

The Colorado Springs Invitational 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. In addition, as the Figure Skating event of the Rocky Mountain State Games, it is also open to all Colorado residents and residents of any state that currently has an agreement with Colorado to allow its figure skaters to qualify by competing in Colorado. Those competing as a State Games competitor may be affiliated with the USFS, ISI, or unaffiliated with any organization. Please refer to the current rulebook for non-U.S. Citizens.

**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.

**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 – August 6, 2015.

### SERIES INFORMATION



The Colorado Springs Invitational is part of the 2015 Colorado Basic Skills Series.

The Colorado Springs Invitational is also part of the Colorado Skate the State Funtastics Series

### ENTRIES & FEES

Secure online registration and credit card payment available at [www.centennialskatingclub.org](http://www.centennialskatingclub.org). Entries must be submitted online no later than **midnight Thursday, August 6, 2015**. Late entries, if accepted, will be assessed a \$30.00 late fee. **Paper Entry forms must be RECEIVED BY August 6, 2015**

First IJS Event	\$120*
Additional IJS	\$35
First 6.0 Event	\$110*
2 <sup>nd</sup> & subsequent 6.0 Event	\$25
First Basic/Beginner	\$60*
2 <sup>nd</sup> & subsequent Basic/Beg	\$20
1 <sup>st</sup> Solo Dance	\$30
2 <sup>nd</sup> & subsequent Solo Dance	\$15
FF Memorial Rocker Foxtrot	\$5
Team Maneuvers (per team)	\$10
+ Per skater	\$5
1 <sup>st</sup> event Showcase Duets	\$30
2 <sup>nd</sup> event Showcase Duets	\$20

\* Includes a digital copy of your skater's performance



### ADDITIONAL ENTRY INFO

The competition committee reserves the right to limit entries in any event or to cancel an event. Entry fees will only be refunded in accordance with stated refund policy. If you wish to be notified that your paper application has been received, include a self-addressed stamped postcard and it will be mailed to you upon receipt. Notification of competition and practice ice times will NOT be available by phone, mail, or email. Skater and Coaches schedules will be available via the web at: [www.centennialskatingclub.org](http://www.centennialskatingclub.org)

Persons using checks without sufficient funds or contesting a valid credit card charge will be charged an additional \$30.00 fee per check/charge. All further payments must be made by cash, money order, or certified funds. Skaters will not be allowed to practice or compete until all such debts are satisfied.

### CHANGES

**All entry changes AFTER THE CLOSE OF ENTRIES – August 6, 2015 (event and/or level) are subject to referee approval and a \$30.00 change fee.**

### REFUND POLICY

Full refunds including practice ice, minus the online convenience fee, are available if withdrawal is prior to CLOSE OF ENTRIES – August 6, 2015. After CLOSE OF ENTRIES, entry refunds are only available if the event is not held due to lack of entries – 2 competitors constitute an event. Pre-Paid practice ice is not refundable or transferable. There will be NO medical refunds given. The online convenience fee and the paper entry administrative fee are not refundable for any reason.

### FACILITIES

The Colorado Springs Invitational will be held at Mark "Pa" Sertich Ice Arena, located in Colorado Springs at 1705 E. Pikes Peak Avenue. The arena's ice surface is 85' by 200' with rounded corners.

### MUSIC

Competitors must provide music for all events, as appropriate. Competition music for all events that require music must be submitted electronically via the online registration system by the music deadline of **Sunday, Sept 10, 2015 at 11:59 pm**. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "competition" tab and then selecting "my music". Your music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

Music Criteria:

- 1) File Format: MP3 (the online system will automatically check this)
- 2) Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and they may request you upload a corrected file)
- 3) Sample Rate: 44,100 kHz (this will be checked by the music chairperson and they may request you upload a corrected file)
- 4) Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2)

seconds. We prefer that there be NO leaders or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties and must be turned in at the registration desk at the time of check-in. Only CDs (standard CD-R format only) will be accepted. CD-RWs will NOT be accepted due to compatibility issues. CDs must be clearly marked with the competitor's name, event, and running time. CDs must only have one piece of music per CD. The official competition CD turned in at the Registration Desk is reserved for use during the event and may not be retrieved for Practice Ice use. Please keep additional copies of your music readily available for both practice ice and rink side during competition events. Music may be picked up at the registration desk following each event. Every reasonable care will be taken, but the hosting club cannot be responsible for music left at the end of the competition.

### LIABILITY

U.S. Figure Skating, the Centennial Skating Club, and the Mark 'Pa' Sertich Ice Center 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.

### JUDGING SYSTEM

The IJS judging system will be used for Pre-Juvenile to Senior Free Skate, Adult Gold / Masters Free Skate, and Juvenile / Open Juvenile to Senior Short Programs. **PLEASE NOTE: We are offering IJS or 6.0 to Pre-Juvenile skaters – skaters may choose one or the other or both!** The 6.0 majority system will be used for all other events. The competition committee reserves the ability to return to the 6.0 judging system should we be unable to get enough officials (both judges and technical panel) for the IJS events and it will be posted on the club website by July 15, 2015.

### PLANNED PROGRAM CONTENT

If you are registered for an IJS event, you are required to complete the planned program content form by **Sunday, Sept 10, 2015** in the online registration system at [www.centennialskatingclub.org](http://www.centennialskatingclub.org). **Anyone not submitting a PPC by the deadline date will be assessed a \$10.00 admin fee that will be collected at the registration desk before the skater is allowed to skate.**

### REGISTRATION

The registration desk will be located in the lobby of the ice arena and will open 1 hour prior to the first practice ice session of the competition and at 6:00 a.m. for all competition days and will close after the start of the last practice ice session of the day. Please register promptly when you arrive at the ice arena.

### PRACTICE ICE

Skaters will be able to pick their pre-purchased ice sessions online once the schedule is posted. You will receive an email with a PIN number in order to access your practice ice records and select your sessions. Practice ice will be \$15.00 if you pre-order the sessions. The maximum # of sessions allowed for pre-purchase is 2 free skate sessions and 1 dance session per skater. No showcase props are allowed on practice ice sessions. Practice ice will be available at Sertich Ice Arena starting on Wednesday, Sept 16<sup>th</sup> depending on the competition schedule. We will allow additional practice ice sales online for \$18.00 per session after the schedule has been posted and those that pre-register for sessions have had time to select their sessions. PRACTICE ICE SESSIONS ARE NOT REFUNDABLE AFTER CLOSE OF ENTRIES. Additional practice ice will be available for purchase during the competition and will cost \$20.00 at the Registration Desk. **We are a single sheet facility so please be aware that practice ice sessions will be early AM before competition starts and in the evening after competition has completed.**

### VIDEO/PHOTOGRAPHY

Professional videotaping and photographs will be available for purchase. The committee will make every attempt to ensure that the cost is reasonable.  
**NO FLASH PHOTOGRAPHY allowed in the**

**rink area during competition.** Flash photography is dangerous to the skaters! The competition committee reserves the right to remove anyone from the rink who ignores requests and warnings regarding the use of flash photography.

