



August 21, 2016

*Pineville Ice House
400 Towne Centre Drive
Pineville, NC 28134*

The Figure Skating Club of Charlotte will be conducting the competition 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 currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

ELIGIBILITY/TEST LEVEL:

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

Age restrictions/requirements:

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.

ENTRIES: Entry Fees

Basic Skills: \$50 for 1st event, \$25 for additional events

Introductory Levels through Pre-Juvenile, Adult Free Skate through Bronze (well- balanced free skate only) \$65.00, \$35 for additional events

Entryeeze online electronic application is also available at www.fsccharlotte.org

Please review your event selections carefully. Any change of event as a result of your mistake will result in a \$25 fee for each event changed! Figure Skating Club of Charlotte reserves the right to limit entries by event based on entries received prior to the deadline, if estimated skating time exceeds available ice time. Further, Figure Skating Club of Charlotte reserves the right to divide or combine any event if necessary and to cancel any events (with full refund of entry fees). Entry deadline is July 10, 2016.

GROUPS

A large number of entries in some events will be divided into groups as follows: Introductory Levels through Pre-Juvenile will be grouped by birth date. Male and Female entrants may be grouped together by level if there are insufficient numbers to separate genders.

REFUND POLICY: Entry Fee Deadline Only online entry will be accepted. Online entry must be completed by midnight on July 10, 2016. Notification of competition and practice ice times will NOT be available by phone, mail, or email. Skater and Coach Schedules will be available via Entryeeze. No late entries will be accepted. Full refunds including practice ice, minus the online processing fee, are available if withdrawal is prior to July 10, 2016. After July 10, 2016, entry refunds are only available if the competition is not held. There will be NO medical refunds given. Refunds will be returned to your credit card as soon as the competition committee determines that a refund is due. When you register online, the processing fee is not refundable for any reason. **NON-SUFFICIENT FUNDS:** Contested credit card charges will be assessed a \$25.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

FACILITIES: The Pineville Ice House is located at 400 Towne Centre Drive, Pineville, NC 28134. The ice surface measures 85' X 200". The ice has rounded corners.

MUSIC: Music must be uploaded into Entryeze competition website. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Music upload must be completed by August 7th, 2016.

LIABILITY: U.S. Figure Skating, FSC of Charlotte and the Pineville Ice House 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 6.0 Majority Judging Systems will be used for all events.

REGISTRATION: Registration will begin on Sunday, August 21, 2016 at 7:00 am. The registration table will be located In front of the skate counter in the ice rink lobby area. Please register promptly upon arrival.

No skater may compete in any event without registering first.

COACH REGISTRATION

Coaches must provide photo ID and validation of coach credentials at the registration desk to receive the competition credential. No coach may stand with skaters without proper credentials.

PRACTICE ICE: Skaters may reserve up to one (1) session in advance. Skaters will be able to pick practice ice sessions online but **MUST** pay for the sessions with the entry fee when registering. An email will be sent with a PIN number in order to access practice ice records and select sessions. Practice ice will be \$20 per session when sessions are pre-ordered. Additional practice ice sales will be available online for \$20 per session after the schedule has been posted and those that have pre-registered have had time to select their sessions. Practice ice times will be posted on the website at the close of competition applications. Sessions will be limited to no more than 15 skaters per session. Sessions will be leveled. There will be a separate practice ice session for ensembles. All sessions will be 20 minutes in length

PHOTOGRAPHY: Photography services will be available. No flash photography is permitted in the ice arena.

AWARDS: Medals will be given to first, second, third and fourth place finishes

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>

ADDITIONAL INFORMATION:

Any questions reference to the competition should be directed to the Candie Jurey (competition chair)
E-mail: mygirlsk8s@gmail.com

Official Hotel information can be found on our website: www.fscchartte.org



U.S. Figure Skating Nonqualifying Competitions

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 8 – with music

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.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles 6-8 in a row • Forward snowplow stop • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Backward one-foot glide, either foot • Two-foot spin - minimum three revolutions
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn, right and left • Forward crossovers, 4-6 consecutive both directions • Backward stroking, 4-6 strokes • Backward snowplow stop, right or left
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward crossovers, 4-6 consecutive, both directions • Basic one-foot spin, free leg held to side of spinning leg – minimum of three revolutions • Side toe hop, either direction • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left
Basic 7	1:10 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk, right to left and left to right • Ballet Jump, either direction • Back crossovers to a back outside edge landing position, clockwise and counter clockwise • Forward inside pivot
Basic 8	1:10 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns, right and left • Waltz jump (from a standstill) • Mazurka, either direction • Combination move, clockwise or 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 • Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions



U.S. Figure Skating Nonqualifying Competitions

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8 - Compulsory

Format: Each skater will perform all of the required elements when directed by a judge or referee before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

Level	Time	Skating Rules / Standards
Snowplow Sam 1-3	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Forward snowplow stop • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Forward Stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward Slalom • Backward one-foot glide, either foot • Two-foot spin – minimum three revolutions
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Backward stroking, 4-6 strokes • Backward snowplow stop, right or left
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counter clockwise • Backward crossovers, 4-6 consecutive, both directions • Basic one-foot spin, free left held to side of spinning leg – minimum three revolutions • Side toe hop, either direction • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left
Basic 7	1:00 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk, right to left and left to right • Ballet jump, either direction • Backward crossovers to a back outside edge landing position, clockwise and counter clockwise • Forward inside pivot
Basic 8	1:00 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns, right and left • Waltz jump (from a standstill) • Mazurka, either direction • Combination move, clockwise or counter clockwise, two forward crossovers into forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge • Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions



U.S. Figure Skating Nonqualifying Competitions

EVENT: Free Skate 1-6 Program Event – with music

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 1:40 max

Level	Time	Skating Rules / Standards
Free Skate 1	1:40 max	<ul style="list-style-type: none"> • Advanced forward stroking, 4-6 consecutive • One-foot upright scratch spin from backward crossovers - minimum three revolutions • Waltz jump from backward crossovers • Half flip jump
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Forward outside spiral, right or left • Beginning back spin, entry optional - minimum two revolutions • Waltz jump, side toe hop, Waltz jump sequence • Toe loop jump
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Back spin - minimum three revolutions • Salchow jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Loop jump • Waltz jump-loop jump combination
Free Skate 5	1:40 max	<ul style="list-style-type: none"> • Camel spin - minimum three revolutions • Forward upright spin to back upright spin - minimum three revolutions each foot • Loop-loop jump combination • Flip jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Camel, sit spin combination - minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump



U.S. Figure Skating Nonqualifying Competitions

EVENT: Free Skate 1-6 Program Compulsory Event

Format: In Simple 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.
- Time 1:15 max

Level	Time	Skating Rules / Standards
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Advanced forward stroking, 4-6 consecutive • Backward outside three-turns, right and left • One-foot upright scratch spin from backwards crossovers – minimum three revolutions • Waltz jump from backward crossovers • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Forward outside or inside spiral, left or right • Waltz three's, right or left, 2-3 sets • Beginning back spin, entry optional – minimum two revolutions • Waltz jump, side toe hop, Waltz jump sequence • Toe loop jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Backward inside three-turns, right and left • Back spin – minimum three revolutions • Salchow jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, left or right • Sit spin – minimum three revolutions • Loop jump • Waltz jump/loop jump combination
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Camel spin – minimum three revolutions • Forward upright spin to back upright spin – minimum three revolutions each foot • Loop/loop jump combination • Flip Jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Five step Mohawk sequence – one set alternating pattern (refer to Basic Skills Curriculum Free Skate 6) • Camel, sit spin combination – minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump



U.S. Figure Skating Nonqualifying Competitions

EVENT: Introductory Levels Free Skate Program

General event parameters:

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

Level	Jumps	Spins	Step Sequence	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 as a single jump in 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. 	<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 	



U.S. Figure Skating Nonqualifying Competitions

EVENT: Introductory Levels Compulsory Event

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

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

Level	Time	Skating Rules / Standards
Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump • ½ jump of choice • Forward two-foot or one-foot sping – minimum three revolutions (free leg position optional) • Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin – minimum three revolutions • Forward or backward spiral
No Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Solo spin – sit <u>or</u> camel spin – minimum three revolutions • Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.



