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# **Skate Des Moines Spring Classic 2016**

## **Des Moines Figure Skating Club**

**Metro Ice Sports Facility  
5100 NW 72nd Street  
Urbandale, IA 50322**

**April 22 – 23, 2016**

For more information please contact  
[skate@desmoinesfigureskatingclub.org](mailto:skate@desmoinesfigureskatingclub.org)  
[www.desmoinesfigureskatingclub.org](http://www.desmoinesfigureskatingclub.org)

Online Registration available via Entryeze  
With a secured credit card transaction

PLEASE follow the competition links at [www.desmoinesfigureskatingclub.org](http://www.desmoinesfigureskatingclub.org) to the Entryeze competition page to register online.

## **RULES AND ELIGIBILITY**

The Skate Des Moines Spring Classic 2016 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. The event is sanctioned by US Figure Skating.

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.

## **ELIGIBILITY/TEST LEVEL**

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 to U.S. Figure Skating or be a USFSA 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.

**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 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.

## **ENTRIES**

**All entries must be postmarked no later than Friday, April 1, 2016, or processed online by April 1, 2016 at 11:59PM.**

**\*Entry fees are as follows:**

First Beginner through Senior Event:	\$80
First Basic Skills Level Event:	\$45
Each Additional Event:	\$25

*This event is a standard U.S. Figure Skating Non-qualifying Competition*



## Mini Production/Duets/

Team Events:	\$40
Each Additional Team Event:	\$20
Synchronized Teams:	\$80 + \$10 per skater

Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers and only through April 6, 2016, with an additional \$15 late fee – no exceptions. Entry fees are per person, US dollars.

\*Entry fees DO NOT include the cost of Practice Ice. Practice Ice may be reserved and purchased separately in advance or at the door, if available. Details are below.

### **REFUND POLICY**

Entry fees will not be refunded after April 7, 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. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$20 fee. 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 will be available on the competition page on Entryeze.

### **FACILITY**

The competition will be held at Metro Ice Sports Facility, 5100 NW 72nd Street, Urbandale, IA 50322, 515-276-7200, [www.metroicesports.com](http://www.metroicesports.com). This facility contains two 85'x200' sheets of ice and it is considered a cold rink. There are numerous locker rooms that will be assigned to specific clubs and made available to those competing club skaters. Bringing a coat is recommended.

### **MUSIC**

All competitors must provide their music on compact disk (CD-R). CD-RWs will not be accepted due to compatibility issues. CDs must be clearly marked with the competitor's name, event, and running time. The official competition CD must be turned in at the Registration Desk at the time of registration. CDs must be turned in with a jewel case. Each CD must have only one piece of music. The official CD turned in at the time of registration is reserved for use during the event.

No music will be played during Practice Ice. A duplicate CD should be readily available during the competition. Music should be picked up at the registration desk after your event is over. Des Moines FSC cannot accept responsibility for CDs.

**LIABILITY:** U.S. Figure Skating, Des Moines Figure Skating Club, and Metro Ice Sports Facility 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**

*This event is a standard U.S. Figure Skating Non-qualifying Competition*



The 6.0 Majority Judging System will be used for all events except the speed skating challenge.

### **REGISTRATION**

Registration will begin on April 22, 2016 at 4:00pm and end at on April 23, 2016 at 8pm. 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 in the West Lobby of Metro Ice Sports Facility, the event location. Please register promptly upon arrival. All event registrants will be notified, via email, of any registration schedule updates or changes.

### **PRACTICE ICE**

Practice ice is sold in 20 (TWENTY) minute sessions for \$15 per session, pre-ordered. Practice ice may be sold at the door on event day, if there are openings for \$20 per session.

### **PHOTOGRAPHY/VIDEOGRAPHY**

These will be available through Chad Bassman Photography, (515) 240-0800, [www.chadbassmanphotography.com](http://www.chadbassmanphotography.com). Advance orders for custom packages are being taken now. Please contact Chad at [chad\\_bassman@yahoo.com](mailto:chad_bassman@yahoo.com).

### **AWARDS**

Medals – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> places; Ribbons – 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and trophies for Synchronized Skating and Team Events.

### **OFFICIAL NOTICES**

An official bulletin board will be maintained on the official competition website: 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 INFORMATION**

