

PHILADELPHIA SUMMER CHAMPIONSHIPS

Hosted by
ICEWORKS SKATING CLUB



JULY 14 – JULY 18, 2015

Held at:
IceWorks Skating Complex
3100 Dutton Mill Road
Aston, Pennsylvania 19014

Sanctioned by:



2015 PHILADELPHIA SUMMER CHAMPIONSHIPS

<u>Dates:</u>	July 14 – July 18, 2015
<u>Deadline:</u>	June 4, 2015
<u>Location:</u>	IceWorks Skating Complex 3100 Dutton Mill Road Aston, PA 19014
<u>Competition Chairs:</u>	Lisa Shaw and Cheryl Wood
<u>Referees:</u>	Robert Rosenbluth – IJS Events Pat Lynch – 6.0 Events

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

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

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

Eligibility

Skaters may enter events for which the skater is qualified. A skater may compete at their current test level and/or one level higher but not below. Test level is as of June 4, 2015.

Facility

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

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

Entry Information

The competition is open to all amateur skaters who are members in good standing with U.S. Figure Skating, Skate Canada or USFS Basic Skills. The competition will be governed by the rules specified in the 2015 U.S. Figure Skating rule book including new amended provisions passed at the 2015 Governing Council.

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

All registrations will take place through www.entryeeze.com.

IJS EVENTS:

Singles and Pairs: Juvenile through Senior
Short and Long Programs are considered separate events.

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

Pairs should split the event entry fees.
 If doing both Singles and Pairs events, Singles event will be your first event.

6.0 EVENTS:

Singles and Pairs: All events (except those identified as Basic Skills) including Adults

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

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

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

Showcase Groups:

- Basic 1 – 8 \$60 for team registration plus \$10 for each skater in the team
- All Other Levels \$110 for team registration plus \$10 for each skater in the team

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

Final Rounds

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

Planned Program Content Information

Please enter Planned Program Content online by July 3th, 2015. U.S. Figure Skating members, please use USFS website to enter your PPE. All others including members of Skate Canada, please enter your PPE online at www.entryeeze.com.

Critiques

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

Music

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 7/3/2015 at 11:59 pm.

After you have registered and paid for your events on Entryeeze, 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)

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 rinkside during competition events. Music may be picked up at the registration desk following each event. While all possible care will be taken, the LOC assumes no responsibility or liability for lost, damaged or unclaimed CDs. Any CDs unclaimed at the conclusion of the competition will be discarded.

Liability

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

Awards

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

Practice Ice

Practice ice sessions can be purchased through www.entryeeze.com. At the time of registration, two practice ice sessions for each event will be available to each skater. Selection of date and time of these practices will be done after the close of registration. Additional practice ice will be made available ONLINE until July 12, 2015 at 11:59pm. Starting on July 13, 2015 practice ice must be purchased in person at the **Practice Ice Office** in the main hallway of the facility.

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

There are four levels of practice ice available:

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

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

Video and Photography

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

Important Information for All Coaches

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

U.S. Figure Skating Rule MR 5.11 – Coach Compliance

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

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12. For this event, CER B is required for all events except Basic Skills, which only require a CER C.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

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

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

For more information regarding Coach Compliance, please refer to:

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

Vendors

A variety of vendors, including costume and boot vendors will be onsite during the competition. For a complete list of vendors attending, please check the event website at [iceworkssc.org](http://www.iceworkssc.org). The Pro Shop will be open during the event.

Accommodations

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

Contact Information

For the latest information regarding the competition, please check the IceWorks Skating Club's website at www.iceworkssc.org.

For further questions, please contact Lisa Shaw by email at lishaw@iceworks.net or by phone at 610-497-2200 Ext. 117

Competition Events

IJS EVENTS

General event parameters:

1. Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted for Juvenile and Intermediate levels.
3. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
4. All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org , under "Technical Information," then "Singles/Pairs".

