

# PHILADELPHIA SUMMER CHAMPIONSHIPS

(formerly known as Liberty Summer Competition)

Hosted by

**ICEWORKS SKATING CLUB**



**JULY 15 – JULY 19, 2014**

Held at:

IceWorks Skating Complex  
3100 Dutton Mill Road  
Aston, Pennsylvania 19014

Sanctioned by:



# **2014 PHILADELPHIA SUMMER CHAMPIONSHIPS**

<b><u>Dates:</u></b>	July 15 – July 19, 2014
<b><u>Deadline:</u></b>	June 5, 2014
<b><u>Location:</u></b>	IceWorks Skating Complex 3100 Dutton Mill Road Aston, PA 19014
<b><u>Competition Chairs:</u></b>	Lisa Shaw and Cheryl Wood
<b><u>Co-Chair, Officials' Liaison:</u></b>	Robert Rosenbluth
<b><u>Referees:</u></b>	Kristina Lundgren – IJS Events Pat Lynch – 6.0 Events

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

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

This competition is also sanctioned by Skate Canada and open to all eligible Canadian skaters.

## **Eligibility**

Skaters may enter events for which the skater is qualified. A skater may compete at their current test level and/or one level higher but not below. Test level is as of May 31, 2014.

## **Facility**

All events will be held at the IceWorks Skating Complex located in Aston, Pennsylvania. The complex has three ice surfaces measuring 85' X 200' and one ice surface measuring 100' X 200'. All rinks have rounded corners and hockey barriers.

The Complex features a full service cafe, a pro shop, a game room, and Pub and Grill.

## **Entry Information**

The competition is open to all amateur skaters who are members in good standing with U.S. Figure Skating, Skate Canada or USFS Basic Skills. The competition will be governed by the rules specified in the 2014 U.S. Figure Skating rule book including new amended provisions passed at the 2014 Governing Council.

The local organizing committee reserves the right to limit the number of competitors in each flight and in each event, and to combine or divide groups. As soon as the schedule is available, it will be posted on our website, [www.iceworkssc.org](http://www.iceworkssc.org), and you will receive an email from the competition chair/s.

All registrations will take place through [www.entryeeze.com](http://www.entryeeze.com).

## **IJS EVENTS:**

Singles and Pairs: Juvenile through Senior

Short and Long Programs are considered separate events.

<u>1<sup>st</sup> Event</u>	<u>2<sup>nd</sup> Event and all additional events</u>
\$170.00	\$90.00

Pairs should split the event entry fees.

If doing both Singles and Pairs events, Singles event will be your first event.

## **6.0 EVENTS:**

Singles and Pairs: Tots through Open Juvenile including Test Track and Adults

<u>1<sup>st</sup> Event</u>	<u>2<sup>nd</sup> Event and additional events</u>
\$110.00	\$80.00

Basic Skills: Basic Elements and Basic Program Events including Free Skate 1 - 6

<u>1<sup>st</sup> Event</u>	<u>2<sup>nd</sup> Event and additional events</u>
\$60.00	\$40.00

**\*\*\* NO REFUNDS WILL BE GIVEN FOR ANY REASON EXCEPT IN CASE OF AN EVENT CANCELLATION.\*\*\***

## **Final Rounds**

There will be final rounds for ALL Juvenile, Intermediate, Novice and Junior Short and Long events having 21 or more entries. The number of skaters advancing to the Final Round will be determined by the number of entries received and will be posted at the registration desk and with the starting order postings. Senior Ladies may be combined into one group depending on the number of entries for the Short and the Long.

## **Planned Program Content Information**

Please enter Planned Program Content online by July 4<sup>th</sup>, 2014. U.S. Figure Skating members, please use USFS website to enter your PPE. All others including members of Skate Canada, please enter your PPE online at [www.entryeeze.com](http://www.entryeeze.com).

## **Critiques**

There will be critiques for all initial rounds of Juvenile, Intermediate, Novice, Junior and Senior events. These critiques will be conducted by national, international and world judges as well as a member of the Technical Panel. Coaches and competitors are invited to attend. Critiques will begin approximately 15 minutes after the posting of the results for the event. Please check rink postings for the location of your event's critique room.

