

36th Annual Northland Figure Skating Competition



**February 4 - 7, 2016
Duluth, MN**

**Free Skating • Compulsory/Short Program
Test Track • IJS
Artistic • Spins • Jumps
Team Compulsory • Synchronized Skating**

**Hosted by the Duluth Figure Skating Club
www.duluthfsc.org**

**Chief Referee: Jennifer Marker Johnson
Accountant: Lexie Kastner
Assistant Accountant: Carolyn Marker
Music Coordinator: Mike Wittmann**

**Co-Chairs: Vikki Buckley and Teri Kautz
Email: northland2016@outlook.com**

Sanctioned by:



The 36th Annual Northland Figure Skating Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. This competition, sanctioned by Skate Canada, is also open to Skate Canada members in good standing.

ELIGIBILITY/TEST LEVEL

Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters must compete all events at the same level. Skaters who placed in the top four in a final round of their last qualifying competition in their division must move up one level, except for novice and higher. Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries. Skaters entering beginner–pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group. Juvenile through Senior skaters will be grouped by random draw. Compulsory, artistic, spins and jumps are ladies/men (combined) events.

ENTRIES

Online registration is preferred and is available via secured credit card transaction at www.duluthfsc.org, serviced by *Entryeze*. Upon receiving your application online an email will be sent to the skater's coach to verify accuracy of entry. An official at the skater's home club will also be notified to certify the skater's standing within the club. Mail in paper registration is also available for a processing fee of \$5.00. Make checks payable to the *DFSC* and mail check and registration form to Northland Figure Skating Competition, c/o Teri Kautz, 1328 99th Ave W, Duluth, MN 55808. Entries must be completed online or postmarked by **December 7, 2015**. Due to the large number of registrations in previous years, the referee may choose to limit or eliminate certain events, if necessary. Fees will be as follows:

\$105.00 first event

\$35.00 each additional event

Team compulsory: \$20 per person, per team (this event must be an additional event)

Synchronized teams: \$105.00 plus \$10.00 per skater

In the event that a skater is signed up for the incorrect level or event, the Chief Referee must approve all changes. An additional fee of \$25.00 will be charged to the skater if the Referee approves any changes. Late entries will be accepted only at the discretion of the Chief Referee and must be accompanied by a \$25.00 late fee.

REFUND POLICY

Entry fees will not be refunded after December 7, 2015 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a processing fee. Payment of fees will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by web.

FACILITIES

All events will be held at the Duluth Entertainment Convention Center (DECC) www.decc.org, 350 Harbor Drive, Duluth, MN 55802 (1 block off 35W, exit 256B). The DECC is a two-rink indoor facility with ice surfaces of 190' x 85'; \$5 daily parking fee.

MUSIC

Only standard format CDs will be accepted. CDs must be clearly marked with the skater's name and must be in a paper CD sleeve with a see-through window. CDs must have only ONE track; if you compete in multiple events, you must submit separate CDs for each program. Official competition music must be turned in at the registration table at the time of check-in and a duplicate should be readily available. Music may be picked up at the registration desk after completion of the event. Music WILL NOT be mailed to skaters after the competition. Music will not be played at practice ice.

LIABILITY

U.S. Figure Skating, the Duluth Figure Skating Club and the Duluth Entertainment Convention 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 system of judging will be used for all Juvenile through Senior and Adult Gold and Masters Short Program and Well Balanced Program Free Skate events. All competitors skating in these events need to submit their planned program content form online by January 30, 2016. The 6.0 Majority Judging System will be used for all other events including the Well Balanced Program Free Skate events (Pre-Preliminary through Pre-Juvenile and Open Juvenile), and all levels of the Test Track Free Skate.

REGISTRATION/OFFICIAL NOTICES

The Registration Desk (located in Edmund Fitzgerald Hall) will be open from 2pm to 10pm on Thursday, February 4th and at least one hour before the first event and run through the last event of the day on all other days. Skaters must check in at least one hour prior to their first event. Events may run ahead at the discretion of the Referee. Skaters are requested to check in with the rink monitor at least 45 minutes prior to scheduled time of their event. All schedules will be posted on an official bulletin board near the registration desk. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information.