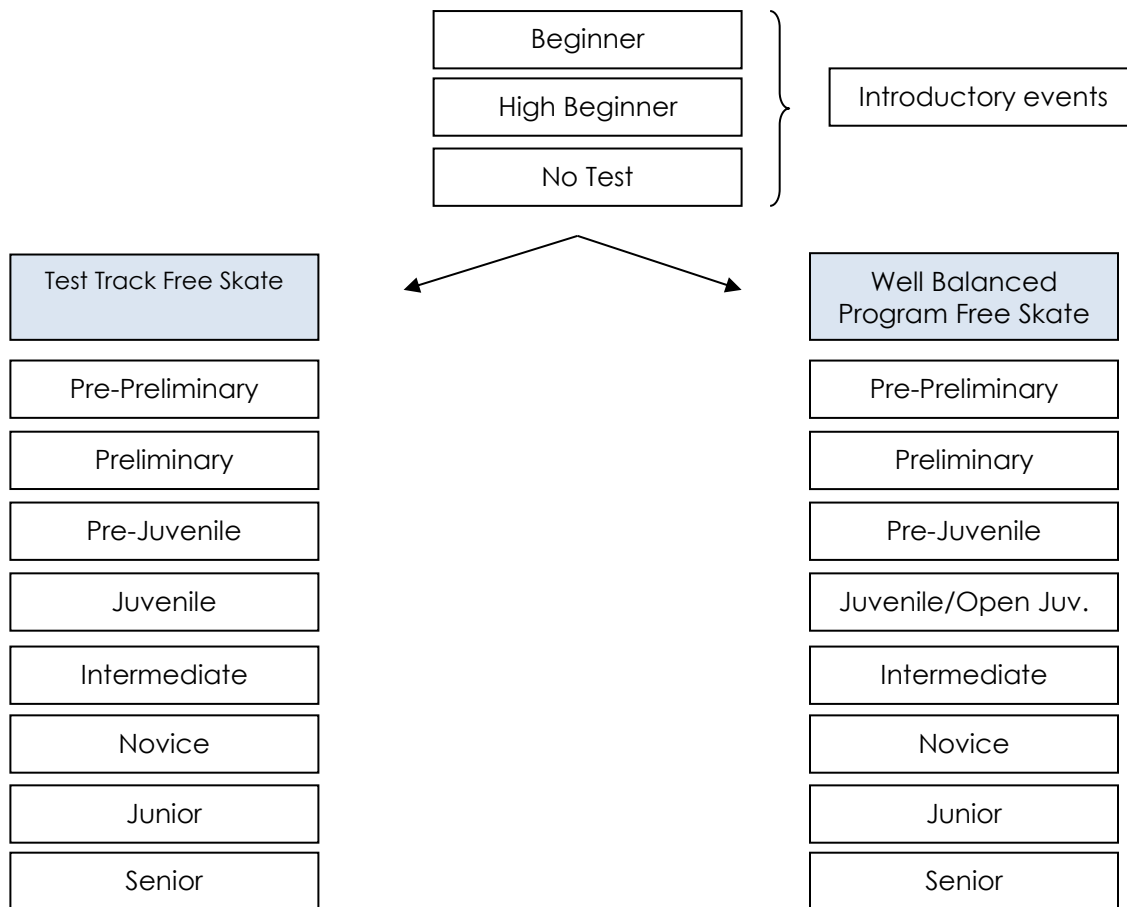
If you have questions, please contact [skate@desmoinesfigureskatingclub.org](mailto:skate@desmoinesfigureskatingclub.org).

### **HOTELS**

- Stoney Creek Hotel & Conference Center, 5291 Stoney Creek Court, Johnston, IA 50131, 515-334-9000
- Quality Inn & Suites, 4995 Merle Hay Road, Des Moines, IA 50322, 515-278-2381

## SINGLES FREE SKATING EVENTS

Illustration of Singles Free Skating Events:



This event is a standard U.S. Figure Skating Non-qualifying Competition



## 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	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. March followed by a two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 2-6 in a row</li> </ol>
Basic 1	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Forward two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 6-8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 6-8 in a row</li> </ol>
Basic 2	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Forward one-foot glide, either foot</li> <li>2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot</li> <li>3. Moving snowplow stop</li> <li>4. Two-foot turn in place, forward to backward</li> <li>5. Backward two-foot swizzles, 6 - 8 in a row</li> </ol>
Basic 3	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>3. Forward slalom</li> <li>4. Backward one-foot glide, either foot</li> <li>5. Two-foot spin, minimum three revolutions</li> </ol>
Basic 4	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Standstill forward outside three-turn, right and left</li> <li>2. Forward crossovers, 4-6 consecutive both directions</li> <li>3. Backward stroking, 4-6 strokes</li> <li>4. Backward snowplow stop, right or left</li> </ol>
Basic 5	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Backward crossovers, 4-6 consecutive, both directions</li> <li>2. Basic one-foot spin, free leg held to side of spinning leg, minimum three revolutions</li> <li>3. Side toe hop, either direction</li> <li>4. Hockey stop</li> </ol>
Basic 6	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn, right and left</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line, right or left</li> <li>4. Lunge, right or left</li> <li>5. T-stop, right or left</li> </ol>
Basic 7	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Standstill forward inside open Mohawk, right to left and left to right</li> <li>2. Ballet Jump, either direction</li> <li>3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
Basic 8	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns, right and left</li> <li>2. Waltz jump (from at standstill)</li> <li>3. Mazurka, either direction</li> <li>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</li> <li>5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ol>

## FREE SKATE 1-6 PROGRAM EVENT

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

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



## INTRODUCTORY LEVELS FREE SKATE PROGRAM - BEGINNER, HIGH BEGINNER, NO TEST

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 number of spin revolutions - in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Beginner</p> <p>1:40 Maximum</p>	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>High Beginner</p> <p>1:40 Maximum</p>	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>No-Test</p> <p>1:40 Maximum</p>	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps</li> <li>• 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)</li> <li>• No single Axels, double jumps or triple jumps</li> </ul>	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> <li>• Spins must be of a different character (For definition see rule 4103E)</li> </ul>	<ul style="list-style-type: none"> <li>• Step sequence*</li> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are permitted but will not be counted as elements.</li> <li>• Jumps may be included in the step sequence</li> </ul>	

## TEST TRACK FREE SKATE

### General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- 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 number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- 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.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>• One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps,</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One solo spin in one</li> </ul>	One step	Skaters must have passed at least

2:15 +/- 10 sec.	<p>including Axel, are permitted.</p> <ul style="list-style-type: none"> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p>position, no change of foot (Min. 4 revolutions).</p> <ul style="list-style-type: none"> <li>• One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot)</li> <li>• <i>Only solo spin may fly</i></li> </ul>	sequence fully utilizing ice surface	the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate 2:30 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps.</li> <li>• Double jumps permitted: double Salchow and double toe loop.</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One must be a flying spin (min 5 revolutions),</li> <li>• One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</li> </ul>	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.	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps.</li> <li>• Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> <li>• One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot)</li> <li>• The other spins are the option of the skater (min 6 revolutions per foot)</li> <li>• <i>All spins may fly</i></li> </ul>	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 &amp; 4105 for remarks)</p>	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test
Junior  Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps.</li> <li>• Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position (Min. 6 revolutions)</li> <li>• One flying spin (Min. 6 revolutions)</li> <li>• One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot)</li> </ul>	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test

<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Must include at least four different double jumps, one must be a double Lutz.</li> <li>Triple jumps are not permitted</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. <i>(See rule 4105 for remarks)</i></p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. <i>(See rule 4104 &amp; 4105 for remarks.)</i></p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>
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## INTRODUCTORY LEVELS FREE SKATE PROGRAM - BEGINNER, HIGH BEGINNER AND NO TEST LEVELS

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 number of spin revolutions - in parentheses following the spin description. Revolutions must be in position.