## **Music**

CDs are the only acceptable forms of media. **There should be a separate media source for each competitive program. Each CD must have only ONE (1) track. In the case of a skater entering multiple events, separate disks must be used for each event.** CDs must be clearly marked with the competitor's name, event entered, and the music length. Lead-in time (time before the music begins) on CDs may not exceed two (2) seconds. **Due to compatibility and reliability reasons, music may NOT be submitted on re-recordable "CD-RW" discs.**

Music must be turned in at the registration desk at check in time. Duplicate copies should be readily available rink side during the competitive event. While all possible care will be taken, the LOC assumes no responsibility or liability for lost, damaged or unclaimed CDs. Any CDs unclaimed at the conclusion of the competition will be discarded.

## Liability

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

## Awards

Medals will be awarded for first, second, third and fourth place winners in each group. Award presentations will be made based on the schedule which will be posted at the arena.

## Practice Ice

Practice ice sessions will be available beginning Monday, July 14, 2014. Practice ice sessions can be purchased through [www.entryeeze.com](http://www.entryeeze.com). At the time of registration, two practice ice sessions for each event will be available to each skater. Selection of date and time of these practices will be done after the close of registration. Additional practice ice will be made available ONLINE until July 13, 2014 at 11:59pm. Starting on July 14, 2014 practice ice must be purchased in person at the **Practice Ice Office** in the main hallway of the facility.

When all schedules are finalized, an email will be sent with the start date and time for selection of reserved practice ice. You will need your U.S. Figure Skating number and PIN to access your [www.entryeeze.com](http://www.entryeeze.com) account and make your selections. The cost of each 20-minute practice session is **\$18.00**. Available spots on each session will vary by level.

There are four levels of practice ice available:

LEVEL	EVENTS INCLUDED
Basic	All Basic Skills, Test Track, Beginner through Pre-Juvenile and Adult events
Low	All Juvenile and Intermediate events
Medium	All Intermediate and Novice Events
High	All Novice, Junior and Senior Events

Practice ice will be available on all rinks where events are not being held. If a rink (1, 2 or 3) has scheduled competition that day, practice ice will be available early in the morning, prior to the scheduled events. If schedule permits, additional sessions on these competition rinks will be made available after the end of a day's events. Rink 4 will be used solely for practice ice.

## Video and Photography

A professional video service and photographers will be available throughout the competition. Those interested in videotaping for personal use will be asked to use designated areas. There are NO electrical outlets available rinkside, and **tripods will NOT be permitted in the building. There will be NO flash photography permitted in the arena.**

## Important Information for All Coaches

All coaches must check in at the registration desk and show a government issued photo ID to receive credentials.

### 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. For this event, CER B is required for all events except Basic Skills, which only require a CER C.
- 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 LOC will have a list of compliant coaches who are cleared for a credential at the competition. 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>

### **Vendors**

A variety of vendors, including costume and boot vendors will be onsite during the competition. For a complete list of vendors attending, please check the event website. The Pro Shop will be open during the event.

### **Accommodations**

Please check the event website, [www.iceworkssc.org](http://www.iceworkssc.org), for a list of hotels located in the area where room blocks and special rates have been set up. Please be sure to mention that you are coming to the Philadelphia Summer Championships at IceWorks for these special rates.

### **Contact Information**

For the latest information regarding the competition, please check the IceWorks Skating Club's website at [www.iceworkssc.org](http://www.iceworkssc.org).

For further questions, please contact Lisa Shaw by email at [lshaw@iceworks.net](mailto:lshaw@iceworks.net) or by phone at 610-497-2200 Ext. 117

# Competition Events

## IJS EVENTS

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 Juvenile and Intermediate 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. All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org) , under "Technical Information," then "Singles/Pairs".

