



2016 Southern California Interclub Championships
Sponsored by the Southern California Interclub Association of Figure Skating Clubs and
hosted by the Figure Skating Club of Southern California
June 17 - 19, 2016

The 2016 Southern California Interclub 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.

SERIES INFORMATION: This competition is part of the Southern California Interclub Invitational Series and skaters will earn a 25% bonus on points earned.

ELIGIBILITY/TEST LEVEL:

Membership: Skaters in U.S. FIGURE SKATING (non-Basic Skills) events - including No Test events - must be full members of US Figure Skating, either as members through a US Figure Skating Club, a Collegiate Club, or as individual members. Skaters in Basic Skills events may either be members of the U.S. FIGURE SKATING Basic Skills program - or may be full U.S. FIGURE SKATING members who have not taken any U.S. FIGURE SKATING tests.

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 may enter each type of event at only one level (free skate, Showcase Light/Dramatic). Skaters in Basic Skills events may not enter non-Basic Skills events.

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

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



free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries. Skaters entering beginner through Pre-Juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

Basic Skills Eligibility

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

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, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate 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.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below their class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. **Please be sure to check for the director/instructor's signature confirming the level of the skater.**

ENTRY FEES

\$115.00 per person	First event entered – Intermediate through Senior Free Skating
\$95.00 per person	First event entered – Juvenile & lower Free Skating and Showcase
\$60.00 per person	Each subsequent event entered (Showcase, Juvenile Short Program)
\$60.00 per person	Pairs events, Duet Showcase
\$60.00 per person	Basic Skills Free Skate 1-6
\$55.00 per person	Basic Skills Basic 1-8

Entries shall be made on-line through EntryEeze. Skaters will be assessed the processing fees (which are not refundable).

Incomplete entries cannot be accepted and will be returned. The date of receipt of a properly completed entry with entry fee will govern the date of acceptability.

No "contingent" entries will be accepted. Tests required for eligibility in any event must be passed PRIOR to submission of an entry. Any test(s) passed after the close of entries which adversely affects the eligibility requirements for the event entered will disqualify the entrant.

A \$25 fee will be charged for returned checks and contested credit card charges. This fee must be paid before the competitor is allowed to skate.

If there is only one entry in an event, the skater may skate up one level, skate an exhibition or

critique and earn points in the So Cal Interclub Invitational Series, or receive a refund of their entry fee (no refund if the skater skates up or skates an exhibition).

Completed entries must be done online with EntryEeze NO LATER THAN MONDAY, MAY 16, 2016.

REFUND POLICY: Entry fees will not be refunded after Monday May, 16, 2016 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times (if offered) will be available on EntryEeze at least one week before the competition.

FACILITIES: The competition will be held at Paramount Iceland Arena, 8040 Jackson St, Paramount, CA. The ice surface is 100' x 200' with slightly rounded corners

MUSIC: The official competition music (on non-rewritable CD with one music track per disc) must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Southern California Interclub Association cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

LIABILITY: U.S. Figure Skating, the Southern California Interclub *Association of Figure Skating Clubs*, the Figure Skating Club of Southern California, and Paramount Iceland 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 International Judging System (IJS) will be used for the following events:

- *Well Balanced Program free skate events, Pre-juvenile – Senior, Adult Gold and Adult Masters*
- *Short program events, Juvenile – Senior*
- *Pairs free skate events, Juvenile – Senior*
- *Pairs short program events, Intermediate – Senior*

All competitors skating in these events need to submit the planned program content form on EntryEeze. The deadline to submit the form is Monday, May 16, 2016.

The 6.0 Majority Judging System will be used for

- *Well Balanced Program free skate events, Pre-Preliminary – Preliminary*
- *Introductory free skate events (Beginner, High Beginner, No-Test)*
- *All Basic Skills events*
- *All Showcase events*

REGISTRATION: Registration will be open one to two hours before the first event and run through the last event of the day. The registration table will be located at the entrance to the rink lobby. Please register promptly upon arrival.

PRACTICE ICE: Practice ice may be offered on the days of competition depending on sufficient ice time. Entered skaters will be notified if practice ice will be available and may be reserved on EntryEeze if offered.