PRACTICE ICE

Practice ice will be available for purchase online via *Entryeze* or at the Registration Desk. Pre-paid practice ice is being offered to competitors for a cost of \$12.00 for each 20-minute session. Skaters will be able to pick their own practice ice sessions online but must indicate the number of sessions desired during the registration process and must be pre-paid with your entry. Additional practice ice sales will be available for a cost of \$14.00 after the competition schedule has been posted and those that pre-registered for sessions have had time to select their sessions. Practice ice also will be available for purchase during the competition and will be sold for a cost of \$16.00. Refunds will not be given for unused practice ice sessions. Synchronized teams will be able to purchase practice ice for \$75.00 per session.

PHOTOGRAPHY/VIDEOGRAPHY

An official photographer, located near the awards area, will take pictures of event winners as well as individual skaters. Professional videography of your program and action shots will also be available for purchase.

AWARDS

All award ceremonies will be OFF ICE in Edmund Fitzgerald Hall shortly after the final results are posted. Medals will be given to all Limited Beginner through Pre-Preliminary skaters and to the top 4 skaters in all other groups. Trophies will be given for the first through third places in each of the Novice, Junior and Senior Well Balanced Free Skating events. Plaques will be given to the top 3 teams in each of the synchronized groups.

TEST SESSION

A USFS test session will precede the competition on Thursday, February 4, 2016. Registration is available online at www.duluthfsc.org. Deadline for registration is January 14, 2016. For questions regarding the Test Session, please contact northland2016@outlook.com.

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.

Please refer to [Coach Compliance](#) for additional information.

HOTEL ACCOMMODATIONS

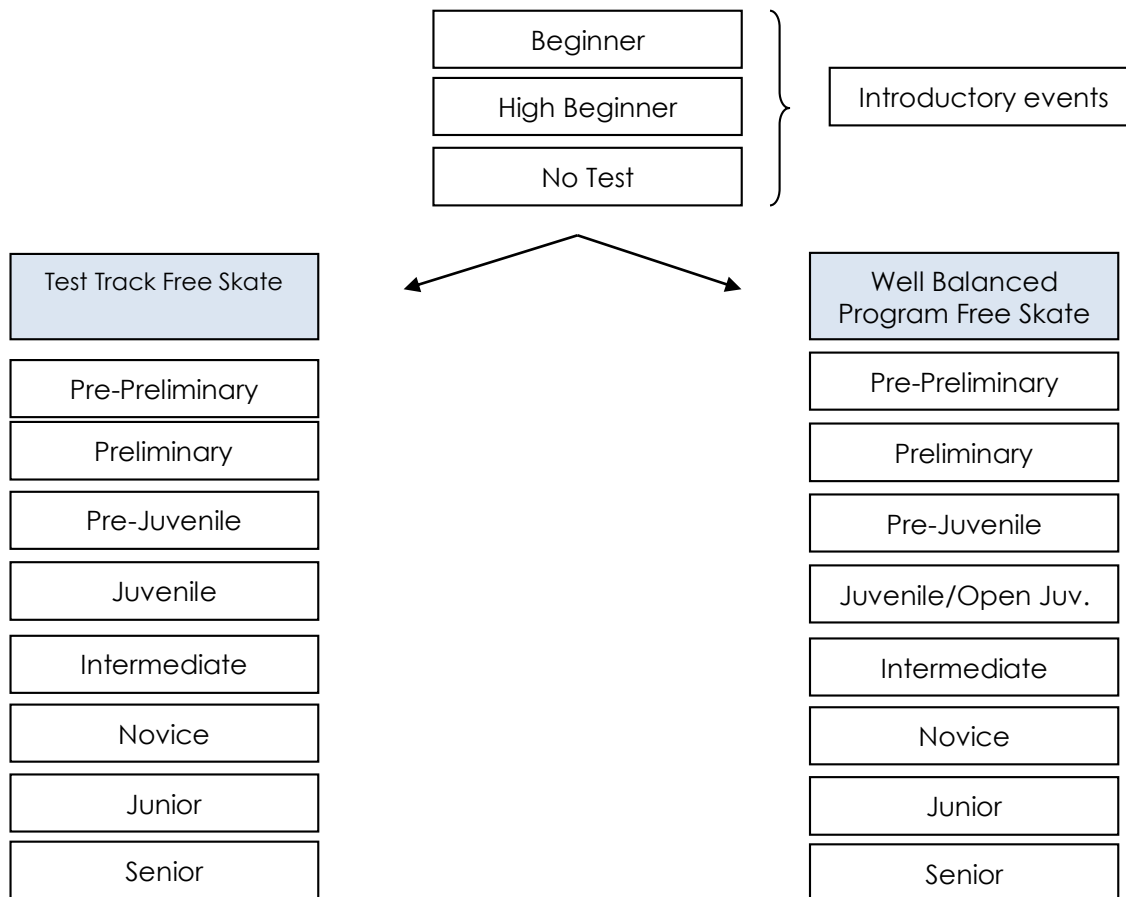
Blocks of rooms have been reserved at the following area hotels:

Canal Park Lodge	(800) 777-8560
Comfort Suites Canal Park	(218) 727-1378
Holiday Inn and Suites Downtown	(800) 439-4745
Radisson Duluth Harborview	(218) 727-8981
The Suites Hotel at Waterfront Plaza	(800) 794-1716

SINGLES FREE SKATING EVENTS

See current rulebook or click [here](#) for current rules and requirements.

Illustration of Singles Free Skating Events:



EVENT: INTRODUCTORY LEVELS FREE SKATE PROGRAM

General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps • Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit) • No single Axels, double jumps or triple jumps 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. • Spins must be of a different character (For definition see rule 4103E) 	<ul style="list-style-type: none"> • Step sequence* • Must use one-half the ice surface • Moves in the field and spiral sequences are permitted but will not be counted as elements. • Jumps may be included in the step sequence 	

EVENT: TEST TRACK FREE SKATE

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
4. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position, no change of foot (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 2:15 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <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 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • <i>Only solo spin may fly</i> 	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

Level	Jumps	Spins	Step Sequences	Qualifications
Intermediate 2:30 +/- 10 sec.	<i>Maximum of 6 jump elements:</i> <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 	<i>Maximum of 2 spins:</i> <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
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) 	<i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks) <i>Ladies:</i> 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

EVENT: WELL BALANCED PROGRAM FREE SKATE

2015-16 Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council with changes that will go into effect July 1, 2015. Junior and Senior events subject to change by the ISU.

2015-16	Jump Elements	Spins	Step Sequences
NO TEST 1:40 maximum *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u> ○ Jump sequences limited to a maximum of 3 single jumps ○ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination.</u> 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
PRE- PRELIMINARY 1:40 maximum *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u> ○ Jump sequences limited to a maximum of 3 single jumps ○ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u> 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
PRELIMINARY 1:30 +/- 10 sec *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel or a waltz jump-type jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</u> ○ Jump sequences limited to a maximum of 3 single or double jumps. ○ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u> 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

2015-16	Jump Elements	Spins	Step Sequences
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> No triple or quadruple jumps allowed An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</u> Jump sequences limited to a maximum of 3 single or double jumps <u>Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> May start with a flying entry Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot May start with a flying entry Min 4 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>JUVENILE and OPEN JUVENILE</p> <p>2:15 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> No triple or quadruple jumps allowed No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence No double jump can be repeated more than once Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps <u>except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</u> <u>Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u> Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>INTERMEDIATE</p> <p>2:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump All single, double and triple jumps allowed <ul style="list-style-type: none"> <u>No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</u> <u>If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</u> <u>No double or triple jump can be repeated more than once</u> Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations are limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed <ul style="list-style-type: none"> <u>No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence.</u> There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 6 revs 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface

2015-16	Jump Elements	Spins	Step Sequences
<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

2015-16	Jump Elements	Spins	Step Sequences
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
<p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.



EVENT: SINGLES SHORT PROGRAM

2015-16 Singles Short Program Requirements – This chart has been updated with changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2015. Junior and senior events are subject to change by the ISU.

INTERMEDIATE LADIES/MEN 2:00 max.	Single or Double Axel	<p>Double or Triple Jump</p> <p>Immediately preceded by connecting steps</p> <p>May not repeat double Axel or <u>the triple jump used in the combination</u></p>	<p>Jump Combination</p> <p>Single/Double, Double/Double, Single/Triple, or Double/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p>Spin</p> <p>Only one position No change of foot May start with a fly Min. 5 revs.</p>		<p>Spin Combination</p> <p>With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot</p>	<p>Choreographic Step Sequence</p> <p>Fully utilizing the ice surface</p>
NOVICE LADIES 2:30 max.	Single or Double Axel	<p>Double or Triple Jump</p> <p>Immediately preceded by connecting steps</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or <u>Triple/Triple</u></p> <p>May not repeat double Axel or solo jump performed</p>	<p>Layback or Sideways Leaning Spin</p> <p>No change of foot No flying entry Min. 6 revs.</p>		<p>Spin Combination</p> <p>With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>
NOVICE MEN 2:30 max.	Single or Double Axel	<p>Double or Triple Jump</p> <p>Immediately preceded by connecting steps</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or <u>Triple/Triple</u></p> <p>May not repeat Double Axel or solo jump performed</p>	<p>Camel or Sit Spin</p> <p>With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>		<p>Spin Combination</p> <p>With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>
JUNIOR LADIES 2:50 max.	Double Axel	<p>Double or Triple Flip</p> <p>Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat Double Axel or solo jump performed</p>	<p>Flying Sit Spin</p> <p>Sit position must be attained in the air. Min. 8 revs.</p>	<p>Layback or Sideways Leaning Spin</p> <p>No flying entry Min. 8 revs.</p>	<p>Spin Combination</p> <p>With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>
JUNIOR MEN 2:50 max.	Double or Triple Axel	<p>Double or Triple Flip</p> <p>Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination</p> <p>Double/Triple or Triple/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p>Flying Sit Spin</p> <p>Sit position must be attained in the air. Min. 8 revs.</p>	<p>Camel Spin</p> <p>With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p>Spin Combination</p> <p>With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>

