



**12th Annual Bend of the River Competition
Mankato Figure Skating Club
Saturday – January 10, 2015**

**Chief Referee: Jennifer Gillespie
Chief Accountant: Jay Michael**

The Bend of the River 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.

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher. Entrants must skate free skate, compulsory/short program, artistic, spins and jumps at the same level.

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries.

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

ENTRIES:

*Registration will be available at www.mankatofsc.com

*Entry fees are \$90 for the first event and \$20 for each additional event

***ONLY** online registrations will be accepted

*Deadline is midnight **December 10, 2014**

***Entries received after December 10, 2014** will be considered late

*Pay via a secured credit card transaction (Visa, MasterCard, Discover, and American Express)

*Credit card charges will show up as: Mankato FSC.

*Persons contesting the charges on their credit card for their entry fees will be charged an additional \$30 fee

This event is a standard U.S. Figure Skating Nonqualifying Competition



- *A non-refundable processing fee applies
- *Late entries will be assessed a \$25 late fee
- *Late entries acceptance will be at the discretion of the Chief Referee
- *Changes to a skater's event registration done after the deadline will incur a \$25 fee
- *Skaters will not be allowed to practice or compete until all financial obligations are met
- *Males and Females will compete together ONLY in Showcase, Spins, Short Program and Compulsory
- *The competition committee and/or the referee reserve the right to cancel or combine any event(s) or to limit entries because of time constraints. Skaters will be notified if their event is cancelled or combined.

REFUND POLICY: Entry fees will not be refunded after **December 10, 2014** unless no competition exists, the event is cancelled or if there is a death in the competitor's immediate family. 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 \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by e-mail and the Entry Eeze notification system.

FACILITIES: The competition will be held at:

All Seasons Arena
1251 Monks Avenue
Mankato, MN 56001

507-387-6552
allseasonsarena.com

- *Ice surface is 85 x 200
- *Bleacher seating is available
- *Admission to the competition is free
- *Locker rooms will be available for skaters to use
- *The arena has a concession stand
- *There is a first aid room located at the concession stand end of the arena
- *There will be trained first aid staff on site during practice ice and all events
- *There will be a coach's hospitality room

MUSIC: Only CD's (standard format only) will be accepted, they must be clearly marked with the competitor's name and event. The official competition music must be turned in at the registration table at the time of check-in. Music must be turned in at least one hour prior to competing. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Mankato Figure Skating Club cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

LIABILITY: U.S. Figure Skating, Mankato Figure Skating Club and All Seasons Arena 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.

This event is a standard U.S. Figure Skating Nonqualifying Competition



JUDGING SYSTEM:

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program free skate events, pre-preliminary – senior)*
- *Introductory free skate events (beginner, high beginner, no-test)*
- *All Test Track events*
- *All specialty singles events (spins, jumps, compulsory moves)*
- *Showcase events*

REGISTRATION DESK:

* The competition Registration Desk will be open at All Seasons Arena during all scheduled practices and events. **Check in at least one hour prior to your event.** Events can begin as early as 30 minutes ahead of schedule.

* The registration Desk will be located in the lobby of the arena. Please register promptly upon arrival.

*Results and programs can be purchased at the registration desk

*Lost and Found is at the registration desk

*Maps to local restaurants, hotels, malls and the hospital are available at the registration desk

A self-service first aid station is available at the registration desk

*Competition apparel will be available to be picked up for those that pre-ordered

PRACTICE ICE:

*Limited practice ice will be available for the evening of January 9, 2015 and on the morning of January 10, 2015.

*An e-mail notification will be sent out to all skaters once practice ice is available online

*Practice ice purchased ahead of time online will be \$10

*Practice ice purchased online once practice ice is posted will be \$12

*Practice ice purchased at the arena will be \$15

*Practice ice sessions are 20 minutes and no music is played

PHOTOGRAPHY/VIDEOGRAPHY: An official photographer located near the awards area, will take group pictures of ALL participants as well as individual skater pictures. Pictures will be available to order online at www.spxsports.com. There will be no professional videotaping available.