## Single Free Skating

Level	Short Program	Long Program	Test Requirement
<b>Senior</b> <i>See rule 4200</i>	2:50 max	Ladies: 4:00 ± 10 sec Men: 4:30 ± 10 sec	Passed at least Junior Free Skating Test
<b>Junior</b> <i>See rule 4210</i>	2:50 max	Ladies: 3:30 ± 10 sec Men: 4:00 ± 10 sec	No higher than Junior Free Skating Test
<b>Novice</b> <i>See rule 4220</i>	2:30 max	Ladies: 3:00 ± 10 sec Men: 3:30 ± 10 sec	No higher than Novice Free Skating Test
<b>Intermediate</b> <i>See rule 4230</i>	2:00 max	2:30 ± 10 sec	No higher than Intermediate Free Skating Test
<b>Juvenile</b> <i>See rule 4240</i>		2:15 ± 10 sec	No higher than Juvenile Free Skating Test

## Pairs

Level	Short Program	Long Program	Test Requirement
<b>Senior</b> <i>See rule 5200</i>	2:50 max	4:30 ± 10	Both partners passed at least Junior Pair Test
<b>Junior</b> <i>See rule 5210</i>	2:50 max	4:00 ± 10	No higher than Junior Pair Test for both partners
<b>Novice</b> <i>See rule 5220</i>	2:50 max	3:30 ± 10	No higher than Novice Pair Test for both partners
<b>Intermediate</b> <i>See rule 5230</i>	2:30 max	3:00 ± 10	No higher than Intermediate Pair Test for both partners
<b>Juvenile</b> <i>See rule 5240</i>		2:30 ± 10	No higher than Juvenile Pair Test for both partners
<b>Pre-Juvenile</b> <i>See rule 5250</i>		2:00 ± 10	No higher than Preliminary Pair Test and Pre-Juvenile MIF Test for both partners <b>6.0 Judging System will be used</b>

## 6.0 EVENTS

### Introductory Levels Free Skate Program

Format:

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

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

### 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.
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
Pre-Preliminary	1:40 max Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ol style="list-style-type: none"> <li>a) Any single jumps, including Axel, allowed.</li> <li>b) Max. 2 jump combinations or sequences</li> <li>c) Jump combinations are limited to 2 jumps.</li> <li>d) 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>e) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels.</li> <li>f) Double or triple jumps are not allowed.</li> </ol>	<p>Maximum of 2 spins:</p> <ol style="list-style-type: none"> <li>a) Spins must be of a different nature</li> <li>b) Spins may change feet and/or position.</li> <li>c) Spins may start with a fly.</li> <li>d) Min. of 3 revolutions</li> </ol>	One step sequenced that must use ½ of the ice surface.

Level	Time	Jumps	Spins	Step Sequences
Preliminary	1:30 ± 10 sec Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz-jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop) f) Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. g) Max. of 2 Axels or any double jump. h) Double flips, double Lutzes, double Axels or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Pre-Juvenile	2:00 ± 10 sec Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz-jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) 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.) e) Number of different double jumps is not limited. f) Axel and no more than 3 different double jumps may be repeated as Individual jumps, part of jump combination or jump sequence. g) Maximum of 2 Axels or any double jump h) No double Axels or triple jumps	Maximum of 2 spins: a) 1 spin combination; with or without change of foot*, may fly. b) 1 spin with only 1 position*, may fly, no change of foot c) Min. 4 revolutions; 6 revolutions for combo d) Spins must be of a different nature	One step sequence fully utilizing ice surface.
Open Juvenile	2:15 ± 10 sec	Maximum of 5 jump elements: a) One must be an Axel-type jump* b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is not limited e) No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Max 2 of same double jump. f) No triple jumps	Maximum of 2 spins: a) 1 spin combination; with/without change of foot* b) 1 spin with only 1 position; no change of foot* c) Both spins may start with a fly d) Min. 5 revolutions; 8 revolutions. for combination e) Min. 2 revolutions in position f) Spins must be of a different nature	One choreographic step sequence fully utilizing ice surface.

### Test Track Free Skate Event

Format:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Program 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 Sequence	Qualifications
Pre-Preliminary 1:30 ± 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>Single rotation jumps: Salchow, toe loop and loop only.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <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 1:30 ± 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <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>	<p><i>Maximum of 2 spins:</i></p> <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 2:00 ± 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <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>	<p><i>Maximum of 2 spins:</i></p> <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
Juvenile / Open Juvenile 2:15 ± 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>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)</li> <li><i>Only solo spin may fly</i></li> </ul>	One step sequence fully utilizing ice surface	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
Intermediate 2:30 ± 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>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).</li> </ul>	One step sequence fully utilizing ice surface	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