### AWARDS

Awards will be presented as closely to the conclusion of each event as possible. With the exception of the Beginner/Basic Skills events, medals will be awarded to the top four places in each event. Ribbons will be awarded to 5th and 6th place finishers. In Beginner events, medals will be awarded to all participants in the event (Beginner/Basic Skills events have a max of 6 people in a group). **THERE WILL BE NO FINAL ROUNDS.** The top three placements in all events for Colorado residents, as well as any state that has an agreement to allow its figure skaters to qualify by competing in Colorado, will be sent to the 2017 State Games of America office for reference.

### 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.

### CONTACTS

Registrar: Karen Sulpizio [ksul@aol.com](mailto:ksul@aol.com)  
Competition Chair/ Chief Referee: Lisa Landon [lisa\\_landon@comcast.net](mailto:lisa_landon@comcast.net)

### HOST HOTEL

Please identify the Colorado Springs Invitational when making your reservations to secure these rates or click on the link on the main page of the registration system to make your reservations online:  
Doubletree World Arena  
1775 East Cheyenne Mountain Blvd.  
719-576-8900  
93.00/night  
Deadline for Reservations: Sept 1, 2015

### SINGLES FREE SKATE – WELL-BALANCED, 6.0 MAJORITY SCORING

See the 2015/2016 rulebook for current rules and requirements. **Standard levels offered:** Pre-Preliminary, Preliminary, Pre-Juvenile, Adult Pre-Bronze, Adult Bronze, and Adult Silver. **SPECIAL LEVELS OFFERED ARE LISTED BELOW:** The levels listed below will still be governed by the well-balanced program rules regarding number of jump elements, spin elements, and step sequence requirements – the only difference is in the jump content allowed.

LEVEL	REQUIREMENTS	TIME
Limited Pre-Preliminary	Refer to Rule 4280 in 2015/2016 Rule Book – no axels allowed	1:40 Max

### SINGLES – WELL-BALANCED FREE SKATE AND SHORT PROGRAM EVENTS – IJS SCORING

See 2015/2016 rulebook for current rules and requirements. Free Skate and Short Programs will be separate events and not combined. **Standard Free Skate levels offered:** Pre-Juvenile, Juvenile, Open Juvenile, Intermediate, Novice, Junior, Senior, Adult Gold, Masters Int/Nov, and Masters Jr/Sr. **Standard Short Program levels offered:** Intermediate, Novice, Junior, and Senior. Short Program and Free Skate will be held as separate events and NOT combined. **SPECIAL LEVELS OFFERED FOR SHORT PROGRAM ARE LISTED BELOW:**

LEVEL	REQUIREMENTS	SHORT PROGRAM
Juvenile	Refer to Rule 4240 in 2015/2016 Rule Book for required elements – Age 13 and younger	2:00 Max
Open Juvenile	Refer to Rule 4240 in 2015/2016 Rule Book for required elements - Age 14 and older	2:00 Max

### SINGLES – TEST TRACK - 6.0 MAJORITY SCORING

**Standard levels offered:** Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, and Senior. Events will be based on the Test Track requirements listed at the end of this announcement.

### **COMPULSORY MOVES (same elements as standard non-qualifying announcement – event rules are different)**

**Standard levels offered:** Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Int/Nov, and Masters Jr/Sr. Test requirements are listed under Free Skating above. **Rules for the event are as follows:** 1) Moves must be executed without music and without stops between elements; 2) Double jumps may not be substituted for single jumps; 3) Combination jumps may not have a change of foot or turn between jumps; 4) Additional or repeated elements and excessive footwork will be penalized; 5) Pre-Preliminary through Juvenile will be on ½ ice and all adult levels will be on full ice; 6) The Chief Referee and Competition Committee may elect to combine men's and ladies events due to limited entries. See event level element descriptions at the end of this announcement.

### **SPINS (same elements as standard non-qualifying announcement – event rules are different)**

**Standard levels offered:** Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Int/Nov, and Masters Jr/Sr. Test and age requirements are listed under Free Skating above. **Rules for the event are as follows:** 1) All levels will skate on 1/2 of the ice surface; 2) No music; 3) Spins must be skated exactly as stated, but may be skated in any order; 4) Counting of revolutions will begin when skater is in a recognizable spin position; 5) Connecting steps may be used, but will have no effect on your score; 6) This event will be judged on control, speed, position, and centering of each spin; 7) The Chief Referee and Competition Committee may elect to combine men's and ladies events due to limited entries. See event level element descriptions at the end of this announcement.

### **JUMPS (same elements as standard non-qualifying announcement – event rules are different)**

**Standard levels offered:** Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Int/Nov, and Masters Jr/Sr. Test and age requirements are listed under Free Skating above. **Rules for the event are as follows:** 1) Pre-Preliminary through Pre-Juvenile will be skated on ½ ice - all other levels will skate on full ice; 2) Jumps must be skated in the order in which they are listed; 3) Only the stroking and edges necessary to prepare for the jump are allowed. Extra moves such as spirals and pivots and other excessive connecting steps will be penalized unless otherwise stated in the requirements; 4) An axel is a single jump; 5) Combination jumps may not have a change of foot or turn between the jumps; 6) the Chief Referee and Competition Committee may elect to combine men's and ladies events due to limited entries. See event level element definitions at the end of this announcement.

**The event will be conducted as follows:** At the conclusion of the warm-up period the first skater will perform each jump in the order that they are listed in the requirements. Each jump will be attempted a maximum of 2 times – a 2<sup>nd</sup> attempt at a jump will be optional and, if attempted, will be the jump that receives the mark from the judges. The process will be repeated for the remaining skaters. In levels where the skater is given a choice of jumps to be performed, the first attempt will determine the jumps to be judged and the skater may not change jumps on the optional second attempt.