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



CRITIQUES: Skaters in all IJS Free Skate events Juvenile and higher will be eligible for a critique by one member of the Tech Panel and one judge from their panel. Critiques will take place shortly after each free skate event. Interested skaters will need to sign-up on EntryEeze to be eligible for a critique to help with scheduling. There is no additional charge for the critiques.

PHOTOGRAPHY/VIDEOGRAPHY: Video, action photos and awards photos will be available from Hurd Video and Cynthia Slawter.

AWARDS: Awards will be presented through fourth place for Final rounds of all events.

OFFICIAL NOTICES: An official bulletin board will be maintained at Paramount Iceland. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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

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

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

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

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

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

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

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

For more information regarding Coach Compliance, please refer to:

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

CONTACT INFO: If you have questions, please contact:

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



Ann Jensen, Competition Chairperson
(310) 849-9550 (no calls after 9pm)
anmjensen@aol.com

Phyllis McCain, Competition Registrar
(818) 519-4412 (no calls after 9pm)
pmccainbvg@gmail.com

ADDITIONAL INFORMATION:

Hotels in the area include:

Courtyard Long Beach Airport
3841 N. Lakewood Blvd.
Long Beach, CA 90808

Holiday Inn Long Beach Airport
2640 N. Lakewood Blvd.
Long Beach, CA 90815

Extended Stay America Suites
4105 East Willow Street
Long Beach, CA 90815

Residence Inn
4111 East Willow Street
Long Beach, CA 90815

SINGLES FREE SKATING EVENTS

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

SINGLES SHORT PROGRAM

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Intermediate short program – Rule 4230
- B. Novice short program – Rule 4220
- C. Junior short program – Rule 4210
- D. Senior short program – Rule 4200
- E. Juvenile short program (same rules as Intermediate short program except that triple jumps are not permitted) and is open to Juvenile and Open Juvenile skaters – event will be divided by age if entries warrant.

COMBINED SHORT PROGRAM & WELL BALANCED FREE SKATE EVENTS

All singles Free Skating and Pairs events which include a short program (except for Juvenile) will be combined events and awards will be presented based on the combined result of the final round.

INITIAL / FINAL ROUND FOR FREE SKATE EVENTS

For **SENIOR, JUNIOR, NOVICE, INTERMEDIATE AND JUVENILE STANDARD FREE SKATING EVENTS**, if there are more than 24 skaters in an event, there shall be a Qualifying Round and a Championship Round. Competitors will be divided into Qualifying Round groups, with seeding, and advance to a Championship Round in accordance with Rule 2462. Each Round shall consist of programs as set forth in Rule 2467.

For **ALL OTHER FREE SKATING EVENTS**, if there are more than 12 skaters in any event, the competitors will be divided into groups of no more than 12 skaters, divided by age. If skaters are divided into groups, there will be NO FINAL ROUND

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 regardless of Moves in the Field tests 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	

EVENT: Well Balanced Program Free Skate

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted.
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. IJS will be used for Pre-Juvenile and higher events. 6.0 system will be used for all lower events.
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"

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 max	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> 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. 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> 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 	<p>One step sequenced that must use ½ of the ice surface.</p>
Preliminary	1:30 +/- 10 sec.	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> 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. 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> 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 	<p>One step sequenced that must use ½ of the ice surface.</p>
Pre-Juvenile	2:00 +/- 10 sec.	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> 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, as part of jump combination or jump sequence. g) Maximum of 2 Axels or any double jump h) No double Axels or triple jumps 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> 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 	<p>One step sequence fully utilizing ice surface.</p>

Juvenile (under 14 years) & Open Juvenile (14 years or older)	2:15 +/- 10 sec.	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> 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 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> 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.
Intermediate	2:30 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> a) 1 must be an Axel-type jump* b) Max 3 jump combinations (combos) or sequences c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or sequence. Max. 2 of the same double or triple. 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> a) 1 spin combination; w/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 combo e) Min. 2 revolutions. in position f) Spins must be of a different nature 	One choreographic step sequence fully utilizing ice surface.
Novice Ladies	3:00 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or seq. Max. 2 same double or triple. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) Spins must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; w/without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions. for combo f) Min. 2 revolutions. in position g) Spins may change feet and start with a fly, except h) For the flying spin with no change of foot or position 	One leveled step sequence Fully utilizing the ice surface
Novice Men	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) One double Axel and two different triple jumps may be repeated. f) If double Axel or triple jumps repeated, must be in combo or sequence. g) No more than two of the same type of double or triple may be attempted. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) Spins must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; with or without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions for combo f) Min. 2 revolutions in position g) Spins may change feet and start with a fly, except for the flying spin with no change of foot or position 	One leveled step sequence Fully utilizing the ice surface.