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

## **Adult Free Skate**

Format:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Age levels may be combined.
- Elements marked with \* are required.
- 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	Time	Jumps	Spins	Step Sequences
Masters Junior & Senior	3:40 max	<p><i>Maximum of 7 jump elements:</i></p> <ul style="list-style-type: none"> <li>a) 1 must be an Axel-type jump*</li> <li>b) Min. 1*, max. 3 combinations or sequences</li> <li>c) Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted</li> <li>d) Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted</li> <li>e) No Axels and multi-rotation jumps may be repeated more than once, and if repeated, jumps must be in combination or sequence</li> </ul>	<p><i>Maximum of 3 spin elements:</i></p> <ul style="list-style-type: none"> <li>a) Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)</li> <li>b) Min. 5 revolutions total if no change of foot</li> <li>c) Min. 4 revolutions each foot if change of foot</li> <li>d) Min. 2 revolutions in position</li> </ul>	<p>One choreographic step sequence or choreographic sequence fully utilizing ice surface.</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</p>
Masters Intermediate & Novice	3:10 max	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>a) 1 must be an Axel-type jump*</li> <li>b) Min. 1*, max. 3 combinations or sequences</li> <li>c) Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted</li> <li>d) Each jump may be repeated only once, and only as part of combination or sequence</li> <li>e) All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>f) Only one double-double jump combination or sequence is permitted</li> <li>g) Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><i>Maximum of 3 spins:</i></p> <ul style="list-style-type: none"> <li>a) Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)</li> <li>b) Min. 5 revolutions total if no change of foot</li> <li>c) Min. 4 revolutions each foot if change of foot</li> <li>d) Min. 2 revolutions in position</li> </ul>	<p>One choreographic step sequence or choreographic sequence fully utilizing ice surface.</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</p>
Gold	2:40 max	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>a) Min. 1*, max. 3 combinations or sequences</li> <li>b) Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted</li> <li>c) Each jump may be repeated only once, and only as part of combination or sequence</li> <li>d) All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow.</li> <li>e) No double-double jump combinations or sequences are permitted</li> <li>f) Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><i>Maximum of 3 spins:</i></p> <ul style="list-style-type: none"> <li>a) Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)</li> <li>b) Min. 4 revolutions total if no change of foot</li> <li>c) Min. 4 revolutions each foot if change of foot</li> <li>d) Min. 2 revolutions in position</li> </ul>	<p>One choreographic step sequence or choreographic sequence fully utilizing ice surface.</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
Silver	2:10 max	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>a) Min. 1*, max. 2 combinations or sequences</li> <li>b) One combination/sequence may consist of three jumps, and <u>the other</u> may have only two jumps</li> <li>c) Additional jump sequences which contain non-listed jumps of not more than one revolution (i.e. mazurkas, half-loops, etc.) performed as part of connecting footwork preceding single jumps are permitted</li> <li>d) Each jump may be repeated only once, and only as part of combination or sequence</li> <li>e) All single jumps are permitted, including an Axel-type jump.</li> <li>f) No double or triple jumps are permitted</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>a) Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)</li> <li>b) Min. 3 revolutions total if no change of foot</li> <li>c) Min. 3 revolutions each foot if change of foot</li> <li>d) Min. 2 revolutions in position</li> </ul>	<p>One step sequence or spiral sequence (any pattern) utilizing at least ½ ice surface.</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>

Level	Time	Jumps	Spins	Step Sequences
Bronze	1:50 max	<p><i>Maximum of 4 jump elements:</i></p> <p>a) Min. 1*, max. 2 combinations or sequences;</p> <p>b) One combination/sequence may consist of three jumps, and the other may have only two jumps</p> <p>c) Each jump may be repeated only once, and only as part of combination or sequence (maximum of 2 of any jump)</p> <p>d) All single jumps are permitted (except Axel)</p> <p>e) No Axel, double or triple jumps are permitted</p>	<p><i>Maximum of 2 spins:</i></p> <p>a) Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)</p> <p>b) Min. 3 revolutions total if no change of foot</p> <p>c) Min. 3 revolutions each foot if change of foot</p> <p>d) Min. 2 revolutions in position</p> <p>e) No flying spins are permitted</p>	<p>One step sequence or spiral sequence (any pattern) utilizing at least ½ ice surface.</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
Pre-Bronze	1:40 max	<p><i>Maximum of 4 jump elements:</i></p> <p>a) Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</p> <p>b) One jump combination/sequence may consist of three jumps, and the other may have only two jumps.</p> <p>c) Each jump may be repeated only once and only as part of combination or sequence (maximum of 2 of any jump)</p> <p>d) Only single and half-revolution jumps are allowed</p> <p>e) No Lutz, Axel or double jumps are allowed</p>	<p><i>Maximum of 2 spins:</i></p> <p>a) Min. 3 revolutions</p> <p>b) No flying spins are permitted</p>	<p>One connecting steps throughout the program are required</p>