### **STEP SEQUENCES (same rules and elements as standard non-qualifying announcement)**

**Standard levels offered:** Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, and Senior. Event Rules: 1) Levels are based on the skaters' highest Moves in the Field test passed; 2) Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine); 3) Skaters perform two different step sequences of their choice; any shape or pattern is permitted; however, skaters must make it clear when their first step sequence ends, and their second begins; 4) Each of the step sequences must include the required steps and/or turns listed for each level; 5) Each step sequence may, and is encouraged to, include additional steps or turns; 6) Each step sequence must utilize the full ice surface; 7) Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating. 8) Men and Ladies will be combined in this event. See event level element definitions at the end of this announcement.

### **SOLO PATTERN DANCES (NOT the same as the standard non-qualifying announcement event)**

**Each dance is a separate event.** Skaters may choose one or more of the dances at their test level as well as one or more of the dances above their test level. Due to time constraints, some lower dance groups may be flighted. Skaters may provide their own compulsory dance music. If no music is provided, it will be chosen from standard ISU dance selections by the Chief Referee. The Chief Referee and Competition Committee may elect to combine men's and ladies events due to limited entries as well as youth and adult competitors. Events will be grouped by age if entries warrant. Number of patterns is based on test requirements.

LEVEL	REQUIREMENTS	LEVEL	REQUIREMENTS
Preliminary	Rhythm Blues (2), Canasta Tango (2)	Silver	American Waltz (2), Tango (2)
Pre-Bronze	Cha Cha (2), Swing Dance (2)	Pre-Gold	Paso Doble (2), Blues (3)
Bronze	Hickory Hoedown (2), Willow Waltz (2)	Gold	Argentine Tango (2), Westminster Waltz (2)
Pre-Silver	Foxtrot (3), European Waltz (2)		

### **FRANK FREY MEMORIAL ROCKER FOXTROT SOLO DANCE**

This is an open solo dance event with no test requirements. Participants will skate 3 patterns. Skaters may provide their own dance music. If no music is provided, it will be chosen from standard ISU dance selections by the Chief Referee. This dance is skated in memory of Frank Frey, a Centennial Skating Club member who won the event in 2003. Frank passed away suddenly from a heart attack in December of 2003. The Rocker Foxtrot was Frank's favorite dance.

### **TEAM MANEUVER EVENT**

Teams must register separately from their individual events. A team contact will need to register the team and pay for all the skaters. The team contact will need to know the following information for each skater: USFS number, highest Moves test passed, highest FS test passed, birthdate, and email address of a parent/guardian.

The team maneuver event consist of teams of three to six skaters (any mix of male and female) from the same club each performing no more than two of the six required elements prescribed for their level. A skater may compete for only one team. Skaters may "skate up" to any level they desire, but they may not compete on a team at a lower level than the highest test they have passed. The event will be judged on a team basis. Skaters will have a general warm-up. There may also be individual warm-ups for each element at the discretion of the referee. Teams will be assigned a place to line up along the barrier, and must remain on the ice for their entire competition.

Elements will be skated one-at-a-time, and the announcer will call the representative from each team when it is his or her turn to perform the prescribed element.

Note:

- If a team has one skater perform more than two elements, any succeeding elements performed by that skater will receive no value
- If a skater performs an element higher than that listed, that element will receive no credit. For example, if the element specified is a Salchow jump and the skater performs a double Salchow jump, no credit is given for this element.

LEVEL	REQUIREMENTS
Low (pre-preliminary - juvenile):	<ol style="list-style-type: none"> <li>1. Salchow</li> <li>2. Waltz jump-toe loop combination jump (no turns or steps in between)</li> <li>3. Axel</li> <li>4. Combination spin: camel spin to sit spin (no change of foot)</li> <li>5. Upright spin (optional free foot position, may have one change of foot)</li> <li>6. Circular step sequence (utilizing the full ice surface)</li> </ol>

<i>Adult Team</i>	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. A combination jump consisting of two single jumps (axel is considered a single jump)</li> <li>3. Single jump immediately preceded by connecting steps or other free skating movements</li> <li>4. Camel spin with a change of foot (forward camel to backward camel spin)</li> <li>5. Spin combination (one change of foot and at least one change of position)</li> <li>6. Straight line step sequence utilizing the entire ice surface</li> </ol>
<i>Beginner High Team (Beginner 5-8 or Freeski 1-6)</i>	<ol style="list-style-type: none"> <li>1. Forward Spirals R&amp;L on a circle (either forward inside or forward outside – skater’s choice)</li> <li>2. A Waltz Jump/Toe Loop combination jump</li> <li>3. A Salchow immediately preceded by connecting steps or other free skating moves.</li> <li>4. Sit spin</li> <li>5. Upright Scratch Spin</li> <li>6. Straight line Step sequence covering ½ the ice</li> </ol>
<i>Beginner Low Team (Beginner 1-4 or Basic 1-8)</i>	<ol style="list-style-type: none"> <li>1. Bunny Hop</li> <li>2. Forward One-foot glide (R or L) blue line to blue line (center of ice)</li> <li>3. Waltz Jump</li> <li>4. Two Foot Spin</li> <li>5. Forward Straight Line Spiral (R or L) covering ½ ice</li> <li>6. Snowplow stop</li> </ol>

**SHOWCASE EVENTS - DRAMATIC, LIGHT ENTERTAINMENT, DUETS**

**Skaters must belong to a club to participate in these events.** Levels offered: Basic 1-8/Beginner 1-4, Freeski 1-6/Beginner 5-8, Adult 1-6/Adult Beginner 1-3, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Teen, Intermediate, Young Adult, Novice, Junior, Senior, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, and Masters. Props and scenery must be placed and removed by the competitor(s) unaided within 30 seconds (on and off). Anyone not skating is not allowed to step on the ice.

- The use of scenery and/or props is not mandatory.
- All scenery will be portable and not require any mechanical means for transportation (i.e. forklift, etc.). Its movement will be the responsibility of the skater or teams.
- For insurance reasons no propulsion devices will be permitted. This includes items such as cannons as well as trampolines.
- The use of smoke, fire, liquids, live animals, feathers, bubble machines or any substance that may harm the ice surface and/or skaters is not permitted.
- No mirrors or glass of any kind is allowed on the ice.
- TRAMPOLINES OR OTHER SUCH APPARATUS USED TO ASSIST SKATERS JUMPING INTO THE AIR IS NOT PERMITTED. A 0.2 deduction will be taken.
- If a competitor has any doubt concerning the safety of his/her number, the Chief Referee should be consulted.