<p>SENIOR LADIES 2:50 max.</p>	<p>Double or Triple Axel</p>	<p>Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo</p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Spin Landing position different than layback/sideways leaning spin Min. 8 revs.</p>	<p>Layback or Sideways Leaning Spin No flying entry Min. 8 revs.</p>	<p>Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>
<p>SENIOR MEN 2:50 max.</p>	<p>Double or Triple Axel</p>	<p>Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo</p>	<p>Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Spin Landing position different than spin in 1 position Min. 8 revs.</p>	<p>Camel or Sit Spin With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p>Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence

EVENT: INTRODUCTORY LEVELS COMPULSORY

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

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral
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 or camel spin - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

EVENT: COMPULSORY MOVES

General event parameters:

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

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Toe Loop 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	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence – straight line
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence – straight line
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line

EVENT: JUMPS CHALLENGE

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
3. Jumps with an “**” must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	1:15 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	1:15 max.	<ol style="list-style-type: none"> 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.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)

EVENT: SPINS CHALLENGE

General event parameters:

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	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright back scratch spin (3) 3. Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Forward scratch to back scratch spin (3) 2. Combination spin with no of foot (4) 3. Sit spin (3)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 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 Juv.	1:30 max.	<ol style="list-style-type: none"> 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.	<ol style="list-style-type: none"> 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.	<ol style="list-style-type: none"> 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.	<ol style="list-style-type: none"> 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.	<ol style="list-style-type: none"> 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)

EVENT: ADULT FREE SKATE

2015-16 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council with changes that will go into effect July 1, 2015.

2015-16	Jump Elements	Spins	Step Sequence
CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR 3:40 maximum * means element is required	Max 7 Jump Elements 1 must be an Axel-type jump* Min 1*, max 3 combinations or sequences 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence	Max 3 Spins Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position	Max 1 Step Sequence <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u> 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.
CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE 3:10 maximum * means element is required	Max 6 Jump Elements 1 must be an Axel-type jump* Min 1*, max 3 combinations or sequences 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps May perform only one double-double combination or sequence Each jump may be repeated only once, and only as part of combination or sequence All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop Only one double-double jump combination or sequence is permitted Double flip, double Lutz, double Axel and triple jumps are not permitted	Max 3 Spins Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position	Max 1 Step Sequence <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u> 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.
CHAMPIONSHIP ADULT GOLD & ADULT GOLD 2:40 maximum * means element is required	Max 5 Jump Elements Min 1*, max 3 combinations or sequences 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps Each jump may be repeated only once, and only as part of combination or sequence All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow. No double-double jump combinations or sequences are permitted Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted	Max 3 Spins Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 4 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position	Max 1 Step Sequence <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u> 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.

2015-16	Jump Elements	Spins	Step/Spiral Sequences
<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum * means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> Min 1*, max 2 combinations or sequences 1 combination/sequence may consist of three jumps, and the other may have only two jumps Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted, including an Axel-type jump. No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position 	<p>Max 1 Sequence</p> <p>To be chosen from: Step sequence or Spiral sequence (any pattern)</p> <p>Must use 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>
<p>ADULT BRONZE</p> <p>1:50 maximum * means element is required</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> Min 1*, max 2 combinations or sequences; 1 combination/sequence may consist of three jumps, and the other may have only two jumps Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except Axel) No Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted 	<p>Max 1 Sequence</p> <p>To be chosen from: Step sequence or Spiral sequence (any pattern)</p> <p>Must use 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>
<p>ADULT PRE BRONZE</p> <p>1:40 maximum * means element is required</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are allowed No Lutz, Axel or double jumps are allowed 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Min 3 revs Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <p>Connecting steps throughout the program are required</p>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