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

	<p>sequences</p> <ul style="list-style-type: none"> <li>• Max. 2 of any same type jump.</li> </ul>			
<p>No-Test 1:40 Maximum</p>	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps</li> <li>• 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)</li> <li>• No single Axels, double jumps or triple jumps</li> </ul>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> <li>• Spins must be of a different character (For definition see rule 4103E)</li> </ul>	<ul style="list-style-type: none"> <li>• Step sequence*</li> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are permitted but will not be counted as elements.</li> <li>• Jumps may be included in the step sequence</li> </ul>	

## WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted.
- 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.
- Either IJS or the 6.0 judging system may be used for this event.
- 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](http://www.usfigureskating.org), under "Technical Information," then "Singles/Pairs"

**2015-16 Singles Free Skating Requirements** – This chart has been updated with changes from the U.S. Figure Skating Governing Council and ISU Congress that will go into effect July 1, 2015, except for the Limited Pre-Preliminary event.

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>PRE-PRELIMINARY</b></p> <p><u>1:40 Maximum</u></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, are allowed <ul style="list-style-type: none"> <li>○ No double, triple, or quadruple jumps</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (max 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded.</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps, except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> <li>○ Half loop is considered a listed jump with the value of a single loop when used in a sequence or combination.</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Minimum 3 revs.</li> <li>• Spins must be of a different character (For definition see rule 4103E)</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step sequence* <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements.</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>LIMITED PRE-PRELIMINARY</b></p> <p><u>1:40 Maximum</u></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Single jumps are allowed (No Axels)</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps</li> <li>• 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)</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded.</li> <li>• No double or triple jumps</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> <li>• Spins must be of a different character (For definition see rule 4103E)</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step sequence*</li> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are permitted but will not be counted as elements.</li> <li>• Jumps may be included in the step sequence</li> </ul>

<p><b>PRELIMINARY</b></p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel/waltz jump-type jump*</li> <li>• 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"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ 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</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one three-jump combination with a maximum of 2 double jumps and 1 single jump permitted</li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps</li> <li>○ Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Minimum 3 revs.</li> </ul> <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step sequence* <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements.</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>PRE-JUVENILE</b></p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ 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</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ 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</li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps</li> <li>○ Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, w/without change of foot* <ul style="list-style-type: none"> <li>○ May start with a flying entry</li> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position*, may start with a fly <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ May start with flying entry</li> <li>○ Min 4 revs</li> </ul> </li> </ul> <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements.</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>JUVENILE and OPEN JUVENILE</b></p> <p>2:15 +/- 10 sec</p> <p>*means element is required</p>	<p style="text-align: right;"><b>Max 5</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</li> <li>• Number of jumps in jump sequence is not limited</li> <li>• No more than 3 different double jumps may be repeated (1 each) and, if repeated, at least one attempt must be part of jump combination or sequence. Max 2 of same double jump.</li> <li>• Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination.</li> <li>• No triple or quadruple jumps</li> </ul>	<p style="text-align: right;"><b>Max 2</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; w/without change of foot* <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> <li>• Both spins may start with a fly</li> <li>• Spins must be of a different character</li> </ul>	<p style="text-align: right;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

<p><b>INTERMEDIATE</b></p> <p>2:30 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps allowed <ul style="list-style-type: none"> <li>○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</li> <li>○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</li> <li>○ No double or triple jump can be repeated more than once</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; w/without change of foot*</li> <li>• 1 spin with only 1 position; no change of foot*</li> <li>• Both spins may start with a fly</li> <li>• Minimum 5 revs.; 8 revs. for combination</li> <li>• Minimum 2 revs. in position</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>NOVICE LADIES</b></p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li>○ 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</li> <li>○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jumps can be included more than twice</li> </ul> </li> <li>• Maximum of 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; w/without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 flying entry w/ no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry</p> <p>Spins must be of a different character</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>NOVICE MEN</b></p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li>○ 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</li> <li>○ 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</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> </ul> </li> <li>• Number of jumps in jump sequence is not limited</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; w/without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry</p> <p>Spins must be of a different character</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>JUNIOR LADIES</b></p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice – if both executions (of same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to two jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry</p> <p>Spins must be of a different character</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>



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

**2015-16 Singles Short Program Requirements** – This chart has been updated to reflect the short program requirements for the 2015-16 season that will go into effect on July 1, 2015. **Junior and senior events are subject to change by the ISU.**