**SPECIFICS:**

- Qualification is by Free Skate Test Level ONLY
- There is no minimum time requirement for any event.
- Events will not be segregated by gender.
- There will be a 0.2 deduction for each 5 seconds in excess of the maximum performance and prop placement time.
- Timing starts with the first purposeful motion of the body and ends when motion stops.
- Levels may be combined at the discretion of the Chief Referee

**SKATE THE STATE FUNTASTICS SERIES**

**Skaters must belong to a club to participate in these events.** All Compulsory events will be held on ½ ice. All Free Skating events will be held on full ice.

**\*\* NOTE: skaters may enter both the Basic Skills events and the Beginner events if they choose to – however to enter Beginner events, the skater must belong to a club.**

LEVEL	COMPULSORIES	TIME	FREESKATE	TIME
<i>Tots</i>	Forward strokes or marches (min 4); Dip; forward two-foot swizzles (min 4); snowplow stop (one or two foot stop permissible); backward wiggles (min 4); two-foot hop on the spot (standstill, no rotation). Elements must be skated in order listed.	1:00 Max	Program is skated on full ice to music of skater’s choice. Vocal music is allowed. Program content is limited to elements in the compulsory program	1:00 +/- :10
<i>Beginner 1</i>	Forward strokes or marches (min 4); two-foot glide into dip; forward two-foot swizzles (min 4); one foot glide (either foot); snowplow stop (one or two foot stop allowed); two-foot hop on the spot (standstill, no rotation). Elements must be skated in order listed.	1:00 Max	Program is skated on full ice to music of skater’s choice. Vocal music is allowed. Program content is limited to elements from the compulsory programs of Tots and Beginner 1	1:00 +/- :10
<i>Beginner 2</i>	Forward strokes (min 4); bunny hop; forward crossovers (min 4 in both directions); forward to backward two-foot turn on a circle (either direction); backward two-foot swizzles (min 4); backward one-foot glide (on both right and left foot). Elements must be skated in order listed.	1:00 Max	Program is skated on full ice to music of skater’s choice. Vocal music is allowed. Program content is limited to elements in the compulsory programs of Beginner 2 and below	1:00 +/- :10
<i>Beginner 3</i>	Backward pumps (min 4); backward strokes (mini 4); backward 2 foot turn (either direction); One forward 3-turn (outside or inside, right or left). Elements skated in any order.	1:00 Max	Program is skated on full ice to music of skater’s choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 3 and below. All forward 3-turns are also allowed	1:00 +/- :10
<i>Beginner 4</i>	Forward mohawk (Either direction); Backward crossovers (Minimum of four in both directions)  Forward straight-line spiral (Either foot); Forward inside pivot; Two-foot spin; Ballet jump or mazurka	1:15 Max	Program is skated on full ice to music of skater’s choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 4 and below.	1:00 +/- :10



<i>Beginner 5</i>	Waltz Jump; Half Flip; Half Lutz; One foot upright spin (free foot to knee); forward outside spiral (either foot); Waltz 3's (three sets on the same foot). Elements skated in any order.	1:15 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Jump content is limited to half revolution jumps, and these may be repeated or done in combination. Please note: A half loop is considered a full revolution jump. One and two foot upright spins are allowed. No change of foot spins are allowed.	1:30 +/- :10
<i>Beginner 6</i>	Waltz jump/Falling Leaf/half flip jump combination; Salchow jump; one foot upright spin (optional free foot); back inside pivot; forward catch-foot spiral (either foot, either edge); Connecting steps (such as 3-turns, mohawks, bunny hops, crossovers, etc.). Elements skated in any order.	1:15 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Jump content is limited to salchow jumps and 1/2 rotation jumps which may be repeated alone or in combination. One and two foot upright spins are allowed. No change of foot spins are allowed.	1:30 +/- :10
<i>Beginner 7</i>	Waltz jump/Falling Leaf/Toe Loop jump combination; Loop jump; Flip jump; Sit spin; Forward inside spiral (either foot); 5 step Mohawk sequence (2 different, connecting lobes). Elements skated in any order.	1:15 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Up to four different single jumps are permitted and may be repeated alone or in combination. No Lutzes, axels or multi-revolution jumps are allowed. Upright and sit spins allowed with no change of foot or position. No change of foot spins are allowed.	1:30 +/- :10
<i>Beginner 8</i>	Flip jump; Lutz jump; Camel spin or Back spin; Forward Spiral (either edge, either foot); Back outside 3, Mohawk, back crossover sequence (repeat twice); connecting steps (such as 3-turns, mohawks, bunny hops, crossovers, etc.). Elements skated in any order.	1:15 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. All single jumps except an axel are permitted, and may be repeated alone or in combination. Multi-revolution jumps are not allowed. Only one position spins are allowed. No change of foot spins are allowed.	
<i>Adult Beginner 1</i>	Forward strokes (min 4); Forward crossovers (min 4 in both directions); Forward to backward two-foot turn on a circle (either direction); backward two-foot swizzles (min 4); backward one-foot glide (on right and left foot); snowplow stop (one or two-foot stop). Elements skated in the order listed	1:15 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Jump content is limited to half revolution jumps, and these may be repeated or done in combination. Please note: A half loop is considered a full revolution jump. One and two foot upright spins are allowed.	1:00 +/- :10
<i>Adult Beginner 2</i>	Waltz jump; Half flip; two-foot spin – pick up one foot; Inside Mohawk (either direction); Backward strokes (min 4); Backward crossovers (min 4 in both directions). Elements skated in any order.	1:15 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Jump content is limited to salchow jumps, toe-loop jumps and 1/2 rotation jumps which may be repeated alone or in combination. Upright spins allowed.	1:30 +/- :10
<i>Adult Beginner 3</i>	Waltz jump/Falling Leaf/Toe loop jump combination; Salchow jump; Loop jump; Scratch spin; forward outside spiral; connecting steps (consisting of 3-turns, Mohawks, bunny hops, crossovers, etc). Elements skated in any order.	1:15 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. All single jumps except an axel are permitted, and may be repeated alone or in combination. Multi-revolution jumps are not allowed. No change of foot spins is allowed.	1:30 +/- :10

### COLORADO BASIC SKILLS SERIES

A skater must enter **BOTH** Free skating **AND** the Compulsory/Elements event **IN THE SAME LEVEL** in each of at least **TWO** of the **NINE** registered Series Basic Skills Competitions to be eligible for accumulating points. **Skaters must compete in a minimum of 2 competitions. Only up to the best 4 scores** (free skate and compulsory/elements added together) of the season will be totaled for the final score in the series. Each event will have a maximum of six skaters. Both youth and adults may accumulate points!

