-to-date Beginner Synchronized Skating rules



Team Name: \_\_\_\_\_ Level: \_\_\_\_\_

U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.

| Skater's name in alphabetical order | Skater's signature or parent/guardian (if skater is under 18 y.o.) |
|-------------------------------------|--|
| 1                                   |  |
| 2                                   |  |
| 3                                   |  |
| 4                                   |  |
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| Alt 1                               |  |
| Alt 2                               |  |
| Alt 3                               |  |
| Alt 4                               |  |





## SPECIAL OLYMPICS BADGE PROGRAM

The Special Olympics Sports Skills Program is designed for people with mental handicaps who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

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| <p><b>Badge 1</b></p> <p>A. Stand unassisted for five seconds<br/>           B. Fall and stand up unassisted<br/>           C. Knee dip standing still unassisted<br/>           D. March forward ten steps assisted</p>   | <p><b>Badge 7</b></p> <p>A. Backward stroking across the rink<br/>           B. Gliding backward to forward two foot turn<br/>           C. T-stop left of right<br/>           D. Forward two foot turn on a circle: L &amp; R</p>   |
| <p><b>Badge 2</b></p> <p>A. March forward ten steps unassisted<br/>           B. Swizzles, standing still: three repetitions<br/>           C. Backward wiggle or march assisted<br/>           D. Two foot glide forward for distance of at least length of body</p>      | <p><b>Badge 8</b></p> <p>A. Five consecutive forward crossovers: L &amp; R<br/>           B. Forward outside edge: L &amp; R<br/>           C. Five consecutive backward ½ swizzles on a circle: L &amp; R</p>  |
| <p><b>Badge 3</b></p> <p>A. Backward wiggle or march<br/>           B. Five forward swizzles covering at least ten feet<br/>           C. Forward skating across the rink<br/>           D. Forward gliding dip covering at least length of body: L &amp; R</p>            | <p><b>Badge 9</b></p> <p>A. Forward outside three turn: L &amp; R<br/>           B. Forward inside edge: L &amp; R<br/>           C. Forward lunge or shoot the duck at any depth<br/>           D. Bunny hop</p>   |
| <p><b>Badge 4</b></p> <p>A. Backward two foot glide covering at least length of body<br/>           B. Two foot jump in place<br/>           C. One foot snowplow stop: L &amp; R<br/>           D. Forward one foot glide covering at least length of body: L &amp; R</p> | <p><b>Badge 10</b></p> <p>A. Forward inside three turn: L &amp; R<br/>           B. Five consecutive backward crossovers: L &amp; R<br/>           C. Hockey stop<br/>           D. Forward spiral three times length of body</p>   |
| <p><b>Badge 5</b></p> <p>A. Forward stroking across rink<br/>           B. Five backward swizzles covering at least ten feet<br/>           C. Forward two foot curves left and right across rink<br/>           D. Two foot curves left and right across rink</p>         | <p><b>Badge 11</b></p> <p>A. Consecutive forward outside edges: minimum of two on each foot<br/>           B. Consecutive forward inside edges: minimum of two on each foot<br/>           C. Forward inside Mohawk: L &amp; R<br/>           D. Consecutive backward outside edges: minimum of two on each foot<br/>           E. Consecutive backward inside edges: minimum of two on each foot</p> |
| <p><b>Badge 6</b></p> <p>A. Gliding forward to backward two foot turn<br/>           B. Five consecutive forward one foot swizzles on circle: L &amp; R<br/>           C. Backward one foot glide length of body: L &amp; R<br/>           D. Forward pivot</p>            | <p><b>Badge 12</b></p> <p>A. Waltz jump<br/>           B. One foot spin: minimum of three revolutions<br/>           C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated cw and ccw<br/>           D. Combination of three moves chosen from badges 9-12</p>  |