AWARDS: ALL skaters will be given awards which will be presented off-ice after the official results are posted for each event. Trophies will be given to 1st-4th place skaters in all freestyle and artistic events; subsequent places in those events will receive medals. Medals will be given in all other events for all places.

TESTING: Testing will be held on Friday, January 9, 2015. The testing application will be available on our website at: www.mankatofsc.com. The deadline for testing applications is **December 19, 2014,**

OFFICIAL NOTICES: An official results board will be maintained on the wall near the concession stand in the lower lobby of the arena. 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.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;

B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.

C. Must complete the appropriate CER courses (A,B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

CONTACT INFORMATION:

Registration questions:

Jill Nusser

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507-304-1058

General competition questions:

Cheryl Liu

Cdliu60@charter.net

507-382-2986

ADDITIONAL INFORMATION: Competition **apparel** will have to be pre-ordered from our Entry Eeze registration site. Apparel will be ready for pick-up at our registration desk during the competition.

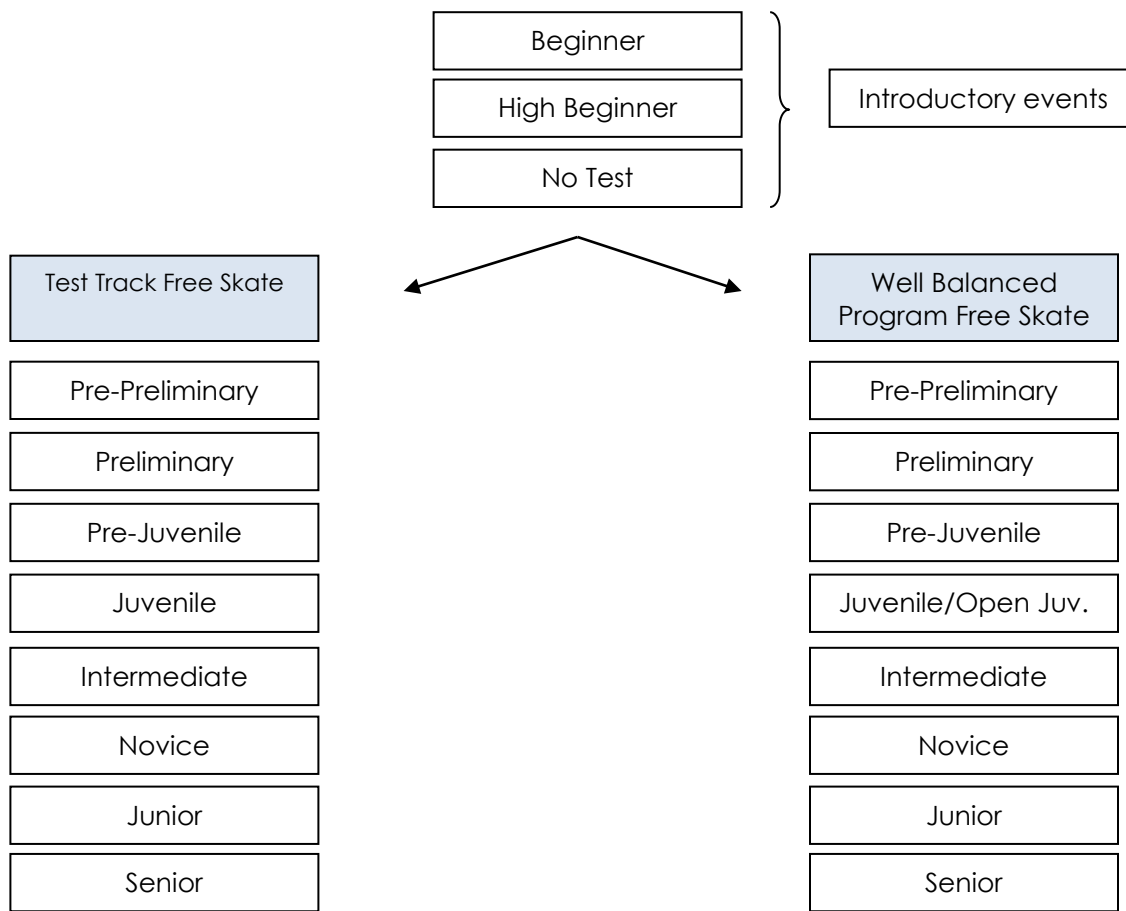
Personal ads for placement in the Bend of the River program are available for \$5 and can be purchased through the Entry Eeze site.