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

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.
• 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

Adult Singles 2015-16 Version 1.0 – 6/17/15 JS



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

EVENT: ADULT SPINS CHALLENGE

General event parameters:

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	Skating rules / standards
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (3) 2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4) 3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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

EVENT: ADULT ARTISTIC *(please see following page)*

EVENT: ARTISTIC FREE SKATING

Eligibility by test level is the same as for free skating events. Skaters must compete at the same level as their Free Skate and Compulsory events. Test Track and Well Balanced Program competitors will skate together for the artistic events. Artistic feeling and presentation are stressed more than the technical difficulty in these events. Vocal/instrumental music of the skater's choice is used. PLEASE NOTE PROP LIMITATIONS: Props are allowed so long as they at ALL TIMES remain in contact with the skater's body. Any item losing contact with the skater's body (including hats) at any time, intentional or accidental, WILL RESULT IN DISQUALIFICATION. Split, stag and half loop jumps are not considered jumps for this event. Timing for the artistic program will start with any kind of movement of the body. The program may be shorter than time shown, but may not exceed it. Men and ladies may be grouped together. The referee reserves the right to separate combined groups below in order to keep fair group sizes.

Level	Requirements	Maximum Time
Beginner/High Beginner/No Test	Three jump maximum. No axels or doubles allowed.	1:30
Pre-Preliminary	Three jump maximum. No axels or doubles allowed.	1:30
Preliminary	Three jump maximum. No axels or doubles allowed.	1:30
Pre-Juvenile	Three jump maximum. No axels or doubles allowed.	1:30
Juvenile/Open-Juvenile	Three jump maximum. No axels or doubles allowed.	2:00
Intermediate/Novice	Three jump maximum. No doubles allowed.	2:00
Junior/Senior	Three jump maximum. No doubles allowed.	2:00
Adult Pre-Bronze/Bronze/Silver	Three jump maximum. No axels or doubles allowed.	1:40
Adult Gold/Masters	Three jump maximum. No axels or doubles allowed.	1:40

EVENT: TEAM COMPULSORY

Teams should be comprised of 3-5 skaters and can be a combination of Ladies and Men. Each skater will do one required element. If there are not five skaters on a team, the skaters may do a maximum of two elements. The elements may be completed in any order but each element shall be allowed only one attempt. Additional elements are not allowed. No music allowed. One skater should perform at a time. Elements are skated on full ice. Referee will indicate when each team should commence but not the individual skaters. Judging done with one mark for each team.

When registering for the competition it is imperative that ONE member of the team register the entire team online or by paper registration. Team registration is separate from skaters' individual event(s). Every team will need a team name and team contact. The person registering the team will need to enter each team member's name, date of birth, USFS number, and test levels passed, and pay the entire team fee of \$20 per team member. This is a fun event and encourages team spirit among the clubs and the skaters. The more members, the lower the cost per skater.

Event	Five Required Elements (One to two minutes will be allotted for each team).
No Test/High Beginner/Beginner	<ol style="list-style-type: none"> 1) One (1) foot forward upright spin ~ no change of direction (minimum 3 revolutions) 2) Moves in the Field ~ forward outside consecutive edges 3) Forward Spiral 4) One (1) foot forward upright spin to back spin, minimum 3 revolutions each foot 5) Combination of 2 single jumps ~ one must be a toe loop, no turn in between, no Axel allowed
Pre-Preliminary	<ol style="list-style-type: none"> 1) Upright scratch spin (minimum 3 revolutions) 2) Moves in the Field – back outside consecutive edges 3) Forward outside spiral 4) Combination spin ~ Forward upright spin to back spin to forward upright spin. All spins on one (1) foot and at least 3 revolutions in each position. Minimum of 9 revolutions total. 5) Any combination of 2 single jumps ~ no turn in between, no Axel allowed.
Preliminary/Pre-Juvenile	<ol style="list-style-type: none"> 1) Sit spin (minimum 5 revolutions) 2) Straight line or diagonal footwork sequence utilizing ½ the ice surface 3) Left forward inside spiral 4) Combination spin with at least one change of position and no change of foot. Minimum of 6 revolutions. No flying entries allowed. 5) Single/Single (Axel permitted) combination jump.