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

This event is a standard U.S. Figure Skating Non-qualifying Competition



# SINGLES COMPULSORY MOVES

## BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements 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.	<ol style="list-style-type: none"> <li>1. March followed by a two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>Backward wiggles, 2-6 in a row</li> </ol>
Basic 1	1:00 max.	<ol style="list-style-type: none"> <li>1. Forward two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 6-8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 6-8 in a row</li> </ol>
Basic 2	1:00 max.	<ol style="list-style-type: none"> <li>1. Forward one-foot glide, either foot</li> <li>2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot</li> <li>3. Moving snowplow stop</li> <li>4. Two-foot turn in place, forward to backward</li> <li>5. Backward two-foot swizzles, 6 - 8 in a row</li> </ol>
Basic 3	1:00 max.	<ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>3. Forward slalom</li> <li>4. Backward one-foot glide, either foot</li> <li>5. Two-foot spin – minimum three revolutions</li> </ol>
Basic 4	1:00 max.	<ol style="list-style-type: none"> <li>1. Standstill forward outside three-turn, right and left</li> <li>2. Forward outside edge on a circle, clockwise or counter clockwise</li> <li>3. Forward crossovers, 4-6 consecutive, both directions</li> <li>4. Backward stroking, 4-6 strokes</li> <li>5. Backward snowplow stop, right or left</li> </ol>
Basic 5	1:00 max.	<ol style="list-style-type: none"> <li>1. Backward outside edge on a circle, clockwise or counterclockwise</li> <li>2. Backward crossovers, 4-6 consecutive, both directions</li> <li>3. Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions</li> <li>4. Side toe hop, either direction</li> <li>5. Hockey stop</li> </ol>
Basic 6	1:00 max.	<ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn, right and left</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line, right or left</li> <li>4. Lunge, right or left</li> <li>5. T-stop, right or left</li> </ol>
Basic 7	1:00 max.	<ol style="list-style-type: none"> <li>1. Standstill forward inside open mohawk, right to left and left to right</li> <li>2. Ballet jump, either direction</li> <li>3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
Basic 8	1:00 max.	<ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns, right and left</li> <li>2. Waltz jump (from a standstill)</li> <li>3. Mazurka, either direction</li> <li>4. 1 Combination move, clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions</li> </ol>

## FREE SKATE 1-6 COMPULSORY EVENT

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

- 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 .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

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

## 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.	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. ½ jump of choice</li> <li>3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)</li> <li>4. Forward or backward spiral</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Toe loop jump</li> <li>2. Salchow jump</li> <li>3. Forward scratch spin - minimum three revolutions</li> <li>4. Forward or backward spiral</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li> <li>4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>

## COMPULSORY MOVES

General event parameters:

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

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Toe Loop</li> <li>2. Jump combination: single/single (no Axel)</li> <li>3. Sit spin or camel spin - minimum three revolutions</li> <li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Lutz</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Back upright spin - minimum three revolutions</li> <li>4. Forward inside spiral</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single jump (may include Axel)</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence - circular</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence – circular</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Salchow or double toe loop</li> <li>2. Jump combination: single/single or double/single</li> </ol>

		<ol style="list-style-type: none"> <li>Flying spin, minimum five revolutions</li> <li>Step sequence – straight line</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>Double loop</li> <li>Jump combination: double/single or double/double</li> <li>Flying spin - minimum five revolutions</li> <li>Step sequence – straight line</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>Double flip</li> <li>Jump combination: double/double or triple/double</li> <li>Combination spin - minimum 10 revolutions</li> <li>Step sequence – straight line</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>Double Lutz</li> <li>Jump combination: double/double or triple/double</li> <li>Combination spin - minimum 10 revolutions</li> <li>Step sequence – straight line</li> </ol>

## **SINGLES 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.	<ol style="list-style-type: none"> <li>Waltz jump (from backward crossovers)</li> <li><math>\frac{1}{2}</math> flip or <math>\frac{1}{2}</math> Lutz</li> <li>Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>Waltz jump (from backward crossovers)</li> <li>Single Salchow</li> <li>Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>Single toe loop</li> <li>Single loop</li> <li>Jump combination – Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>Single toe loop</li> <li>Single flip</li> <li>Jump combination - Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>Single flip</li> <li>Single Lutz</li> <li>Jump combination – Any single jump + single loop (may be Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>Single Axel</li> <li>Single or double jump</li> <li>Jump combination – single/single (no Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>Single Axel</li> <li>Double Salchow</li> <li>Jump combination – single/single or double/single (no Axel)</li> </ol>
Intermediate	1:15 max.	<ol style="list-style-type: none"> <li>Single Axel</li> <li>Double loop*</li> <li>Jump combination – double/single (no Axel)</li> </ol>
Novice	1:15 max.	<ol style="list-style-type: none"> <li>Double loop</li> <li>Double flip*</li> <li>Jump combination – double/double (may be double Axel)</li> </ol>
Junior	1:15 max.	<ol style="list-style-type: none"> <li>Choice of double or triple jump</li> <li>Double or triple flip*</li> <li>Jump combination – double/double (may be double Axel)</li> </ol>
Senior	1:15 max.	<ol style="list-style-type: none"> <li>Choice of double or triple jump</li> <li>Double or triple Lutz*</li> <li>Jump combo– double/double or triple/double (may be double Axel)</li> </ol>

## SINGLES 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 number of revolutions noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright back scratch spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Forward scratch to back scratch spin (3)</li> <li>2. Combination spin with no of foot (4)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>1. Camel spin (3)</li> <li>2. Combination spin – camel to sit spin; no change of foot (6)</li> <li>3. Forward to backward scratch spin (3 per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>1. Sit spin (4)</li> <li>2. Combination spin – change of foot; optional change of position (4 per foot)</li> <li>3. Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying camel spin (5)</li> <li>2. Sit spin to backward sit spin (4 per foot)</li> <li>3. Combination spin – change of foot &amp; change of position (4 per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of camel, sit or layback spin (6)</li> <li>2. Camel spin to backward camel spin (4 per foot in position)</li> <li>3. Combination spin – change of foot &amp; two changes of position (2 per position &amp; 5 per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying sit spin or flying reverse sit spin (6)</li> <li>2. Ladies – layback spin (6); men – cross-foot spin (6)</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying spin of choice (6)</li> <li>2. Solo spin of choice (6) – may not fly</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>

# SINGLES STEP SEQUENCES

General event parameters:

- Levels are based on the skaters' highest Moves in the Field test passed.
- Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine).
- Skates perform two different step sequences of their choice; any shape or pattern is permitted; however, skaters must make it clear when their first step sequence ends, and their second begins.
- Each of the step sequences must include the required steps and/or turns listed for each level.
- Each step sequence may, and is encouraged to, include additional steps or turns.
- Each step sequence must utilize the full ice surface.
- Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating.