Hotel information and links can be found on our website at www.mankatofsc.com. MFSC has partnered with The Courtyard by Marriott and The Country Inn and Suites for reduced hotel rates.

SECTION 2: Events Offered

SINGLES FREE SKATING EVENTS

Illustration of Singles Free Skating Events:



This event is a standard U.S. Figure Skating Nonqualifying Competition



EVENT: Introductory Levels Free Skate Program

General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Up to 2 may be jump combos or sequences • Jump combos are limited to 2 jumps • Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level) 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Spins must be of different character. • Each spin must have a Minimum of 3 revolutions. • Spins may change feet, position and start with a fly. 	One step sequence that utilizes ½ of the ice surface	

	<ul style="list-style-type: none"> No Axels or double jumps are permitted 			
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EVENT: Test Track Free Skate

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- 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.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- 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
Pre-Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) Single rotation jumps: Salchow, toe loop and loop only. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> Jumps with not more than one rotation (no Axels). Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	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.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> Jumps with not more than one rotation (no 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> One spin in one position, no change 	One step sequence fully	Skaters must have passed at least the U.S. Figure

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	<p>Axels).</p> <ul style="list-style-type: none"> Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p>of foot (Min. 3 revolutions)</p> <ul style="list-style-type: none"> One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	<p>utilizing ice surface</p>	<p>Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p>
<p>Juvenile 2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One solo spin in one position, no change of foot (Min. 4 revolutions). One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) <i>Only solo spin may fly</i> 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p>Intermediate 2:30 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) <i>All spins may fly</i> 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior Ladies: 3:30 +/-</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one 	<p>One step</p>	<p>Skaters must have</p>

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

2014-15 Singles Free Skating Requirements

2014-15 Singles Free Skating Requirements – This chart has been updated with changes from the U.S. Figure Skating Governing Council and ISU Congress that will go into effect July 1, 2014.



2014-15	JUMP ELEMENTS	SPINS	STEP SEQUENCES
NO TEST 1:40 <i>Maximum</i> *means element is required	Max 6 <ul style="list-style-type: none"> Single jumps, with the exception of the single Axel, are allowed Maximum of 2 jump combinations or sequences Jump combinations limited to 2 jumps Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit) No single Axels, double jumps or triple jumps 	Max 2 <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a fly Minimum 3 revs. Spins must be of a different character (For definition see rule 4103E) 	Max 1 <ul style="list-style-type: none"> Step sequence* Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements. Jumps may be included in the step sequence
PRE-PRELIMINARY 1:40 <i>Maximum</i> *means element is required	Max 6 <ul style="list-style-type: none"> Single jumps, including the single Axel, are allowed Maximum of 2 jump combinations or sequences Jump combinations limited to 2 jumps Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit) Axel may be repeated as individual jump or as part of jump combination or sequence; Maximum of 2 Axels Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. No double or triple jumps 	Max 2 <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a fly Minimum 3 revs. Spins must be of a different character (For definition see rule 4103E) 	Max 1 <ul style="list-style-type: none"> Step sequence* Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements. Jumps may be included in the step sequence
PRELIMINARY 1:30 +/- 10 sec *means element is required	Max 6 <ul style="list-style-type: none"> 1 must be an Axel/waltz jump-type jump* Maximum of 2 jump combinations or sequences Jump combinations limited to 2 jumps Jump sequences limited to a maximum of 3 single or double jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit) Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop, and double loop only) Axel and chosen double jumps may be repeated as individual jumps or as part of jump combination or sequence, but no Axel or double jump may be repeated more than once Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. No double flips, double Lutzes, double Axels or triple jumps 	Max 2 <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a fly Minimum 3 revs. Spins must be of a different character (For definition see rule 4103E) 	Max 1 <ul style="list-style-type: none"> Step sequence* Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements. Jumps may be included in the step sequence
PRE-JUVENILE 2:00 +/- 10 sec *means element is required	Max 6 <ul style="list-style-type: none"> 1 must be an Axel-type jump* Maximum of 2 jump combinations or sequences Jump combinations limited to 2 jumps Jump sequences limited to a maximum of 3 single or double jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit) Axel and no more than 3 different double jumps may be repeated as individual jumps or as part of jump combination or sequence, but no Axel or double jump may be repeated more than once All double jumps, except the double Axel are permitted. No triple jumps are permitted. Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. 	Max 2 <ul style="list-style-type: none"> 1 spin combination, w/without change of foot*, may start with a fly 1 spin with only 1 position**, may start with a fly, no change of foot Minimum 4 revs.; 6 revs. for combination Spins must be of a different character (For definition see rule 4103E) 	Max 1 <ul style="list-style-type: none"> Step sequence* Fully utilizing the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements. Jumps may be included in the step sequence