Junior Ladies	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence Fully utilizing the ice surface.</p>
Junior Men	4:00 +/- 10 sec.	<p>Maximum of 8 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence Fully utilizing the ice surface.</p>
Senior Ladies	4:00 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) Sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revolutions for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence One choreographic sequence Fully utilizing the ice surface</p>
Senior Men	4:30 +/- 10 sec.	<p>Maximum of 8 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) Sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revolutions for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence One choreographic sequence Fully utilizing the ice surface</p>

EVENT: 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.

- To be skated on full ice
- The skater may use elements from a previous level
- 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: 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: 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: 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
Basic 3	1: 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: 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: 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: 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: 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: 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

EVENT: Free Skate 1-6 Program

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.

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

Level	Time	Skating rules / standards
Free Skate 1	1:40 max	<ol style="list-style-type: none">1. Advanced forward stroking, 4-6 consecutive2. One-foot upright scratch spin from backward crossovers, minimum three revolutions3. Waltz jump from backward crossovers4. Half flip jump
Free Skate 2	1:40 max	<ol style="list-style-type: none">1. Forward outside spiral, right or left2. Beginning back spin – entry optional, minimum two revolutions3. Waltz jump, side toe hop, waltz jump sequence4. Toe loop jump
Free Skate 3	1:40 max	<ol style="list-style-type: none">1. Forward crossovers in a figure 82. Back spin, minimum three revolutions3. Salchow jump4. Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max	<ol style="list-style-type: none">1. Forward power 3's, 2-3 consecutive sets, right or left2. Sit spin, minimum three revolutions3. Loop jump4. Waltz jump-loop jump combination
Free Skate 5	1:40 max	<ol style="list-style-type: none">1. Camel spin, minimum three revolutions2. Forward upright spin to back upright spin, minimum three revolutions each foot3. Loop-loop jump combination4. Flip jump
Free Skate 6	1:40 max	<ol style="list-style-type: none">1. Camel, sit spin combination, minimum of four revolutions total2. Split jump or stag jump3. Waltz jump, ½ loop, Salchow jump sequence4. Lutz jump

EVENT: Pairs

PAIRS FREE SKATING EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

PAIRS SHORT PROGRAM EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Intermediate short program – Rule 5230
- B. Novice short program – Rule 5220
- C. Junior short program – Rule 5210
- D. Senior short program – Rule 5200

EVENT: Adult Free Skate

Adult events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. IJS will be used for Adult Gold and all Masters Levels. 6.0 system will be used for all lower events.

SHOWCASE EVENTS

- A. Basic Skills
- B. Introductory Events
- C. Standard Events
- D. Adult Events

EVENT: Showcase Events – Dramatic Entertainment

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery are permitted

EVENT: Showcase Events – Light Entertainment

Format:

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

General event parameters:

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

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



Showcase Levels: Basic Skills and Introductory levels

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 max
Free skate 1-6/ Beginner/High Beginner/ Adult 1-4	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max
No Test/ Pre-preliminary/ Adult Pre-Bronze	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:40 max

Showcase Levels: Standard and Adult events

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
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
Senior	Senior Free Skate Complete Gold Dance			2:40 max
Event	Must meet requirements for*	Must not have passed	Age	Time
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max

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



Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

EVENT: Showcase Events – Duet Events

Format:

- Duets are theatrical or artistic performances by any competitors.
- Props and scenery ARE permitted.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline

Current guidelines and procedures for non-qualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Duets must compete at the highest test level of the two skaters.

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
Beginner, High Beginner, No Test* <small>Note: these levels do not qualify for National Showcase</small>	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
Pre-Preliminary* <small>Note: this level does not qualify for National Showcase</small>	-	Preliminary Free Skate	No Age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max

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



Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance	No age restriction	2:40 max
Senior	Senior Free Skate Complete Gold Dance		No age restriction	2:40 max
Event	Must meet requirements for*	Must not have passed	Age	Time
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

**The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.*