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



## SINGLES MOVES IN THE FIELD

### General event parameters:

- Levels are based on the skaters' highest Moves in the field test passed.
- A moves in the field competition event will consist of the skater performing two moves in the field patterns.
- The patterns to be skated depend on which quarter of the year the competition is held. The skater will perform the two patterns listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30<sup>th</sup> – July 2<sup>nd</sup>), the moves will be selected based on the start date of the competition listed in the announcement (in this example, the 2<sup>nd</sup> quarter).
- Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between.
- The host club may choose to play background music, at a low volume, at their discretion.

Level	January 1- March 31 <sup>st</sup>	April 1 <sup>st</sup> – June 30 <sup>th</sup>	July 1 <sup>st</sup> – September 30 <sup>th</sup>	October 1 <sup>st</sup> – December 31 <sup>st</sup>
Pre-Preliminary	1. Forward perimeter stroking (1/2 rink only) 2. Basic consecutive edges (Forward outside & forward inside only)	1. Forward perimeter stroking (1/2 rink only). 2. Waltz eight (2 patterns/foot)	1. Basic consecutive edges (Backward outside & backward inside only). 2. Forward left & right spirals	1. Waltz eight 2. Forward left & right spirals
Preliminary	1. Forward & backward crossovers 2. Forward power 3-turns	1. Forward & backward crossovers 2. Consecutive outside & inside spirals	1. Forward circle eight 2. Alternating forward 3-turns.	1. Forward circle eight 2. Forward power 3-turns.
Pre-Juvenile	1. Forward & backward perimeter stroking. 2. Forward outside and backward inside 3-turns.	1. Forward & backward power change of edge pulls. 2. Forward inside and backward outside 3-turns.	1. Five-step mohawk sequence. 2. Backward circle eight.	1. Forward outside-backward inside 3-turns. 2. Backward circle eight.
Juvenile	1. Forward power circle 2. Backward power 3-turns.	1. Backward power circle. 2. Forward double 3-turns.	1. Eight-step mohawk sequence. 2. Forward double 3-turns.	1. Forward & backward free skate cross strokes. 2. Backward power 3-turns.
Intermediate	1. Brackets in the field 2. Spiral sequence	1. Brackets in the field 2. Forward twizzles (right forward outside & right forward inside only)	1. Forward twizzles (left forward outside & left forward inside only). 2. Inside slide chasse pattern.	1. Backward double three-turns. 2. Brackets in the field
Novice	1. Inside 3-turns/rocker-choctaws 2. Twizzles (Backward outside only)	1. Forward & backward outside counters. 2. Twizzles (Backward inside only)	1. Forward & backward inside counters. 2. Forward inside & outside loops.	1. Backward rocker choctaw sequence 2. Forward inside & outside loops.
Junior	1. Forward & backward outside rockers 2. Backward loop pattern.	1. Forward & backward inside rockers 2. Choctaw sequence	1. Straight line step sequence. 2. Power pulls	1. Straight line step sequence 2. Backward loop pattern.
Senior	1. Sustained edge step 2. Serpentine step sequence	1. Spiral sequence 2. Serpentine step sequence	1. Backward outside power double 3-turns to power inside double rockers. 2. Serpentine step sequence	1. Backward inside double 3-turns to power double outside rockers 2. Serpentine step sequence

## SOLO DANCE EVENTS

General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30<sup>th</sup> – July 2<sup>nd</sup>), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2<sup>nd</sup> quarter).
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

Level	January 1- March 31 <sup>st</sup>	April 1 <sup>st</sup> – June 30 <sup>th</sup>	July 1 <sup>st</sup> – September 30 <sup>th</sup>	October 1 <sup>st</sup> – December 31 <sup>st</sup>
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-bronze	1. Swing 2. Cha-Cha	1. Fiesta Tango 2. Swing	1. Cha-Cha 2. Fiesta Tango	1. Swing 2. Cha-Cha
Bronze	1. Hickory Hoedown 2. Willow Waltz	1. Ten Fox 2. Hickory Hoedown	1. Willow Waltz 2. Ten Fox	1. Hickory Hoedown 2. Willow Waltz
Pre-silver	1. Fourteenstep 2. European Waltz	1. Foxtrot 2. Fourteenstep	1. European Waltz 2. Foxtrot	1. Fourteenstep 2. European Waltz
Silver	1. American Waltz 2. Silver Tango	1. Rocker Foxtrot 2. American Waltz	1. Silver Tango 2. Rocker Foxtrot	1. American Waltz 2. Silver Tango
Pre-gold	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz
Gold	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep

## SHOWCASE EVENTS

### BASIC SKILLS SHOWCASE EVENTS

Format: Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles): Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters.

NOTE: Skaters may enter only one each duet, mini production or production event.