Single Free Skating

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

Pairs

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

6.0 EVENTS

Introductory Levels Free Skate Program

Format:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 max	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:40 max	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:40 max	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • 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) • No Axels or double jumps are permitted 	<p><i>Max. 2 spins:</i></p> <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	

Well Balanced Program Free Skate

General event parameters:

1. Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted.
3. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 max Vocal music permitted	Maximum of 5 jump elements: a) Any single jumps, including Axel, allowed. b) Max. 2 jump combinations or sequences c) Jump combinations are limited to 2 jumps. d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels. f) Double or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Preliminary	1:30 ± 10 sec Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz-jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop) f) Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. g) Max. of 2 Axels or any double jump. h) Double flips, double Lutzes, double Axels or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Pre-Juvenile	2:00 ± 10 sec Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz-jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is limited to a max. of 3 single or double jumps. (½ loop is not considered a single jump at this level.) e) Number of different double jumps is not limited. f) Axel and no more than 3 different double jumps may be repeated as Individual jumps, part of jump combination or jump sequence. g) Maximum of 2 Axels or any double jump h) No double Axels or triple jumps	Maximum of 2 spins: a) 1 spin combination; with or without change of foot*, may fly. b) 1 spin with only 1 position*, may fly, no change of foot c) Min. 4 revolutions.; 6 revolutions for combo d) Spins must be of a different nature	One step sequence fully utilizing ice surface.
Open Juvenile	2:15 ± 10 sec	Maximum of 5 jump elements: a) One must be an Axel-type jump* b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is not limited e) No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Max 2 of same double jump. f) No triple jumps	Maximum of 2 spins: a) 1 spin combination; with/without change of foot* b) 1 spin with only 1 position; no change of foot* c) Both spins may start with a fly d) Min. 5 revolutions; 8 revolutions. for combination e) Min. 2 revolutions in position f) Spins must be of a different nature	One choreographic step sequence fully utilizing ice surface.

Test Track Free Skate Event

Format:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Program event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
4. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.

5. The following deductions will be taken:

- 0.1 from each mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra element included.
- 0.1 from the technical mark for any spin that is less than the required minimum revolutions

Level	Jumps	Spins	Step Sequence	Qualifications
Pre-Preliminary 1:30 ± 10 sec.	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 ± 10 sec.	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	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>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile / Open Juvenile 2:15 ± 10 sec.	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • Only solo spin may fly 	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"> • Any single jumps. • Double jumps permitted: double Salchow and double toe loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions), • One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test

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

Adult Free Skate

Format:

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. Age levels may be combined.
4. Elements marked with * are required.
5. The following deductions will be taken:
 - -0.1 from each mark for each technical element included that is not permitted in the event description.
 - -0.2 from the technical mark for each extra element included.
 - -0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Time	Jumps	Spins	Step Sequences
Masters Junior & Senior	3:40 max	<p><i>Maximum of 7 jump elements:</i></p> <ol style="list-style-type: none"> a) 1 must be an Axel-type jump* b) Min. 1*, max. 3 combinations or sequences c) Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted d) Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted e) No Axels and multi-rotation jumps may be repeated more than once, and if repeated, jumps must be in combination or sequence 	<p><i>Maximum of 3 spin elements:</i></p> <ol style="list-style-type: none"> a) Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) b) Min. 5 revolutions total if no change of foot c) Min. 4 revolutions each foot if change of foot d) Min. 2 revolutions in position 	<p>One choreographic step sequence or choreographic sequence fully utilizing ice surface.</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</p>
Masters Intermediate & Novice	3:10 max	<p><i>Maximum of 6 jump elements:</i></p> <ol style="list-style-type: none"> a) 1 must be an Axel-type jump* b) Min. 1*, max. 3 combinations or sequences c) Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted d) Each jump may be repeated only once, and only as part of combination or sequence e) All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop f) Only one double-double jump combination or sequence is permitted g) Double flip, double Lutz, double Axel and triple jumps are not permitted 	<p><i>Maximum of 3 spins:</i></p> <ol style="list-style-type: none"> a) Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) b) Min. 5 revolutions total if no change of foot c) Min. 4 revolutions each foot if change of foot d) Min. 2 revolutions in position 	<p>One choreographic step sequence or choreographic sequence fully utilizing ice surface.</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</p>
Gold	2:40 max	<p><i>Maximum of 5 jump elements:</i></p> <ol style="list-style-type: none"> a) Min. 1*, max. 3 combinations or sequences b) Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted c) Each jump may be repeated only once, and only as part of combination or sequence d) All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow. e) No double-double jump combinations or sequences are permitted f) Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p><i>Maximum of 3 spins:</i></p> <ol style="list-style-type: none"> a) Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) b) Min. 4 revolutions total if no change of foot c) Min. 4 revolutions each foot if change of foot d) Min. 2 revolutions in position 	<p>One choreographic step sequence or choreographic sequence fully utilizing ice surface.</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>