2015-16 Singles Free Skating Requirements (Well Balanced) – 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 Sequences
<p>Pre- Preliminary</p> <p>1:40 Maximum</p> <p>*means elements is required</p>	<p>Max 5 Jump Elements</p> <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 except that one 3-jump combination with a maximum of 3 single jumps is permitted. ○ Jump sequences limited to a maximum of 3 single jumps ○ Half-loop is cons 	<p>Max 2 Spins</p> <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>	<p>Max 1 Sequence</p> <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>
<p>Preliminary</p> <p>1:40 Maximum</p> <p>*means elements is required</p>	<p>Max 5 Jump Elements</p> <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 except that one three jump combination with a maximum of 2 	<p>Max 2 Spins</p> <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>	<p>Max 1 Sequence</p> <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>

	<p>double jumps and 1 single jump permitted</p> <ul style="list-style-type: none"> ○ Jump sequences limited to a maximum of 3 single or double jumps. ○ Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination 		
<p>Pre-Juvenile</p> <p>2:00 +/- 10 sec</p> <p>*means elements 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 except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted ○ Jump sequences limited to a maximum of 3 single or double jumps ○ Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination 	<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>

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. **Singles 2015-16 FS Elements Version 1.0 – 6/4/15 AB**



U.S. Figure Skating Nonqualifying Competitions

Event: Compulsory Moves

General event parameters:

- Elements skated on ½ ice.
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating Rule/Standard
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none">• Toe Loop Jump• Jump combination: single/single (no axel)• Sit spin or camel spin – minimum three revolutions• Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15max.	<ul style="list-style-type: none">• Lutz jump• Jump combination: single/single (may include axel)• Back upright spin – minimum three revolutions• Forward inside spiral
Pre-Juvenile	1:15 max.	<ul style="list-style-type: none">• Single jump (may include Axel)• Jump combination: single/single (may include Axel)• Layback spin or camel spin – minimum three revolutions• Step sequence - circular



U.S. Figure Skating Nonqualifying Competitions

ADULT EVENT: This event can be used as a Compulsory or Program Event

Adult 1-6 Free Skate, Pre-Bronze and Bronze:

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

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec unless otherwise noted

<p>Adult 1</p> <ul style="list-style-type: none"> • Falling and Recover • Forward Marching • Forward two-foot glide • Forward swizzle • Moving Snowplow Stops 	<p>Adult 4</p> <ul style="list-style-type: none"> • Basic forward outside and forward inside consecutive edges • Backward edges on a circle, (outside and inside, clockwise and counterclockwise) • Backward crossovers, (clockwise and counterclockwise, 5 consecutive) • Forward outside 3-turns, right and left • Forward outside swing rolls to a count of 6
<p>Adult 2</p> <ul style="list-style-type: none"> • Forward stroking showing correct use of the blade • Forward ½ swizzle pumps on a circle, (clockwise and counter clockwise) 4-6 in a row • Forward one-foot glides • Slalom • Backward swizzles, (4-6 in a row, clockwise and counterclockwise) 	<p>Adult 5</p> <ul style="list-style-type: none"> • Forward and backward crossovers in a figure 8 pattern • Forward outside to inside change of edge on a line • T-stop, right or left • Forward inside 3-turns, right and left • Beginning one-foot spin
<p>Adult 3</p> <ul style="list-style-type: none"> • Forward outside and inside edges on a circle (clockwise and counter clockwise) • Forward crossovers (clockwise and counterclockwise) • Backward ½ swizzle pumps on a circle (4-6 in a row consecutive, clockwise and counterclockwise) • Moving forward to backward and backward to forward two-foot turn • Beginning 2-foot spin 	<p>Adult 6</p> <ul style="list-style-type: none"> • Forward perimeter stroking with crossover end patterns • Backward crossovers to a backward outside edge glide (landing position) • Lunge • Spiral • Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)
<p>Adult Pre-Bronze: Must have passed no higher than adult pre-bronze free skate test or preliminary free skate test. Time 1:40 maximum Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p>	<p>Adult Bronze: Must have passed no higher than adult bronze free skate stest or the preliminary free skate test. Time: 1:50 maximum Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p>



U.S. Figure Skating Nonqualifying Competitions

EVENT: Jumps Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz 3. Single Salchow
High Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No Test	1:15 max.	1. Single toe loop 2. Single loop 3. Jump combination – Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre-Preliminary	1:15 max.	1. Single toe loop 2. Single flip 3. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
Pre-Juvenile	1:15 max.	1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Spins Challenge

General event parameters:

- 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.
- All events are skated on ½ ice.
- Minimum numbers of revolutions are noted in parentheses.

Level	Time	Skate rules / standards
Beginner	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No Test	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre-Preliminary	1:30 max.	1. Upright one-foot spin (3) 2. Upright back scratch spin (3) 3. Sit spin (3)
Preliminary	1:30 max.	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.	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)