### Introductory Levels Compulsory Moves

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

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

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>Waltz jump</li> <li>½ jump of choice</li> <li>Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)</li> <li>Forward or backward spiral</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>Toe loop jump</li> <li>Salchow jump</li> <li>Forward scratch spin - minimum three revolutions</li> <li>Forward or backward spiral</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>Loop jump</li> <li>Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li> <li>Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>

### Compulsory Moves

Format:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating rules/standards
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>
Open Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence - circular</li> </ol>

### Adult Compulsory Moves

Format:

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

Level	Time	Elements
Adult Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Forward crossovers (Min. 5 consecutive)</li> <li>2. Waltz jump</li> <li>3. Two foot upright spin</li> <li>4. Forward spiral (any edge)</li> </ol>
Adult Pre-Bronze	1:15 max.	<ol style="list-style-type: none"> <li>1. Backward crossovers (Min. 5 consecutive)</li> <li>2. Waltz jump</li> <li>3. Forward upright spin (Min. 3 revolutions)</li> <li>4. Forward outside spiral</li> </ol>
Adult Bronze	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Salchow</li> <li>2. Waltz jump – toe loop combination jump</li> <li>3. Sit spin (Min. 3 revolutions)</li> <li>4. Spiral sequence (Min. 2 spirals)</li> </ol>
Adult Silver	1:30 max.	<ol style="list-style-type: none"> <li>1. Single loop</li> <li>2. Single/single jump combination</li> <li>3. Sit spin (Min. 3 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Adult Gold	1:30 max.	<ol style="list-style-type: none"> <li>1. Single Lutz or Axel</li> <li>2. Single/single or single/double jump combination</li> <li>3. Camel spin (Min. 4 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Masters Intermediate/Novice	2:00 max.	<ol style="list-style-type: none"> <li>1. Axel, double Salchow, double toe loop or double loop</li> <li>2. Jump combination (double/double, single/double or double/single) that may include double Salchow, double toe loop or double loop and any single jump including Axel</li> <li>3. Solo spin of skater's choice (Min. 6 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Masters Junior/Senior	2:00 max.	<ol style="list-style-type: none"> <li>1. Choice of any double jump</li> <li>2. Jump combination that may include any double jump</li> <li>3. Solo spin of skater's choice (Min. 8 revolutions)</li> <li>4. Straight line step sequence</li> </ol>

## **BASIC SKILLS EVENTS ELIGIBILITY**

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or 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 be registered 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 1-8** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

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

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

Format:

1. Each skater will perform one element at a time in the order listed below (no excessive connecting steps).
2. To be skated on 1/2 ice
3. No music
4. **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>5. Standstill forward outside three-turn, right and left</li> <li>6. Forward outside edge on a circle, clockwise or counter clockwise</li> <li>7. Forward crossovers, 4-6 consecutive, both directions</li> <li>8. Backward stroking, 4-6 strokes</li> <li>9. Backward snowplow stop, right or left</li> </ol>
Basic 5	1:00 max.	<ol style="list-style-type: none"> <li>5. Backward outside edge on a circle, clockwise or counterclockwise</li> <li>6. Backward crossovers, 4-6 consecutive, both directions</li> <li>7. Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions</li> <li>8. Side toe hop, either direction</li> <li>9. Hockey stop</li> </ol>
Basic 6	1:00 max.	<ol style="list-style-type: none"> <li>5. Standstill forward inside three-turn, right and left</li> <li>6. Bunny Hop</li> <li>7. Forward spiral on a straight line, right or left</li> <li>8. Lunge, right or left</li> <li>9. T-stop, right or left</li> </ol>