Level	Time	Jumps	Spins	Step Sequences
Silver	2:10 max	<p><i>Maximum of 5 jump elements:</i></p> <p>a) Min. 1*, max. 2 combinations or sequences</p> <p>b) One combination/sequence may consist of three jumps, and <u>the other</u> may have only two jumps</p> <p>c) Additional jump sequences which contain non-listed jumps of not more than one revolution (i.e. mazurkas, half-loops, etc.) performed as part of connecting footwork preceding single jumps are permitted</p> <p>d) Each jump may be repeated only once, and only as part of combination or sequence</p> <p>e) All single jumps are permitted, including an Axel-type jump.</p> <p>f) No double or triple jumps are permitted</p>	<p><i>Maximum of 2 spins:</i></p> <p>a) Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)</p> <p>b) Min. 3 revolutions total if no change of foot</p> <p>c) Min. 3 revolutions each foot if change of foot</p> <p>d) Min. 2 revolutions in position</p>	<p>One step sequence or spiral sequence (any pattern) utilizing at least ½ ice surface.</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
Bronze	1:50 max	<p><i>Maximum of 4 jump elements:</i></p> <p>a) Min. 1*, max. 2 combinations or sequences;</p> <p>b) One combination/sequence may consist of three jumps, and the other may have only two jumps</p> <p>c) Each jump may be repeated only once, and only as part of combination or sequence (maximum of 2 of any jump)</p> <p>d) All single jumps are permitted (except Axel)</p> <p>e) No Axel, double or triple jumps are permitted</p>	<p><i>Maximum of 2 spins:</i></p> <p>a) Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)</p> <p>b) Min. 3 revolutions total if no change of foot</p> <p>c) Min. 3 revolutions each foot if change of foot</p> <p>d) Min. 2 revolutions in position</p> <p>e) No flying spins are permitted</p>	<p>One step sequence or spiral sequence (any pattern) utilizing at least ½ ice surface.</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
Pre-Bronze	1:40 max	<p><i>Maximum of 4 jump elements:</i></p> <p>a) Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</p> <p>b) One jump combination/sequence may consist of three jumps, and the other may have only two jumps.</p> <p>c) Each jump may be repeated only once and only as part of combination or sequence (maximum of 2 of any jump)</p> <p>d) Only single and half-revolution jumps are allowed</p> <p>e) No Lutz, Axel or double jumps are allowed</p>	<p><i>Maximum of 2 spins:</i></p> <p>a) Min. 3 revolutions</p> <p>b) No flying spins are permitted</p>	<p>One connecting steps throughout the program are required</p>

Introductory Levels Compulsory Moves

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

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

Level	Time	Skating rules/standards
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

Level	Time	Skating rules/standards
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.

Compulsory Moves

Format:

1. Elements skated on ½ ice
2. Elements may be performed only once
3. 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
Open Juvenile	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

Adult Compulsory Moves

Format:

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

Level	Time	Elements
Adult Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Forward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Two foot upright spin 4. Forward spiral (any edge)
Adult Pre-Bronze	1:15 max.	<ol style="list-style-type: none"> 1. Backward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Forward upright spin (Min. 3 revolutions) 4. Forward outside spiral
Adult Bronze	1:15 max.	<ol style="list-style-type: none"> 1. Single Salchow 2. Waltz jump – toe loop combination jump 3. Sit spin (Min. 3 revolutions) 4. Spiral sequence (Min. 2 spirals)

Level	Time	Elements
Adult Silver	1:30 max.	<ol style="list-style-type: none"> 1. Single loop 2. Single/single jump combination 3. Sit spin (Min. 3 revolutions) 4. Straight line step sequence
Adult Gold	1:30 max.	<ol style="list-style-type: none"> 1. Single Lutz or Axel 2. Single/single or single/double jump combination 3. Camel spin (Min. 4 revolutions) 4. Straight line step sequence
Masters Intermediate/Novice	2:00 max.	<ol style="list-style-type: none"> 1. Axel, double Salchow, double toe loop or double loop 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 3. Solo spin of skater's choice (Min. 6 revolutions) 4. Straight line step sequence
Masters Junior/Senior	2:00 max.	<ol style="list-style-type: none"> 1. Choice of any double jump 2. Jump combination that may include any double jump 3. Solo spin of skater's choice (Min. 8 revolutions) 4. Straight line step sequence