Event	Five Required Elements (One to two minutes will be allotted for each team).
Juvenile/Intermediate	1) Camel spin (minimum 5 revolutions) 2) Straight line or diagonal footwork sequence utilizing the entire ice surface. 3) Spiral sequence (at least 2 spiral positions and at least one change of foot). 4) Combination spin with at least one change of position and only one change of foot. At least 2 revolutions in each position. Minimum 5 revolutions on each foot. 5) Double/Single or Double/Double combination jump.
Novice and Above	1) Flying spin (minimum 6 revolutions)-only one position and no change of foot. 2) Circular or serpentine footwork sequence using the entire ice surface. 3) Spiral sequence (minimum 3 spiral positions and at least one change of foot). 4) Combination spin with at least two changes of position and at least one change of foot. At least 2 revolutions in each position. Minimum 12 revolutions total. 5) Double/Double combination jump.

EVENT: SYNCHRONIZED SKATING

See the current [rulebook](#)/website for current rules and ISU communications.

- A. Basic Skills Level 1:** A team of 8 to 16 skaters. The majority of the team must be under 9. No skaters may have passed higher than a preliminary test, and the majority of the team must be no test.
Program duration: 1 ½ -2 minutes.
Rules: <http://www.usfigureskating.org/Programs.asp?id=338>
- B. Basic Skills Level 2:** A team of 8 to 16 skaters. The majority of the team must be 9-11 years old. No skaters may have passed higher than a preliminary test, and the majority of the team must be no test.
Program duration: 1 ½ -2 minutes.
Rules: <http://www.usfigureskating.org/Programs.asp?id=338>
- C. Basic Skills Level 3:** A team of 8 to 16 skaters. The majority of the team must be at least 12 years old. No skaters may have passed higher than a preliminary test, and the majority of the team must be no test.
Program duration: 2 – 2 ½ minutes.
Rules: <http://www.usfigureskating.org/Programs.asp?id=338>
- D. Preliminary:** A team of 8 to 16 skaters. All skaters must be under 12. The majority of the team must be under 10.
Program duration: 2 minutes.
Well balanced program: Rule 7270
- E. Pre-Juvenile:** A team of 8 to 16 skaters. The majority of the team must be under 12.
Program duration: 2 minutes 15 seconds.
Well balanced program: Rule 7260
- F. Open Juvenile:** A team of 8 to 16 skaters. Skaters must be under 20 and have passed the pre-preliminary moves in the field test.
Program duration: 2 ½ minutes.
Well balanced program: Rule 7250
- G. Juvenile:** A team of 12 to 20 skaters. Skaters must be under and have passed the preliminary moves in the field test.
Program duration: 3 minutes.
Well balanced program: Rule 7240
- H. Intermediate:** A team of 12 to 20 skaters. Skaters must be under 18 and have passed the pre-juvenile moves in the field test.
Program duration: 3 ½ minutes.
Well balanced program: Rule 7230
- I. Novice:** A team of 12 to 20 skaters. Skaters must be under 16, with the exception that up to 4 team members may be 16 or 17. All must have passed the juvenile moves in the field test.
Program duration: 3 ½ minutes.
Well balanced program: Rule 7220
- J. Junior:** A team of 12 to 16 skaters. Skaters must be at least 13 and under 19 on the preceding July 1. All skaters must have passed the intermediate moves in the field test.
Short program duration: Maximum 2 minutes, 50 seconds
Free skate duration: 4 minutes.
Well balanced program and short program: Rule 7210
- K. Senior:** A team of 16 skaters. Skaters must be at least 15 on the preceding July 1 and have passed the novice moves in the field test.
Short program duration: Maximum 2 minutes, 50 seconds
Free skate duration: 4 ½ minutes.
Well balanced program and short program: Rule 7200
- L. Open Collegiate:** A team of 8 to 16 skaters. Skaters must have a high school diploma or equivalent and be enrolled in a college or university as a full-time student, as of the entry deadline.
Program duration: 3 minutes.
Well balanced program: Rule 7290