*Spins of a different character – this refers to the abbreviation of a spin, e.g. Combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character, and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see rule 4103 (E).

Single 2014-16 F8 Elements Version 2.0 – 6/12/14 AB

2014-15 Singles Free Skating Requirements – This chart has been updated with changes from the U.S. Figure Skating Governing Council and ISU Congress that will go into effect July 1, 2014.



2014-15	JUMP ELEMENTS	SPINS	STEP SEQUENCES
JUVENILE 2:15 +/- 10 sec *means element is required	Max 6 <ul style="list-style-type: none"> 1 must be an Axel-type jump* Maximum of 2 jump combinations or sequences Jump combinations limited to 2 jumps Number of jumps in jump sequence is not limited No more than 3 different double jumps may be repeated (1 each) and, if repeated, at least one attempt must be part of jump combination or sequence. Max 2 of same double jump. No triple jumps 	Max 2 <ul style="list-style-type: none"> 1 spin combination; w/without change of foot* 1 spin with only 1 position; no change of foot* Both spins may start with a fly Minimum 5 revs.; 8 revs. for combination Minimum 2 revs. in position Spins must be of a different character 	Max 1 <ul style="list-style-type: none"> One choreographic step sequence* Fully utilizing the ice surface
INTERMEDIATE 2:30 +/- 10 sec *means element is required	Max 6 <ul style="list-style-type: none"> 1 must be an Axel-type jump* Maximum of 3 jump combinations or sequences Jump combinations limited to 2 jumps, but one 3-jump combination is permitted Number of jumps in jump sequence is not limited No more than 3 different double/triple jumps may be repeated; only 1 repeat may be a triple. If repeated, at least one attempt must be part of jump combination or sequence. Max 2 same double or triple. 	Max 2 <ul style="list-style-type: none"> 1 spin combination; w/without change of foot* 1 spin with only 1 position; no change of foot* Both spins may start with a fly Minimum 5 revs.; 8 revs. for combination Minimum 2 revs. in position Spins must be of a different character 	Max 1 <ul style="list-style-type: none"> One choreographic step sequence* Fully utilizing the ice surface
NOVICE LADIES 3:00 +/- 10 sec *means element is required	Max 6 <ul style="list-style-type: none"> 1 must be an Axel-type jump* Maximum of 3 jump combinations or sequences Jump combinations limited to 2 jumps, but one 3-jump combination is permitted Number of jumps in jump sequence is not limited No more than 2 jumps that are 2½ or 3 revolutions may be repeated. If double Axel or triple jumps repeated, at least one attempt must be part of jump combination or sequence. No more than two of the same type of double or triple jump may be attempted. 	Max 3 <ul style="list-style-type: none"> 1 flying entry w/ no change of foot or position* 1 spin combination; w/without change of foot* 3rd spin is option of skater Minimum 6 revs.; 10 revs. for combination Minimum 2 revs. in position Spins may change feet and start with a fly, except for the flying spin with no change of foot or position Spins must be of a different character 	Max 1 <ul style="list-style-type: none"> One leveled step sequence* Fully utilizing the ice surface
NOVICE MEN 3:30 +/- 10 sec *means element is required	Max 7 <ul style="list-style-type: none"> 1 must be an Axel-type jump* Maximum of 3 jump combinations or sequences Jump combinations limited to 2 jumps, but one 3-jump combination is permitted Number of jumps in jump sequence is not limited One double Axel and two different triple jumps may be repeated. If double Axel or triple jumps repeated, at least one attempt must be part of jump combination or sequence. No more than two of the same type of double or triple jump may be attempted. 	Max 3 <ul style="list-style-type: none"> 1 flying entry w/ no change of foot or position* 1 spin combination; w/without change of foot* 3rd spin is option of skater Minimum 6 revs.; 10 revs. for combination Minimum 2 revs. in position Spins may change feet and start with a fly, except for the flying spin with no change of foot or position Spins must be of a different character 	Max 1 <ul style="list-style-type: none"> One leveled step sequence* Fully utilizing the ice surface