BASIC SKILLS EVENTS

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

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic Skills 1-8** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

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

Basic Elements Event: SNOWPLOW SAM – BASIC 8

Format:

1. Each skater will perform one element at a time in the order listed below (no excessive connecting steps).
2. To be skated on 1/2 ice
3. No music
4. **All elements must be skated in the order listed**

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 max.	<ol style="list-style-type: none"> 1. March followed by a two-foot glide and dip 2. Forward two-foot swizzles, 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ol style="list-style-type: none"> 1. Forward two-foot glide and dip 2. Forward two-foot swizzles, 6-8 in a row 3. Forward snowplow stop 4. Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ol style="list-style-type: none"> 1. Forward one-foot glide, either foot 2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot 3. Moving snowplow stop 4. Two-foot turn in place, forward to backward 5. Backward two-foot swizzles, 6 - 8 in a row

Level	Time	Skating rules/standards
Basic 3	1:00 max.	<ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive 3. Forward slalom 4. Backward one-foot glide, either foot 5. Two-foot spin – minimum three revolutions
Basic 4	1:00 max.	<ol style="list-style-type: none"> 5. Standstill forward outside three-turn, right and left 6. Forward outside edge on a circle, clockwise or counter clockwise 7. Forward crossovers, 4-6 consecutive, both directions 8. Backward stroking, 4-6 strokes 9. Backward snowplow stop, right or left
Basic 5	1:00 max.	<ol style="list-style-type: none"> 5. Backward outside edge on a circle, clockwise or counterclockwise 6. Backward crossovers, 4-6 consecutive, both directions 7. Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions 8. Side toe hop, either direction 9. Hockey stop
Basic 6	1:00 max.	<ol style="list-style-type: none"> 5. Standstill forward inside three-turn, right and left 6. Bunny Hop 7. Forward spiral on a straight line, right or left 8. Lunge, right or left 9. T-stop, right or left
Basic 7	1:00 max.	<ol style="list-style-type: none"> 1. Standstill forward inside open Mohawk, right to left and left to right 2. Ballet jump, either direction 3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise 4. Forward inside pivot
Basic 8	1:00 max.	<ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns, right and left 2. Waltz jump 3. Mazurka, either direction 4. 1 Combination move, clockwise or counter clockwise, two forward crossovers into forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions

Basic Program Event: SNOWPLOW SAM – BASIC 8

Format:

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

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

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 ±10 max	<ol style="list-style-type: none"> 1. March followed by a two-foot glide and dip 2. Forward two-foot swizzles, 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles, 2-6 in a row
Basic 1	1:00 ±10 max	<ol style="list-style-type: none"> 1. Forward two-foot glide and dip 2. Forward two-foot swizzles, 6-8 in a row 3. Forward snowplow stop 4. Backward wiggles, 6-8 in a row
Basic 2	1:00 ±10 max	<ol style="list-style-type: none"> 1. Forward one-foot glide, either foot 2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot 3. Moving snowplow stop 4. Two-foot turn in place, forward to backward 5. Backward two-foot swizzles, 6 - 8 in a row

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

Free Skate 1-6 Compulsory Event

Format:

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

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

Level	Time	Skating rules / standards
Free Skate 1	1:15 max.	<ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 consecutive 2. Backward outside three-turns, right and left 3. One-foot upright scratch spin from backward crossovers - minimum three revolutions 4. Waltz jump from backward crossovers 5. Half flip jump
Free Skate 2	1:15 max.	<ol style="list-style-type: none"> 1. Forward outside or inside spiral, right or left 2. Waltz three's, right or left, 2-3 sets 3. Beginning back spin, entry optional – minimum two revolutions 4. Waltz jump, side toe hop, waltz jump sequence 5. Toe loop jump

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

Free Skate 1-6 Program Event

Format:

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

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

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

SHOWCASE EVENTS: Light Entertainment – Singles, Duets and Ensembles

Format:

- Showcase groups will be divided by number of entries and ages if possible.
- Showcase program should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- **Duets:** Theatrical/artistic performances by two competitors.
- **Mini production ensemble:** Theatrical performances by three to seven competitors.
- **Production ensemble:** Theatrical performances by eight or more competitors. Theatre On Ice teams are eligible as production ensembles.
- Props and scenery are permitted.