Level	Time	Skating rules/standards
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>

### **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.

1. To be skated on full ice
2. The skater may use elements from a previous level
3. 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>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 ±10 max	<ol style="list-style-type: none"> <li>1. Standstill forward outside three-turn, right and left</li> <li>2. Forward crossovers, 4-6 consecutive both directions</li> <li>3. Backward stroking, 4-6 strokes</li> <li>4. 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>

Level	Time	Skating rules/standards
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>

### **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.

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

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>



## 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.

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

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>

## SHOWCASE EVENTS: Light Entertainment – Singles and Duets

Format:

- Showcase groups will be divided by number of entries and ages if possible.
- Vocal music is permitted.
- 6.0 judging will be used.
- Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories in this competition include:

- **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. Age limits are determined by the age of the older skater in the duet. Level is determined by the highest level of the skaters in the duet.

### General event parameters:

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 0.2 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 and artistic qualities. Technical skating skills and difficulty will not be rewarded; 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.

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.

Event	Must have passed (dance tests refer to solo or partnered standard track)	Must not have passed (dance tests refer to solo or partnered standard track)	Age	Time
Basic 1-8		Basic 8 level	No minimum age <b>(max age 20)</b>	1:00 max
Free skate 1-6, Beginner, High Beginner		Any official USFS free skate tests	No minimum age <b>(max age 20)</b>	1:30 max
No-test, Pre-preliminary		Preliminary Free Skate	No minimum age <b>(max age 20)</b>	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age <b>(max age 20)</b>	1:40 max
Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate Complete Pre-Bronze Dance	No minimum age <b>(max age 20)</b>	1:40 max
Open Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	No minimum age	2:10 max
Adult Bronze	Adult Bronze Free Skate or Pairs or complete Pre-Bronze Dance	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs or one Pre-Silver Dance	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs or one Pre-Gold Dance	Complete Pre- Gold Dance	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs or complete Pre-Gold Dance		21 and older	1:40 max

### Spins Challenge

Format:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No-Test	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre – Preliminary	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)

Level	Time	Skating rules / standards
Preliminary	1:30 max.	1. Backward upright spin (3) 2. Combination spin with no of foot (4) 3. Sit spin (3)
Pre – Juvenile	1:30 max.	1. Camel spin (3) 2. Combination spin – camel to sit spin; no change of foot (6) 3. Forward to backward scratch spin (3 per foot)
Open Juvenile	1:30 max.	1. Sit spin (4) 2. Combination spin – change of foot; optional change of position (4 per foot) 3. Girls – layback spin (4); Boys – camel spin (4)

### Adult Spins Challenge

Format:

1. Spins may not be repeated.
2. Adult silver and lower will be skated ½ ice; adult gold – masters junior/senior will be skated on full ice.
3. Minimum number of revolutions are noted in parentheses.
4. Only required elements may be included.

Level	Time	Skating rules / standards
Adult Beginner	1:15 max.	1. Pivot 2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15 max.	1. One-foot upright spin (3) 2. Two-foot upright spin (3)
Adult Bronze	1:00 max.	1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30 max.	1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4) 3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30 max.	1. Solo spin, no change of foot (4) 2. Second solo spin, different from the first; change of foot optional (4) 3. Combination spin with only one change of foot and at least one change of position (4 each foot)
Masters Intermediate/Novice	1:30 max.	1. Solo spin of skater's choice (Min. 6 revolutions) 2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)
Masters Junior/Senior	1:30 max.	1. Solo spin of skater's choice (Min. 8 revolutions) 2. Solo spin with a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry

### Jumps Challenge

Format:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ 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.	1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop

Level	Time	Skating rules / standards
No-Test	1:15 max.	1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Open Juvenile	1:15 max.	1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)

### Adult Jumps Challenge

Format:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated ½ ice; adult gold – masters junior/senior will be skated on full ice
3. Jumps with an "\*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00 max.	1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00 max.	1. Waltz or toe loop jump 2. ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:00 max.	1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15 max.	1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	1:15 max.	1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30 max.	1. Axel 2. Double Salchow , double toe loop or double loop 3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel
Masters Junior/Senior	1:30 max.	1. Double loop or double flip 2. Double Lutz 3. Jump combination that may include any double jump