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint for theatrical and artistic quality. Technical skating skills and difficulty will not be rewarded; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

Current guidelines and procedures for non-qualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

## Interpretative Events and 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/ Limited beginner/ 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: 1:30 Max
Preliminary/ Adult bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze test.	Time: 1:40 Max

## INTERPRETATIVE EVENTS

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- The music will be played during a 30-minute off-ice session and twice during an on-ice warm-up prior to the performance.
  - The room will be attended only by the adult monitor assigned to play the music and the competing skaters in that group.
- **Skaters after the warm up will go back to a room, with no music being played.**
- Skaters will be brought to the ice when the previous skater finishes.
- All competitors in an event will interpret the same music.
- Props are permitted but must be brought into the room prior to listening to the music, and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

Current guidelines and procedures for non-qualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

## Interpretative Events and Levels

This event is a standard U.S. Figure Skating Non-qualifying Competition



Level	Program Duration	Test Requirements
Pre-juvenile and below	1:00 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline
Juvenile - novice	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline
Junior and senior	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline
Teen and young adult	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline
All adult events	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline

## **DRAMATIC ENTERTAINMENT EVENTS**

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

General event parameters:

- 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.
- 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](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### **Dramatic Entertainment Levels**

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
	Limited Beginner, Beginner, No Test* Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary* Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max

This event is a standard U.S. Figure Skating Non-qualifying Competition



<b>Singles</b>	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age <b>(max age 20)</b>	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age <b>(max age 20)</b>	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
	<b>Event</b>	<b>Must meet requirements for*</b>	<b>Must not have passed</b>	<b>Age</b>	<b>Time</b>
	Adult Bronze	Adult Bronze Free Skate 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.*

## **LIGHT ENTERTAINMENT EVENTS**

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:

This event is a standard U.S. Figure Skating Non-qualifying Competition



- 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.
- 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](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### Light Entertainment Levels

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time	
Singles	Limited Beginner, Beginner, No Test*  Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max	
	Pre-Preliminary*  Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max	
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age <b>(max age 20)</b>	1:40 max	
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age <b>(max age 20)</b>	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	
		<b>Event</b>	<b>Must meet requirements for*</b>	<b>Must not have passed</b>	<b>Age</b>	<b>Time</b>

	Adult Bronze	Adult Bronze Free Skate 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 Skater 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.*

## **DUET EVENTS**

Format:

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

General event parameters:

- 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.
- 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](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
<b>Duets (Duets must compete at the highest test level of the two skaters)</b>	Limited Beginner, Beginner, No Test*  Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary*  Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max

This event is a standard U.S. Figure Skating Non-qualifying Competition



	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age <b>(max age 20)</b>	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age <b>(max age 20)</b>	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	No age restriction	2:40 max
	Senior	Senior Free Skate Complete Gold Dance		No age restriction	2:40 max
	<b>Event</b>	<b>Must meet requirements for*</b>	<b>Must not have passed</b>	<b>Age</b>	<b>Time</b>
	Adult Bronze	Adult Bronze Free Skate 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*



## MINI PRODUCTION ENSEMBLE EVENTS

Formats:

- **Mini production ensemble** events are theatrical performances by three to seven competitors. Props and scenery are permitted. Programs are performed under full arena lighting.
  - NOTE: Skaters may enter only one duet, mini production or production event.

General event parameters:

- 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.
- 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](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

Event	Program Duration	Must have passed free skating or dance test (solo or partnered standard track)	Must not have passed free skate or dance (solo or partnered) test	Age
Mini Production	3:10 maximum	Open	Open	No age restriction

## PRODUCTION ENSEMBLE EVENT

Formats:

- **Production ensemble** events are theatrical performances by eight or more competitors. Theatre On Ice teams are eligible as production ensembles. Props and scenery are allowed. Programs are performed under full arena lighting
  - NOTE: Skaters may enter only one duet, mini production or production event.

General event parameters:

- 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.
- 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](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### **Production Ensemble Events**

Event	Program Duration	Must have passed free skating or dance test (solo or partnered standard track)	Must not have passed free skate or dance (solo or partnered) test	Age
Production Ensemble	6:15 max	Open	Open	No age restriction

## BEGINNER SYNCHRONIZED SKATING

The beginner competition program is also part of the U.S. Figure Skating Basic Skills program. The beginner competition program is for Basic Skills level skaters who are interested in a first competition or “team” experience, taking the Synchro 1 to 4 badges a step further. Beginner teams compete at Basic Skills competitions and at non-qualifying synchronized skating competitions around the country. Required elements-Each level has specific required elements that must be completed:

Level	Circle	Line	Block	Wheel	Intersection
Beginner 1 8-16 skaters majority under 9 years old 1 1/2 -2 minutes +/- 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3 spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
Beginner 2	One circle, which must include the choreographed step sequence: 2 forward crossovers, FO 3 turn, back pump, BO 1 foot glide (held for at least 2 counts), back pump, 1 backward crossover, F1 stroke (1 direction only, don't need to repeat)	One line, which must cover the ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
Beginner 3	Circle element, which must include the combination move from Basic 8. (1 direction only, don't need to repeat)	Line element, which must cover the ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 or 3 configurations.	Wheel element of the backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

**The emphasis of the Beginner competition is on mastering the “basic skills” of synchronized skating:**

- Control or rotation in wheels and circles.
- Straight lines in lines, blocks, and intersections.
- Unison and use of skills such as guiding and shadowing.
- Incorporating skills from the Basic 1-8 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels.

**Restrictions in Beginner 1 & 2:**

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Beginner 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Beginner 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

**Restrictions in Beginner 3:**

- No traveling within elements (change of configuration and rotational direction are allowed).

**Restrictions in all levels:** All of the synchronized skating “illegal elements” found in Rule 7160 of the U.S. Figure Skating Rulebook.

Please reference <http://usfsc.org/Programs.asp?id=338>. For the most up-to-date Beginner Synchronized Skating rules.