The system for scoring points for the trophies will be as follows:

<b>1<sup>st</sup> place</b>	<b>6 points</b>
<b>2<sup>nd</sup> place</b>	<b>5 points</b>
<b>3<sup>rd</sup> place</b>	<b>4 points</b>
<b>4<sup>th</sup> place</b>	<b>3 points</b>
<b>5<sup>th</sup> place</b>	<b>2 points</b>
<b>6<sup>th</sup> place</b>	<b>1 point</b>

**\* A skater will earn five points toward their overall standing each time the skaters enters a level that is higher than the level competed in at the previous competition throughout the duration of the series. In order to keep the extra five points he/she must compete in that level or higher in all subsequent competitions. The points for skaters moving up will be awarded each time the skater competes at a level higher than in their previous competition. Move up points will be awarded for all 9 series events (even though the event point scores may not be one of the final four best scores).**

In the event that there is only one skater in an event, the skater will have the choice to skate alone OR move up a level to compete against other skaters, **HOWEVER, THE SKATER WILL HAVE TO MOVE UP IN BOTH THE ELEMENTS/COMPULSORY MOVES AND THE PROGRAMS W/MUSIC EVENTS.** In this case, those skaters will be allowed to move back to their original level to compete at the next competition and shall not be awarded the 5 point move up credit.

If an event has 2-6 skaters, the points will be awarded as if there were six skaters in the group. If there is only one skater in the group, that skater will be awarded three points.

**In case of a tie, the total number of skaters that the competitor has skated against throughout the series (all competitions and not just the competitions with the 4 best scores) will be the 1st tie breaker. The total score for all free skate events during the season will be the 2nd tie breaker, and the number of levels increased throughout the season will be the 3<sup>rd</sup> tie breaker.**

All points follow the skater throughout the series, so if a skater moves up to higher levels, the points follow the skater. Once a skater moves up a level, they may not compete at a lower level unless they moved up as a result of having no other skaters in their group.

Trophies will be awarded 1-3 place and medals will be awarded for 4-6 place in each level from Snowplow Sam through Freeskiate 6 and Adult 1-6. The trophies and medals will be awarded to the skaters at their level as of the last competition in the series.

#### **Rules and Format:**

#### **COMPETITION ANNOUNCEMENT**

The **U.S. Figure Skating Skate Colorado Basic Skills Competition Series** is sponsored equally by the 9 participating ice rinks and/or U.S. FIGURE SKATING member clubs.

Competition packages will be available at all participating ice rinks and/or via the club or rink websites. Each competition will have its own entry forms and specific rules so please make sure to read the entire announcement for each competition.

#### **ELIGIBILITY RULES FOR PARTICIPANTS**

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



The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club.

**For Snowplow Sam – Basic 8**, eligibility will be based on skill level as of the closing date of entries. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and **NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.**

**For Free skate 1-6**, eligibility will be based on skill level as of the closing date of entries. All FREE SKATE 1-6 SKATERS are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition. **Skaters may have passed Pre-Preliminary MITF and no higher, Preliminary Dance and no higher, and may NOT have passed any U.S. FIGURE SKATING free skate tests.**

*It is very important to the success of the series that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee discovers that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.*

### BASIC ELEMENTS (Basic 1-8)

Format: Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) OR will perform each element when directed by a judge or referee.

- To be skated on 1/2 ice
- No music
- All elements must be skated in the order listed
- If the description of a required move states the direction of the element or the placement of the free leg, then options are NOT allowed
- Time: 1:00 or less

### COMPULSORY PROGRAM (Free Skate 1-6 and Adult 1-6)

Format: In 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, but is not required to use, any additional elements from previous levels
- If the description of the move states the direction of the element or the placement of the free leg, then options are NOT allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

### REQUIRED ELEMENTS

LEVEL	REQUIREMENTS	LEVEL	REQUIREMENTS
Snowplow Sam 1-3	<ul style="list-style-type: none"> <li>• March followed by a two foot glide and dip</li> <li>• Forward two foot swizzles 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles 2-6 in a row</li> </ul>	Free Skate 1	<ul style="list-style-type: none"> <li>• Advanced forward stroking - 4-6 consecutive</li> <li>• Backward outside three-turns R &amp; L</li> <li>• One-foot upright scratch spin from backward crossovers-minimum 3 revolutions</li> <li>• Waltz jump from backward crossovers</li> <li>• Half flip jump</li> </ul>
Basic 1	<ul style="list-style-type: none"> <li>• Forward two foot glide and dip</li> <li>• Forward two foot swizzles 6-8 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles 6-8 in a row</li> </ul>	Free Skate 2	<ul style="list-style-type: none"> <li>• Forward outside or inside spiral - R or L</li> <li>• Waltz Three's - R or L, 2-3 sets</li> <li>• Beginning back spin - entry optional –minimum 2 revolutions</li> <li>• Waltz jump, side toe hop, waltz jump sequence</li> <li>• Toe loop jump</li> </ul>
Basic 2	<ul style="list-style-type: none"> <li>• Forward one foot glide - either foot</li> <li>• Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two foot turn in place- forward to backward</li> <li>• Backward two foot swizzles 6 - 8 in a row</li> </ul>	Free Skate 3	<ul style="list-style-type: none"> <li>• Forward crossovers in a figure 8</li> <li>• Backward inside three-turns, R &amp; L</li> <li>• Back spin- minimum 3 revolutions</li> <li>• Salchow jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Basic 3	<ul style="list-style-type: none"> <li>• Forward stroking</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Backward one foot glide - either foot</li> <li>• Two foot spin – minimum three revolutions</li> </ul>	Free Skate 4	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets-R or L</li> <li>• Sit spin- minimum three revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/loop jump combination</li> </ul>
Basic 4	<ul style="list-style-type: none"> <li>• Standstill forward outside three-turn - R &amp; L</li> <li>• Forward outside edge on a circle clockwise or counter clockwise</li> <li>• Forward crossovers 4-6 consecutive both directions</li> <li>• Backward stroking - 4-6 strokes</li> <li>• Backward snowplow stop - R or L</li> </ul>	Free Skate 5	<ul style="list-style-type: none"> <li>• Camel spin- minimum 3 revolutions</li> <li>• Forward upright spin to back upright spin- minimum three revolutions, each foot</li> <li>• Loop/loop jump combination</li> <li>• Flip jump</li> </ul>
Basic 5	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle clockwise or counterclockwise</li> <li>• Backward crossovers 4-6 consecutive - both directions</li> <li>• Basic one foot spin – free leg held to side of spinning leg - minimum 3 revolutions</li> <li>• Side toe hop -either direction</li> <li>• Hockey stop</li> </ul>	Free Skate 6	<ul style="list-style-type: none"> <li>• Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Split jump or stag jump</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Lutz jump</li> </ul>
Basic 6	<ul style="list-style-type: none"> <li>• Standstill forward inside three-turn - R &amp; L</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line - R or L</li> <li>• Lunge - R or L</li> <li>• T-stop - R or L</li> </ul>	Adult 1	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle</li> <li>• Moving Snowplow Stops</li> </ul>
Basic 7	<ul style="list-style-type: none"> <li>• Standstill forward inside open Mohawk - R to L and L to R</li> <li>• Ballet Jump - either direction</li> <li>• Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>• Forward inside pivot</li> </ul>	Adult 2	<ul style="list-style-type: none"> <li>• Forward stroking showing correct use of the blade</li> <li>• Forward ½ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row</li> <li>• Forward one-foot glides</li> <li>• Slalom</li> <li>• Backward swizzles, (4 to 6 in a row, clockwise and counterclockwise)</li> </ul>