- M. Collegiate:** A team of 12 to 20 skaters. Skaters must have a high school diploma or equivalent and be enrolled in a college or university as a full-time student, as of the entry deadline, and have passed the juvenile moves in the field test.
Program duration: 4 minutes.
Well balanced program: Rule 7280
- N. Open Adult** A team of 8 to 16 skaters. The majority of skaters must be at least 19 years or older.
Program duration: 2 ½ minutes.
Well balanced program: Rule 7520
- O. Open Masters:** A team of 8 to 16 skaters. Skaters must be at least 25, and the majority of the team must be at least 30.
Program duration: 2 ½ minutes.
Well balanced program: Rule 7530
- P. Masters:** A team of 12 to 20 skaters. Skaters must be at least 25, and the majority of the team must be at least 30.
Program duration: 3 minutes.
Well balanced program: Rule 7510
- Q. Adult:** A team of 12 to 20 skaters. All skaters must be at least 21 with the exception that up to four team members may be 18, 19 or 20 years of age. All skaters must have passed either the preliminary moves in the field test, the adult bronze moves in the field test, the preliminary figure test or the preliminary dance test.
Program duration: **3 minutes 15 seconds.**
Well balanced program: Rule 7500

Teams are permitted to have a maximum for four alternates, in addition to the maximum number of athletes allowed on the ice at their level.

Crossover Rules:

No team may be comprised of more than 50% of athletes that are also on any other team. This applies to both the entire roster and the athletes that are skating on the ice at any given competition.

The chart below illustrates the levels where crossover skaters are allowed. The shaded areas indicate no crossovers are allowed. An "X" indicates crossovers are allowed between the two levels, providing all requirements are met as defined Rules 7200 – 7530, in addition to the statement above.

	Level 1, 2 or 3	Preliminary	Pre - Juvenile	Open Juvenile	Juvenile	Intermediate	Novice	Junior	Senior	Open Collegiate	Collegiate	Open Adult	Open Masters	Masters	Adult
Level 1, 2 or 3															
Preliminary															
Pre - Juvenile															
Open Juvenile															
Juvenile						X	X								
Intermediate					X		X	X	X						
Novice					X	X		X	X						
Junior						X	X		X		X				
Senior						X	X	X			X				X
Open Collegiate															
Collegiate								X	X						X
Open Adult															
Open Masters															
Masters															X
Adult									X		X			X	

Northland 2016 Entry Form

LAST NAME: _____ FIRST NAME: _____ GENDER (circle) Male Female

ADDRESS: _____ EMAIL: _____

CITY/STATE/ZIP: _____ PHONE: _____

BIRTH DATE: _____ HOME CLUB: _____ USFS/Skate Canada #: _____

HIGHEST TEST LEVEL PASSED AS OF DECEMBER 7, 2015 ~ MITF: _____ FREE SKATE: _____

Place an "X" in the box for events you are entering:

	Free Skate				Short Program	Compulsory	Jumps	Spins	Artistic
	Introductory Levels	Test Track	Well Balanced Program	Adult					
Beginner									
High Beginner									
No-Test									
Pre-Preliminary									
Preliminary									
Pre-Juvenile									
Juvenile/Open Juvenile									
Intermediate									
Novice									
Junior									
Senior									
Adult Pre-Bronze									
Adult Bronze									
Adult Silver									
Adult Gold									
Master Int/Novice									
Master Junior/Senior									

ENTRY FEES:

Skater's First Event _____ **\$105.00**

Skater's Additional Events _____ # Additional Events – \$35.00 per event _____

Paper Registration Fee _____ **\$5.00**

Late Registration Fee _____ If register after December 7, 2015, add \$25.00 _____

Practice Ice (allowed 1 per event) _____ # of Pre-Paid Practice Ice Sessions – \$12.00 each _____

Competition Program _____ # of Competition Programs – \$9.00 each _____

Total _____

Certification and Release of Competitor:

The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Duluth Figure Skating Club and the Duluth Entertainment and Convention Center harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property. I also indicate that the information on this form is true and correct. If the competitor is less than 18 years of age, a parent or guardian must sign.

Parent/Guardian Signature

Date

Certification of Primary Instructor/U.S. Figure Skating Coach:

To the best of my knowledge, the information on this entry form is true and correct. The skater is entered in the correct level.

Instructor/Coach Name

Instructor/Coach Signature

Email Address

Date

Telephone Number

Certification of U.S. Figure Skating Home Club Officer:

To the best of my knowledge the above is true and correct. The competitor is a member in good standing of my club.

Signature and Title of Club Officer

Date

Mail completed form(s), check or money order, made payable to the DFSC to:

**Northland Figure Skating Competition
c/o Teri Kautz
1328 99th Ave W
Duluth, MN 55808**

The completed entry form, with fees, must be postmarked no later than December 7, 2015

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Northland 2016 Team Compulsory Entry Form

TEAM NAME: _____ TEAM CONTACT: _____

ADDRESS: _____ EMAIL: _____

CITY/STATE/ZIP: _____ PHONE: _____

Names of Skaters	Birth Date	USFS/Skate Canada #	Highest Free Skate Test Passed
1.			
2.			
3.			
4.			
5.			