## SYNCHRONIZED SKATING STANDARD LEVELS

### General event parameters:

1. Teams will skate to the music of their choice. Vocal music is permitted.
2. All age restrictions are as of the preceding July 1<sup>st</sup>.
3. Teams may have a maximum of four alternates, in addition to the maximum number of skaters allowed per level.
4. See the current U.S. Figure Skating Rulebook, technical notification and/or ISU communication for skating requirements.
5. Host clubs may choose to waive the moves in the field test level requirement at non-qualifying competitions.
6. The following rules apply to teams of all levels:
  - Rule 7020 - Clothing
  - Rule 7120 – Definitions of Steps and Turns
  - Rule 7130, 7140 – Definitions of Features and Requirements
  - Rule 7150 – General Criteria for Basic Requirements for Elements
  - Rule 7160 – Illegal Elements/Features/Additional Features/Movements

Level	Time	Roster	Age	Test level	Rules
Preliminary	2:00 +/- 10 sec.	8 – 16 skaters	All under age 12 Majority under age 10	None	Well balanced program: Rule 7270
Pre-Juvenile	2:15 +/- 10 sec.	8 – 16 skaters	Majority under age 12	None	Well balanced program: Rule 7260
Open Juvenile	2:30 +/- 10 sec.	8 – 16 skaters	Under age 20	Pre-preliminary moves in the field	Well balanced program: Rule 7250
Juvenile	3:00 +/- 10 sec.	12 – 20 skaters	Under age 13	Preliminary moves in the field	Well balanced program: Rule 7240
Intermediate	3:30 +/- 10 sec.	12 – 20 skaters	Under age 18	Pre-Juvenile moves in the field	Well balanced program: Rule 7230
Novice	3:30 +/- 10 sec.	12 – 20 skaters	Under age 16, with the exception of up to 4 skaters who may be 16 or 17.	Juvenile moves in the field	Well balanced program: Rule 7220
Junior	FS: 4:00 +/- 10 sec. SP: max 2:50	12 – 16 skaters	At least age 13, must be under 19	Intermediate moves in the field	WBP & Short Program: Rule 7210
Senior	FS: 4:30 +/- 10 sec. SP: max 2:50	16 skaters	At least age 15	Novice moves in the field	WBP & Short Program: Rule 7200
Collegiate	4:00 +/- 10 sec.	12 – 20 skaters	All must be enrolled in a college or university degree program as full-time students	Juvenile moves in the field	Well balanced program: Rule 7280
Open Collegiate	3:00 +/- 10 sec.	8 – 16 skaters	All must be enrolled in a college or university degree program as full-time students	None	Well balanced program: Rule 7290
Adult	3:30 +/- 10 sec.	12 – 20 skaters	At least age 21, with the exception of up to 4 skaters who may be 18 – 20.	Preliminary moves in the field, dance or figure	Well balanced program: Rule 7500
Masters	3:00 +/- 10 sec.	12 – 20 skaters	At least age 25, with the majority of the team at least 30	None	Well balanced program: Rule 7510

Open Adult	2:30 +/- 10 sec.	8 – 16 skaters	Majority at least age 19	None	Well balanced program: Rule 7520
Open Masters	2:30 +/- 10 sec.	8 – 16 skaters	At least age 25, with the majority of the team at least 30	None	Well balanced program: Rule 7530

## ADULT EVENTS

The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number or 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 .2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10sec unless otherwise noted.

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

## ADULT COMPULSORY MOVES

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	Elements
Adult Beginner	1:15	<ol style="list-style-type: none"> <li>1. Forward crossovers (Min. 5 consecutive)</li> <li>2. Waltz jump</li> <li>3. Two foot upright spin</li> <li>4. Forward spiral (any edge)</li> </ol>
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> <li>1. Backward crossovers (Min. 5 consecutive)</li> <li>2. Waltz jump</li> <li>3. Forward upright spin (Min. 3 revolutions)</li> <li>4. Forward outside spiral</li> </ol>
Adult Bronze	1:15	<ol style="list-style-type: none"> <li>1. Single Salchow</li> <li>2. Waltz jump – toe loop combination jump</li> <li>3. Sit spin (Min. 3 revolutions)</li> <li>4. Spiral sequence (Min. 2 spirals)</li> </ol>
Adult Silver	1:30	<ol style="list-style-type: none"> <li>1. Single loop</li> <li>2. Single/single jump combination</li> <li>3. Sit spin (Min. 3 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Adult Gold	1:30	<ol style="list-style-type: none"> <li>1. Single Lutz or Axel</li> <li>2. Single/single or single/double jump combination</li> <li>3. Camel spin (Min. 4 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Masters Intermediate/Novice	2:00	<ol style="list-style-type: none"> <li>1. Axel, double Salchow , double toe loop or double loop</li> <li>2. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel</li> <li>3. Solo spin of skater's choice (Min. 6 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Masters Junior/Senior	2:00	<ol style="list-style-type: none"> <li>1. Choice of any double jump</li> <li>2. Jump combination that may include any double jump</li> <li>3. Solo spin of skater's choice (Min. 8 revolutions)</li> <li>4. Straight line step sequence</li> </ol>

## ADULT FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- 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 number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

This event is a standard U.S. Figure Skating Non-qualifying Competition



- 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.

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p><b>CHAMPIONSHIP MASTERS JUNIOR-SENIOR &amp; MASTERS JUNIOR-SENIOR</b></p> <p><b>3:40 maximum</b> * means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Min 1*, max 3 combinations or sequences</li> <li>• 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps</li> <li>• Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted</li> <li>• No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u></li> <li>• 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.</li> </ul>
<p><b>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE &amp; MASTERS INTERMEDIATE-NOVICE</b></p> <p><b>3:10 maximum</b> * means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Min 1*, max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</li> <li>• May perform only one double-double combination or sequence</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>• Only one double-double jump combination or sequence is permitted</li> <li>• Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u></li> <li>• 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.</li> </ul>
<p><b>CHAMPIONSHIP ADULT GOLD &amp; ADULT GOLD</b></p> <p><b>2:40 maximum</b> * means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Min 1*, max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow.</li> <li>• No double-double jump combinations or sequences are permitted</li> <li>• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 4 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u></li> <li>• 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.</li> </ul>