Basic 8	<ul style="list-style-type: none"> <li>Moving forward outside or forward inside three-turns R &amp; L</li> <li>Waltz jump</li> <li>Mazurka - either direction</li> <li>Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position - minimum 3 revolutions</li> </ul>	Adult 3	<ul style="list-style-type: none"> <li>Forward outside and inside edges on a circle, (clockwise and counterclockwise)</li> <li>Forward crossovers, (clockwise and counterclockwise)</li> <li>Backward ½ swizzle pumps on a circle (4 to 6 in a row consecutive, clockwise and counterclockwise)</li> <li>Moving forward to backward and backward to forward two-foot turn</li> <li>Beginning 2-foot spin</li> </ul>
		Adult 4	<ul style="list-style-type: none"> <li>Basic forward outside and forward inside consecutive edges</li> <li>Backward edges on a circle, (outside and inside, clockwise and counterclockwise)</li> <li>Backward crossovers, (clockwise and counterclockwise, 5 consecutive)</li> <li>Forward outside 3-turns, right and left</li> <li>Forward outside swing rolls to a count of 6</li> </ul>
		Adult 5	<ul style="list-style-type: none"> <li>Forward and Backward Crossovers in a Figure 8 pattern</li> <li>Forward outside to inside change of edge on a line</li> <li>T-stop, right or left</li> <li>Forward inside 3-turns, R &amp; L</li> <li>Beginning one foot spin</li> </ul>
		Adult 6	<ul style="list-style-type: none"> <li>Forward Perimeter Stroking with crossover end patterns</li> <li>Backward crossovers to a backward outside edge glide</li> <li>Lunge</li> <li>Spiral</li> <li>Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)</li> </ul>

### BASIC PROGRAMS WITH MUSIC (Basic 1-8)

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.

- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level
- If the description of a required move states the direction of the element or the placement of the free leg, then options are NOT allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

### BASIC FREESKATE PROGRAMS WITH MUSIC AND ADULTS (Free Skate 1-6 and Adult 1-6)

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

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

### REQUIRED ELEMENTS

LEVEL	REQUIREMENTS	LEVEL	REQUIREMENTS
Snowplow Sam 1-3	<ul style="list-style-type: none"> <li>March followed by a two foot glide and dip</li> <li>Forward two foot swizzles 2-3 in a row</li> <li>Forward snowplow stop</li> <li>Backward wiggles 2-6 in a row</li> </ul>	Free Skate 1	<ul style="list-style-type: none"> <li>Advanced forward stroking - 4-6 consecutive</li> <li>One-foot upright scratch spin from backward crossovers-minimum 3 revolutions</li> <li>Waltz jump from backward crossovers</li> <li>Half flip jump</li> </ul>
Basic 1	<ul style="list-style-type: none"> <li>Forward two foot glide and dip</li> <li>Forward two foot swizzles 6-8 in a row</li> <li>Forward snowplow stop</li> <li>Backward wiggles 6-8 in a row</li> </ul>	Free Skate 2	<ul style="list-style-type: none"> <li>Forward outside - R or L</li> <li>Beginning back spin - entry optional –minimum 2 revolutions</li> <li>Waltz jump, side toe hop, waltz jump sequence</li> <li>Toe loop jump</li> </ul>
Basic 2	<ul style="list-style-type: none"> <li>Forward one foot glide - either foot</li> <li>Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot</li> <li>Moving snowplow stop</li> <li>Two foot turn in place- forward to backward</li> <li>Backward two foot swizzles 6 - 8 in a row</li> </ul>	Free Skate 3	<ul style="list-style-type: none"> <li>Forward crossovers in a figure 8</li> <li>Back spin- minimum 3 revolutions</li> <li>Salchow jump</li> <li>Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Basic 3	<ul style="list-style-type: none"> <li>Forward stroking</li> <li>Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>Forward slalom</li> <li>Backward one foot glide - either foot</li> <li>Two foot spin – minimum three revolutions</li> </ul>	Free Skate 4	<ul style="list-style-type: none"> <li>Forward power 3's, 2-3 consecutive sets-R or L</li> <li>Sit spin- minimum three revolutions</li> <li>Loop jump</li> <li>Waltz jump/loop jump combination</li> </ul>
Basic 4	<ul style="list-style-type: none"> <li>Standstill forward outside three-turn - R &amp; L</li> <li>Forward crossovers 4-6 consecutive both directions</li> <li>Backward stroking - 4-6 strokes</li> <li>Backward snowplow stop - R or L</li> </ul>	Free Skate 5	<ul style="list-style-type: none"> <li>Camel spin- minimum 3 revolutions</li> <li>Forward upright spin to back upright spin- minimum three revolutions, each foot</li> <li>Loop/loop jump combination</li> <li>Flip jump</li> </ul>
Basic 5	<ul style="list-style-type: none"> <li>Backward crossovers 4-6 consecutive - both directions</li> <li>Basic one foot spin – free leg held to side of spinning leg - minimum 3 revolutions</li> <li>Side toe hop -either direction</li> <li>Hockey stop</li> </ul>	Free Skate 6	<ul style="list-style-type: none"> <li>Camel, sit spin combination - minimum of 4 revolutions total</li> <li>Split jump or stag jump</li> <li>Waltz jump, ½ loop, Salchow jump sequence</li> <li>Lutz jump</li> </ul>