Please check the level entered:

- No Test/High Beginner/Beginner
- Pre-Preliminary
- Preliminary/Pre-Juvenile
- Juvenile/Intermediate
- Novice and Above

Entry Fee

\$20 per skater _____ # skaters

Total

\$ _____

Certification of Primary Instructor/U.S. Figure Skating Coach:

To the best of my knowledge, the information on this entry form is true and correct. The skater is entered in the correct level.

Instructor/Coach Name

Instructor/Coach Signature

Email Address

Date

Telephone Number

Certification of U.S. Figure Skating Home Club Officer:

To the best of my knowledge the above is true and correct. The competitor is a member in good standing of my club.

Signature and Title of Club Officer

Date

Mail completed form(s), check or money order, made payable to the DFSC to:

**Northland Figure Skating Competition
c/o Teri Kautz
1328 99th Ave W
Duluth, MN 55808**

The completed entry form, with fees, must be postmarked no later than December 7, 2015

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Northland 2016 Synchronized Team Entry Form

Entry Form 1 of 3: Team Information

Team name:		U.S. Figure Skating #:	
Club: (if applicable)			
Team contact person:			
Daytime phone number:		E-mail:	
Address:		City	State / ZIP
Primary coach:		U.S. Figure Skating #	
Daytime phone number:		E-mail:	
Number of skaters:		Number of alternates:	

Please check the level/event(s) entered:

- | | | |
|--|---|--|
| <input type="checkbox"/> Beginner 1 | <input type="checkbox"/> Juvenile | <input type="checkbox"/> Collegiate |
| <input type="checkbox"/> Beginner 2 | <input type="checkbox"/> Intermediate | <input type="checkbox"/> Open Collegiate |
| <input type="checkbox"/> Beginner 3 | <input type="checkbox"/> Novice | <input type="checkbox"/> Adult |
| <input type="checkbox"/> Preliminary | <input type="checkbox"/> Junior Short Program | <input type="checkbox"/> Masters |
| <input type="checkbox"/> Pre-Juvenile | <input type="checkbox"/> Junior Well Balanced Program | <input type="checkbox"/> Open Masters |
| <input type="checkbox"/> Open Juvenile | <input type="checkbox"/> Senior Short Program | <input type="checkbox"/> Open Adult |
| | <input type="checkbox"/> Senior Well Balanced Program | |

Entry Fees:

- Enclosed is \$105.00 event fee, plus \$10.00 per skater (including alternates).

Additional:

- Event program – \$9.00 each
 Exclusive practice ice: \$75.00 for a 20 minute session.

Mail completed form(s) and check or money order, made payable to the DFSC to:

**Northland Figure Skating Competition
c/o Teri Kautz
1328 99th Ave W
Duluth, MN 55808**

The completed entry form, with fees, must be postmarked no later than December 7, 2015

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Note for collegiate / open collegiate teams: Please bring with you a copy of the collegiate certification page, or alternate proof of your athletes' student status, as of the entry deadline.

Note for beginner teams: Beginner teams may choose to represent either a full member club or a U.S. Figure Skating Basic Skills school / program.

Northland 2016 Synchronized Team Entry Form

Entry Form 2 of 3: Team Entry Form

Team Name:	Level:
------------	--------

SKATER NAMES (Last name first)	Birth date	U.S. Figure Skating #**	Highest MITF test passed *
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
Alt. 1.***			
Alt. 2.***			
Alt. 3.***			
Alt. 4.***			

* Required for teams entering open juvenile, juvenile, intermediate, novice, junior, senior, collegiate and adult. Also required for beginner teams. **Skaters on beginner teams are not permitted to have passed higher than preliminary, and the majority of the team must be no-test.**

** Skaters on beginner teams may be either full U.S. Figure Skating members or Basic Skills members.

***Teams are permitted to have a maximum for four alternates, in addition to the maximum number of athletes allowed on the ice at their level.

Northland 2016 Synchronized Team Entry Form

Entry Form 3 of 3: Liability Waiver / Certification by Club Officer

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

Skater's name	Skater signature or parent / guardian (if skater is under 18)
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	

Club officer or skating school director: *All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.*

Print Name:	Signature
Title:	
Club or Basic Skills program name:	