NOTE: Skaters may enter only one duet, mini production or production event. Age limits are determined by the age of the oldest skater in the duet or ensemble. Level is determined by the highest level of the skaters in the duet or ensemble.

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.

Event	Must have passed (dance tests refer to solo or partnered standard track)	Must not have passed (dance tests refer to solo or partnered standard track)	Age	Time
Basic 1-8		Basic 8 level	No age restriction	1:00 max
Free skate 1-6, Beginner, High Beginner		Any official USFS free skate tests	No age restriction	1:30 max
No-test, Pre-preliminary		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 Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
Open Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	No age restriction	2:10 max
Adult Bronze	Adult Bronze Free Skate or Pairs or complete Pre-Bronze Dance	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs or one Pre-Silver Dance	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs or one Pre-Gold Dance	Complete Pre- Gold Dance	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs or complete Pre-Gold Dance		21 and older	1:40 max
Mini Production	Open	Open	No age restriction	3:10 max
Production	Open	Open	No age restriction	6:15 max

Spins Challenge

Format:

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

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

Adult Spins Challenge

Format:

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

Level	Time	Skating rules / standards
Adult Beginner	1:15 max.	1. Pivot 2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15 max.	1. One-foot upright spin (3) 2. Two-foot upright spin (3)
Adult Bronze	1:00 max.	1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30 max.	1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4) 3. Combination spin with at least one change of position, no change of foot (3 in each position)

Level	Time	Skating rules / standards
Adult Gold	1:30 max.	1. Solo spin, no change of foot (4) 2. Second solo spin, different from the first; change of foot optional (4) 3. Combination spin with only one change of foot and at least one change of position (4 each foot)
Masters Intermediate/Novice	1:30 max.	1. Solo spin of skater's choice (Min. 6 revolutions) 2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)
Masters Junior/Senior	1:30 max.	1. Solo spin of skater's choice (Min. 8 revolutions) 2. Solo spin with a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry

Jumps Challenge

Format:

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

Level	Time	Skating rules / standards
Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz 3. Single Salchow
High Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	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.	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.	1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile/ Open Juvenile	1:15 max.	1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:15 max.	1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	1:15 max.	1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	1:15 max.	1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel)
Senior	1:15 max.	1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)

Adult Jumps Challenge

Format:

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

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

Step Sequence

Format:

1. Levels are based on the skater's highest Moves in the Field test passed.
2. Music of skater's choice, including vocal music, not to exceed the maximum time (less time is fine).
3. Skates perform two different step sequences of their choice - any shape or pattern is permitted. However, skaters must make it clear when their first step sequence ends and the second begins.
4. Each 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.

Level	Time	Required elements
Pre- Preliminary	1:00 max.	Each of the two step sequences must include: 1. Forward outside 3-turn 2. Inside mohawk 3. Demonstration of forward outside & forward inside edges
Preliminary	1:00 max.	Each of the two step sequences must include: 1. A † least two consecutive forward outside power 3-turns 2. Forward inside 3-turn 3. A † least one set of alternating 3-turns (outside or inside)
Pre-Juvenile	1:00 max.	Each of the two step sequences must include: 1. Backward inside 3-turns on each foot 2. Backward outside 3-turns on each foot 3. A † least 2 consecutive power pulls (backward or forward)
Juvenile/ Open Juvenile	1:30 max.	Each of the two step sequences must include: 1. Forward outside double 3 (either foot) 2. Forward inside double 3 (either foot) 3. A † least 2 consecutive cross strokes (backward or forward)

Level	Time	Required elements
Intermediate	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Choice of backward double 3 2. A † least 2 different brackets with clear entry & exit edges 3. Forward inside 1 V2 twizzle 4. Forward outside 1 V2 twizzle
Novice	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. A † least 2 different counters with clear entry & exit edges 2. Forward outside & forward inside loop (either foot) 3. Backward outside double twizzle 4. Backward inside double twizzle
Junior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. A † least 2 different rockers with clear entry & exit edges 2. A † least 2 different choctaws 3. Backward outside & backward inside loop (either foot) 4. A combination of at least 3 different turns done on one foot
Senior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. A † least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop and twizzle. 2. A combination of at least 3 different turns to be selected from counter, rocker, bracket, twizzle and loop performed on one foot. 3. An upper body movement – any movements of the arms, head and torso that have an effect on the balance of the main body core. <p><u>Note:</u> If necessary, skaters may combine items 1 & 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.</p>