Basic 6	<ul style="list-style-type: none"> <li>Standstill forward inside three-turn - R &amp; L</li> <li>Bunny Hop</li> <li>Forward spiral on a straight line - R or L</li> <li>Lunge - R or L</li> <li>T-stop - R or L</li> </ul>	Adult 1	<ul style="list-style-type: none"> <li>Forward Marching</li> <li>Forward two-foot glide</li> <li>Forward swizzle</li> <li>Moving Snowplow Stops</li> </ul>
Basic 7	<ul style="list-style-type: none"> <li>Standstill forward inside open Mohawk - R to L and L to R</li> <li>Ballet Jump - either direction</li> <li>Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>Forward inside pivot</li> </ul>	Adult 2	<ul style="list-style-type: none"> <li>Forward stroking showing correct use of the blade</li> <li>Forward ½ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row</li> <li>Forward one-foot glides</li> <li>Slalom</li> <li>Backward swizzles, (4 to 6 in a row, clockwise and counterclockwise)</li> </ul>
Basic 8	<ul style="list-style-type: none"> <li>Moving forward outside or forward inside three-turns R &amp; L</li> <li>Waltz jump</li> <li>Mazurka - either direction</li> <li>Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position - minimum 3 revolutions</li> </ul>	Adult 3	<ul style="list-style-type: none"> <li>Forward outside and inside edges on a circle, (clockwise and counterclockwise)</li> <li>Forward crossovers, (clockwise and counterclockwise)</li> <li>Backward ½ swizzle pumps on a circle (4 to 6 in a row consecutive, clockwise and counterclockwise)</li> <li>Moving forward to backward and backward to forward two-foot turn</li> <li>Beginning 2-foot spin</li> </ul>
		Adult 4	<ul style="list-style-type: none"> <li>Basic forward outside and forward inside consecutive edges</li> <li>Backward edges on a circle, (outside and inside, clockwise and counterclockwise)</li> <li>Backward crossovers, (clockwise and counterclockwise, 5 consecutive)</li> <li>Forward outside 3-turns, right and left</li> <li>Forward outside swing rolls to a count of 6</li> </ul>
		Adult 5	<ul style="list-style-type: none"> <li>Forward and Backward Crossovers in a Figure 8 pattern</li> <li>Forward outside to inside change of edge on a line</li> <li>T-stop, right or left</li> <li>Forward inside 3-turns, R &amp; L</li> <li>Beginning one foot spin</li> </ul>
		Adult 6	<ul style="list-style-type: none"> <li>Forward Perimeter Stroking with crossover end patterns</li> <li>Backward crossovers to a backward outside edge glide</li> <li>Lunge</li> <li>Spiral</li> <li>Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)</li> </ul>

**ISI Program Members:** If you are in an ISI program, please use the below conversion chart to determine your appropriate competition level.

If You Passed ISI level	Enter USFS level		If You Passed ISI level	Enter USFS level
Tot or Pre-Alpha (age 7 and older) Alpha	Basic 1		Freestyle 8 / Open Platinum	Junior or Senior
Advanced Pre-Alpha	Basic 2		Freestyle 9 / Open Platinum	Senior
Advanced Pre-Alpha	Basic 3		Freestyle 10 / Open Platinum	Senior
Alpha/Gamma	Basic 4		Freestyle 2 / Open Bronze	Adult Pre-Bronze
Beta	Basic 5		Freestyle 3 / Open Bronze	Adult Bronze
Delta	Basic 6		Freestyle 4 / Open Silver	Adult Silver
Gamma	Basic 7		Freestyle 5 / Open Gold	Adult Gold
Delta-Freestyle 1	Basic 8		Dance 3	Preliminary Dance
Freestyle 2 or 3 / Open Bronze	Pre-Preliminary		Dance 4	Pre-Bronze Dance
Freestyle 4 / Open Silver	Preliminary		Dance 5	Bronze Dance
Freestyle 5 / Open Silver	Pre-Juvenile		Dance 6	Pre-Silver Dance
Freestyle 6 / Open Gold	Juvenile or Intermediate		Dance 7	Silver Dance
Freestyle 7 / Open Platinum	Novice		Dance 9	Pre-Gold Dance



# Event Descriptions

## Well Balanced Free Skate:

Link for the well balanced description: <http://www.usfigureskating.org/content/2015-16%20Singles%20FS%20Chart%20v2.pdf>

## Test Track Free Skate

Level	Jumps	Spins	Step Sequences	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 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>Only solo spin may fly</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>Maximum of 6 jump elements:</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>Maximum of 2 spins:</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>	<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>
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<p>Maximum of 7 jump elements for men and 6 for ladies:</p> <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>	<p>Maximum of 3 spins, of a different nature:</p> <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>	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 &amp; 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>
Junior Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.	<p>Maximum of 8 jump elements for men and 7 for ladies:</p> <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>	<p>Maximum of 3 spins of a different nature:</p> <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>	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
Senior Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.	<p>Maximum of 8 jump elements for men and 7 for ladies:</p> <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>	<p>Maximum of 3 spins of a different nature:</p> <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>	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 &amp; 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

**Short Program Requirements:**

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

**Compulsory Moves:**

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Toe Loop</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	1:15 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>
Juvenile & Open Juv.	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 Beginner	1:15	<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	<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	<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	<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	<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	<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	<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>