Singles 2014-15 FS Elements Version 2.0 – 8/12/14 AB

2014-15 Singles Free Skating Requirements – This chart has been updated with changes from the U.S. Figure Skating Governing Council and ISU Congress that will go into effect July 1, 2014.



2014-15	JUMP ELEMENTS	SPINS	STEP SEQUENCES
JUNIOR LADIES 3:30 +/- 10 sec *means element is required	Max 7 <ul style="list-style-type: none"> 1 must be an Axel-type jump* Maximum of 3 jump combinations or sequences Jump combinations limited to 2 jumps, but one 3-jump combination is permitted Number of jumps in jump sequence is not limited 2 triples or quads may be repeated and, if repeated, at least one attempt must be part of a jump combination or sequence Max 2 of any double jump, including double Axel, as solo jump or in combination/sequence 	Max 3 <ul style="list-style-type: none"> 1 flying entry* 1 spin combination; w/without change of foot* 1 spin with only 1 position* Minimum 6 revs.; 10 revs. for combination Minimum 2 revs. in position All spins may change feet and start with a fly Spins must be of a different character 	Max 1 <ul style="list-style-type: none"> One leveled step sequence* Fully utilizing the ice surface
JUNIOR MEN 4:00 +/- 10 sec *means element is required	Max 8 <ul style="list-style-type: none"> 1 must be an Axel-type jump* Maximum of 3 jump combinations or sequences Jump combinations limited to 2 jumps, but one 3-jump combination is permitted Number of jumps in jump sequence is not limited 2 triples or quads may be repeated and, if repeated, at least one attempt must be part of a jump combination or sequence Max 2 of any double jump, including double Axel, as solo jump or in combination/sequence 	Max 3 <ul style="list-style-type: none"> 1 flying entry* 1 spin combination; w/without change of foot* 1 spin with only 1 position* Minimum 6 revs.; 10 revs. for combination Minimum 2 revs. in position All spins may change feet and start with a fly Spins must be of a different character 	Max 1 <ul style="list-style-type: none"> One leveled step sequence* Fully utilizing the ice surface
SENIOR LADIES 4:00 +/- 10 sec *means element is required	Max 7 <ul style="list-style-type: none"> 1 must be an Axel-type jump* Maximum of 3 jump combinations or sequences Jump combinations limited to 2 jumps, but one 3-jump combination is permitted Number of jumps in jump sequence is not limited 2 triples or quads may be repeated and, if repeated, at least one attempt must be part of a jump combination or sequence Max 2 of any double jump, including double Axel, as solo jump or in combination/sequence 	Max 3 <ul style="list-style-type: none"> 1 flying entry* 1 spin combination; w/without change of foot* 1 spin with only 1 position* Minimum 6 revs.; 10 revs. for combination Minimum 2 revs. in position All spins may change feet and start with a fly Spins must be of a different character 	Max 2 <ul style="list-style-type: none"> One leveled step sequence* One choreographic sequence* Fully utilizing the ice surface
SENIOR MEN 4:30 +/- 10 sec *means element is required	Max 8 <ul style="list-style-type: none"> 1 must be an Axel-type jump* Maximum of 3 jump combinations or sequences Jump combinations limited to 2 jumps, but one 3-jump combination is permitted Number of jumps in jump sequence is not limited 2 triples or quads may be repeated and, if repeated, at least one attempt must be part of a jump combination or sequence Max 2 of any double jump, including double Axel, as solo jump or in combination/sequence 	Max 3 <ul style="list-style-type: none"> 1 flying entry* 1 spin combination; w/without change of foot* 1 spin with only 1 position* Minimum 6 revs.; 10 revs. for combination Minimum 2 revs. in position All spins may change feet and start with a fly Spins must be of a different character 	Max 2 <ul style="list-style-type: none"> One leveled step sequence* One choreographic sequence* Fully utilizing the ice surface