**Jumps Events:**

Level	Time	Skating rules / standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"><li>1. Single toe loop</li><li>2. Single flip</li><li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li></ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"><li>1. Single flip</li><li>2. Single Lutz</li><li>3. Jump combination – Any single jump + single loop (may be Axel)</li></ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"><li>1. Single Axel</li><li>2. Single or double jump</li><li>3. Jump combination – single/single (no Axel)</li></ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"><li>1. Single Axel</li><li>2. Double Salchow</li><li>3. Jump combination – single/single or double/single (no Axel)</li></ol>
Adult Beginner	1:00	<ol style="list-style-type: none"><li>1. Bunny Hop</li><li>2. Mazurka or ballet jump</li></ol>
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"><li>1. Waltz or toe loop jump</li><li>2. ½ flip, ½ Lutz or ½ loop</li></ol>
Adult Bronze	1:00	<ol style="list-style-type: none"><li>1. Single Salchow</li><li>2. Single toe loop</li><li>3. Any single jump + single toe loop combination (No Axels allowed)</li></ol>
Adult Silver	1:15	<ol style="list-style-type: none"><li>1. Single flip</li><li>2. Single loop</li><li>3. Single/single combination (Axel is permitted)</li></ol>
Adult Gold	1:15	<ol style="list-style-type: none"><li>1. Single Axel</li><li>2. Single Lutz</li><li>3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)</li></ol>
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"><li>1. Axel</li><li>2. Double Salchow , double toe loop or double loop</li><li>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</li></ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"><li>1. Double loop or double flip</li><li>2. Double Lutz</li><li>3. Jump combination that may include any double jump</li></ol>



**Spins Event:**

Level	Time	Skating rules / standards
Pre-Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>Upright one-foot spin (3)</li> <li>Upright back scratch spin (3)</li> <li>Sit spin (3)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>Forward scratch to back scratch spin (3)</li> <li>Combination spin with no of foot (4)</li> <li>Sit spin (3)</li> </ol>
Pre-Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>Camel spin (3)</li> <li>Combination spin – camel to sit spin; no change of foot (6)</li> <li>Forward to backward scratch spin (3 per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>Sit spin (4)</li> <li>Combination spin – change of foot; optional change of position (4 per foot)</li> <li>Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
Adult Beginner	1:15	<ol style="list-style-type: none"> <li>Pivot</li> <li>Two-foot upright spin (2)</li> </ol>
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> <li>One-foot upright spin (3)</li> <li>Two-foot upright spin (3)</li> </ol>
Adult Bronze	1:15	<ol style="list-style-type: none"> <li>One-foot upright spin (4)</li> <li>One-foot back spin (3)</li> <li>Sit spin (3)</li> </ol>
Adult Silver	1:30	<ol style="list-style-type: none"> <li>Camel spin (3)</li> <li>Layback, sideways leaning or sit spin (4)</li> <li>Combination spin with at least one change of position, no change of foot (3 in each position)</li> </ol>
Adult Gold	1:30	<ol style="list-style-type: none"> <li>Solo spin, no change of foot (4)</li> <li>Second solo spin, different from the first; change of foot optional (4)</li> <li>Combination spin with only one change of foot and at least one change of position (4 each foot)</li> </ol>
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> <li>Solo spin of skater's choice (Min. 6 revolutions)</li> <li>Second solo spin, different from the first; change of foot optional (4) May have a flying entry</li> <li>Combination spin that may have more than one change of foot and at least one change of position (4 each foot)</li> </ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> <li>Solo spin of skater's choice (Min. 8 revolutions)</li> <li>Solo spin with a flying entry</li> <li>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</li> </ol>

**EVENT:** Step Sequences

Level	Time	Required elements
Pre-Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> <li>- Forward outside 3-turn</li> <li>- Inside mohawk</li> <li>- Demonstration of forward outside &amp; forward inside edges</li> </ul>
Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> <li>- At least two consecutive forward outside power 3-turns</li> <li>- Forward inside 3-turn</li> <li>- At least one set of alternating 3-turns (outside or inside)</li> </ul>
Pre-Juvenile	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Backward inside 3-turns on each foot</li> <li>2. Backward outside 3-turns on each foot</li> <li>3. At least 2 consecutive power pulls (backward or forward)</li> </ol>
Juvenile & Open Juv.	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Forward outside double 3 (either foot)</li> <li>2. Forward inside double 3 (either foot)</li> <li>3. At least 2 consecutive cross strokes (backward or forward)</li> </ol>
Intermediate	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Choice of backward double 3</li> <li>2. At least 2 different brackets with clear entry &amp; exit edges</li> <li>3. Forward inside 1 ½ twizzle</li> <li>4. Forward outside 1 ½ twizzle</li> </ol>
Novice	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 2 different counters with clear entry &amp; exit edges</li> <li>2. Forward outside &amp; forward inside loop (either foot)</li> <li>3. Backward outside double twizzle</li> <li>4. Backward inside double twizzle</li> </ol>
Junior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 2 different rockers with clear entry &amp; exit edges</li> <li>2. At least 2 different choctaws</li> <li>3. Backward outside &amp; backward inside loop (either foot)</li> <li>4. A combination of at least 3 different turns done on one foot</li> </ol>
Senior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle.</li> <li>2. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot.</li> <li>3. An upper body movement. <i>(Any movements of the arms, head and torso that have an effect on the balance of the main body core.)</i></li> </ol> <p><i>Note: If necessary, skaters may combine items 1 &amp; 2. For example, performing 3 different consecutive turns on one foot may also count towards the requirement of demonstrating all seven of the listed turns/steps.</i></p>

Showcase 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
<b>Singles &amp; Duets</b>	Basic 1-8/Beginner 1-4*, Freeskate 1-6/Beginner 5-8*, Adult 1-6/Adult Beginner 1-3*	-	Pre-Preliminary Free Skate or Adult Pre-Bronze Free Skate	No Age restriction	1:30 max
	Pre-Preliminary*	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	max age 20	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate	max age 20	1:40 max
	Juvenile	Juvenile Free Skate	Intermediate Free Skate	13 and under	2:10 max
	Teen	Juvenile Free Skate	Intermediate Free Skate	14-17	2:10 max
	Intermediate	Intermediate Free Skate	Novice Free Skate	17 and under	2:10 max
	Young Adult	Juvenile Free Skate	Novice Free Skate	18-20	2:10 max
	Novice	Novice Free Skate	Junior Free Skate	No age restriction	2:10 max
	Junior	Junior Free Skate	Senior Free Skate		2:40 max
	Senior	Senior Free Skate			2:40 max
	<b>Event</b>	<b>Must meet requirements for*</b>	<b>Must not have passed</b>	<b>Age</b>	<b>Time</b>
	Adult Bronze	Adult Bronze Free Skate		21 and older	1:40 max
	Adult Silver	Adult Silver Free Skate		21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate		21 and older	1:40 max
	Masters	At least the Masters Intermediate		21 and older	1:40 max