Singles 2014-15 FS Elements Version 2.0 – 8/12/14 AB

SINGLES SHORT PROGRAM

2014-15 Singles Short Program Requirements – This chart has been updated with changes from the U.S. Figure Skating Governing Council and ISU Congress that will go into effect July 1, 2014.



Level	Time	Double or Triple Jump	Jump Combination	Spin	Spin Combination	Choreographic Step Sequence	
INTERMEDIATE LADIES/MEN	2:00 max.	Axel or Double Axel Immediately preceded by connecting steps May not repeat double Axel. May not be a triple if triple is in jump combination.	Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel jump performed or solo jump. May not be triple if solo jump is a triple.	Spin Only one position No change of foot May start with a fly Min. 5 revs.	Spin Combination With only 1 change of foot and min. 1 change of position. No flying entry Min. 5 revs. each foot 2 revs. req. for position to count	Fully utilizing the ice surface	
NOVICE LADIES	2:30 max.	Axel or Double Axel Immediately preceded by connecting steps May not repeat double Axel	Double/Double or Double/Triple May not repeat double Axel or solo jump	Layback or Sideways Leaning Spin No change of foot No flying entry Min. 5 revs.	Spin Combination With only 1 change of foot No flying entry Min. 5 revs. each foot 2 revs. req. for position to count	Leveled Step Sequence Fully utilizing the ice surface	
NOVICE MEN	2:30 max.	Axel or Double Axel Immediately preceded by connecting steps May not repeat double Axel	Double/Double or Double/Triple May not repeat double Axel or solo jump	Camel or Sit Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot	Spin Combination With only 1 change of foot No flying entry Min. 5 revs. each foot 2 revs. req. for position to count	Leveled Step Sequence Fully utilizing the ice surface	
JUNIOR LADIES	2:50 max.	Double Axel Double or Triple <u>Lutz</u> Immediately preceded by connecting steps or other free skating movements	Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump	Flying Camel Spin Camel position must be attained in the air. Min. 8 revs.	Layback or Sideways Leaning Spin No flying entry Min. 5 revs.	Spin Combination With only 1 change of foot No flying entry Min. 6 revs. each foot Min. 2 revs. in pos.	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR MEN	2:50 max.	Double or Triple Axel Double or Triple <u>Lutz</u> Immediately preceded by connecting steps or other free skating movements	Double/Triple or Triple/Triple May not repeat Axel jump performed or solo jump	Flying Camel Spin Camel position must be attained in the air. Min. 8 revs.	Sit Spin With only 1 change of foot No flying entry Min. 5 revs. each foot	Spin Combination With only 1 change of foot No flying entry Min. 6 revs. each foot Min. 2 revs. in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR LADIES	2:50 max.	Double or Triple Axel Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat triple Axel	Double/Triple or Triple/Triple May not repeat Axel jump performed or solo jump	Flying Spin Landing position different than layback/sideways leaning spin Min. 8 revs.	Layback or Sideways Leaning Spin No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot No flying entry Min. 6 revs. each foot Min. 2 revs. in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR MEN	2:50 max.	Double or Triple Axel Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not repeat triple Axel	Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump performed or solo jump	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Camel or Sit Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot No flying entry Min. 6 revs. each foot Min. 2 revs. in pos.	Leveled Step Sequence Fully utilizing the ice surface

Singles 2014-15 SP Elements Version 2.0 – 6/12/14 AB

EVENT: Introductory Levels 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 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"> 1. Waltz jump 2. ½ jump of choice 3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral

This event is a standard U.S. Figure Skating Nonqualifying Competition



High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin - minimum three revolutions 4. Forward or backward spiral
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

EVENT: COMPULSORY MOVES

General event parameters:

1. Basic Skills – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:00 max.	<ol style="list-style-type: none"> 1. Single flip 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:00 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence – straight line
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence – straight line
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line

EVENT: Jumps Challenge

General event parameters:

5. Each jump may be attempted twice; the best attempt will be counted.
6. Pre-juvenile and lower will be skated $\frac{1}{2}$ ice; Juvenile – senior will be skated on full ice
7. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 5. Single flip 6. Single Lutz 7. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 5. Single Axel 6. Single or double jump 7. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 5. Single Axel 6. Double Salchow 7. Jump combination – single/single or double/single (no Axel)
Intermediate	1:15 max.	<ol style="list-style-type: none"> 5. Single Axel 6. Double loop* 7. Jump combination – double/single (no Axel)
Novice	1:15 max.	<ol style="list-style-type: none"> 5. Double loop 6. Double flip* 7. Jump combination – double/double (may be double Axel)
Junior	1:15 max.	<ol style="list-style-type: none"> 5. Choice of double or triple jump 6. Double or triple flip* 7. Jump combination – double/double (may be double Axel)
Senior	1:15 max.	<ol style="list-style-type: none"> 5. Choice of double or triple jump 6. Double or triple Lutz* 7. Jump combination – double/double or triple/double (may be double Axel)

EVENT: Spins Challenge

General event parameters:

8. 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.
9. All events are skated on ½ ice.
10. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	5. Upright one-foot spin (3) 6. Upright two-foot spin (3) 7. Sit spin (3)
High Beginner	1:30 max.	5. Upright one-foot spin (3) 6. Upright two-foot spin (3) 7. Sit spin (3)
No-Test	1:30 max.	5. Upright one-foot spin (3) 6. Upright two-foot spin (3) 7. Sit spin (3)
Pre – Preliminary	1:30 max.	4. Upright one-foot spin (3) 5. Upright back scratch spin (3) 6. Sit spin (3)
Preliminary	1:30 max.	8. Forward scratch to back scratch spin (3) 9. Combination spin with no of foot (4) 10. Sit spin (3)
Pre – Juvenile	1:30 max.	8. Camel spin (3) 9. Combination spin – camel to sit spin; no change of foot (6) 10. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	8. Sit spin (4) 9. Combination spin – change of foot; optional change of position (4 per foot) 10. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	8. Flying camel spin (5) 9. Sit spin to backward sit spin (4 per foot) 10. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	8. Choice of camel, sit or layback spin (6) 9. Camel spin to backward camel spin (4 per foot in position) 10. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	8. Flying sit spin or flying reverse sit spin (6) 9. Ladies – layback spin (6); men – cross-foot spin (6) 10. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	8. Flying spin of choice (6) 9. Solo spin of choice (6) – may not fly 10. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)

EVENT: Showcase Events – Light Entertainment Events

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and Scenery are permitted

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Light Entertainment Levels

	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
Singles	Limited Beginner, Beginner, No Test* Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary* Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max

This event is a standard U.S. Figure Skating Nonqualifying Competition



	Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
	Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
	Senior	Senior Free Skate Complete Gold Dance			2:40 max

IMPORTANT INFORMATION:

1. Events:

Introductory Level Free Skate Program – Beginner to No-Test
Test Track Free Skate – Pre-Preliminary – Senior
Well-Balanced Free Skating – No-Test – Senior
Singles Short Program – Intermediate – Senior
Introductory Level Compulsory Event – Beginner – No-Test
Compulsory Moves – Pre-Preliminary – Senior
Jumps Challenge – Beginner – Senior
Spins Challenge – Beginner – Senior
Showcase Events – Limited Beginner – Senior

2. Fees:

\$90 for the first event; \$20 for each additional event

3. Registration:

ONLY online registration will be accepted, registration link can be found on our website, www.mankatofsc.com Deadline for entries: **December 10, 2014**

4. Testing:

Testing is Friday, January 9, 2015; the testing application can be found on our website, www.mankatofsc.com Deadline for applications: **December 19, 2014**

5. Questions:

Registration: Jill Nusser; jill_nusser@yahoo.com

Competition/Testing: Cheryl Liu; cldiu60@charter.net