2015-16	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<b>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</b>  <b>2:10 maximum</b> * means element is required	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>Min 1*, max 2 combinations or sequences</li> <li>1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>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</li> <li>Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>All single jumps are permitted, including an Axel-type jump.</li> <li>No double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>Min 3 revs total if no change of foot</li> <li>Min 3 revs each foot if change of foot</li> <li>Min 2 revs in each position</li> </ul>	<b>Max 1 Sequence</b>  To be chosen from: <ul style="list-style-type: none"> <li>Step sequence</li> <li>or</li> <li>Spiral sequence (any pattern)</li> </ul> Must use at least ½ ice surface  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.
<b>ADULT BRONZE</b>  <b>1:50 maximum</b> * means element is required	<b>Max 4 Jump Elements</b> <ul style="list-style-type: none"> <li>Min 1*, max 2 combinations or sequences;</li> <li>1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>All single jumps are permitted (except Axel)</li> <li>No Axel, double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>Min 3 revs total if no change of foot</li> <li>Min 3 revs each foot if change of foot</li> <li>Min 2 revs in each position</li> <li>No flying spins are permitted</li> </ul>	<b>Max 1 Sequence</b>  To be chosen from: <ul style="list-style-type: none"> <li>Step sequence</li> <li>or</li> <li>Spiral sequence (any pattern)</li> </ul> Must use at least ½ ice surface  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.
<b>ADULT PRE BRONZE</b>  <b>1:40 maximum</b> * means element is required	<b>Max 4 Jump Elements</b> <ul style="list-style-type: none"> <li>Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</li> <li>1 jump combination/sequence may consist of three jumps, and the other may have only two jumps.</li> <li>Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>Only single and half-revolution jumps are allowed</li> <li>No Lutz, Axel or double jumps are allowed</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Min 3 revs</li> <li>Spins with a flying entry are not permitted</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Connecting steps throughout the program are required</li> </ul>

## ADULT JUMPS CHALLENGE

General event parameters:

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

Level	Time	Elements
Adult Beginner	1:00	1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	1. Waltz or toe loop jump 2. ½ flip, ½ Lutz or ½ loop
		1. Single Salchow

This event is a standard U.S. Figure Skating Non-qualifying Competition



Adult Bronze	1:00	<ol style="list-style-type: none"> <li>2. Single toe loop</li> <li>3. Any single jump + single toe loop combination (No Axels allowed)</li> </ol>
Adult Silver	1:15	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single loop</li> <li>3. Single/single combination (Axel is permitted)</li> </ol>
Adult Gold	1:15	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Single Lutz</li> <li>3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)</li> </ol>
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> <li>1. Axel</li> <li>2. Double Salchow , double toe loop or double loop</li> <li>3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel</li> </ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> <li>1. Double loop or double flip</li> <li>2. Double Lutz</li> <li>3. Jump combination that may include any double jump</li> </ol>

## ADULT 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 number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Adult Beginner	1:15	<ol style="list-style-type: none"> <li>1. Pivot</li> <li>2. Two-foot upright spin (2)</li> </ol>
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> <li>1. One-foot upright spin (3)</li> <li>2. Two-foot upright spin (3)</li> </ol>
Adult Bronze	1:15	<ol style="list-style-type: none"> <li>1. One-foot upright spin (4)</li> <li>2. One-foot back spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Adult Silver	1:30	<ol style="list-style-type: none"> <li>1. Camel spin (3)</li> <li>2. Layback, sideways leaning or sit spin (4)</li> <li>3. Combination spin with at least one change of position, no change of foot (3 in each position)</li> </ol>
Adult Gold	1:30	<ol style="list-style-type: none"> <li>1. Solo spin, no change of foot (4)</li> <li>2. Second solo spin, different from the first; change of foot optional (4)</li> <li>3. Combination spin with only one change of foot and at least one change of position (4 each foot)</li> </ol>
Masters	1:30	<ol style="list-style-type: none"> <li>1. Solo spin of skater's choice (Min. 6 revolutions)</li> </ol>

This event is a standard U.S. Figure Skating Non-qualifying Competition





Intermediate/Novice		<ol style="list-style-type: none"> <li>2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry</li> <li>3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)</li> </ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> <li>1. Solo spin of skater's choice (Min. 8 revolutions)</li> <li>2. Solo spin with a flying entry</li> <li>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</li> </ol>

## TEAM EVENTS

Each team will consist of five skaters each doing one element each. If a team does not have five skaters, one skater will be permitted to do two elements. The minimum number of skaters on a team is three. It is recommended that they take on a "team name" as well. Any skating club can have more than one team.

- In the case that a skater is a member in good standing of more than one club they may represent the club of which team they wish to skate on.
- Skaters may only skate on one team per level.
- If a skater wishes to skate up to a higher level and participate on another team this is permitted.
- Each element will be judged and the scores of all five elements will be totaled.
- The totaled score will be shown and determine the final results

## TEAM COMPULSORIES

1. Divide into levels based on Basic/Free Skate levels.
2. A minimum of three skaters on a team, each skater will do one required element.
3. Judging done with one mark for each element (skater) for total team points.

Level	Standards
<b>Beginner High Team (Freestyle 1-6)</b>	<ol style="list-style-type: none"> <li>1. Forward Spirals R&amp;L on a circle (either forward inside or forward outside – skater's choice)</li> <li>2. A Waltz Jump/Toe Loop combination jump</li> <li>3. A Salchow immediately preceded by connecting steps or other free skating moves.</li> <li>4. Sit spin</li> <li>5. Upright Scratch Spin</li> <li>6. Step sequence covering ½ the ice</li> </ol>
<b>Beginner Low Team (Basic 1-8)</b>	<ol style="list-style-type: none"> <li>1. Bunny Hop</li> <li>2. Forward One-foot glide (R&amp;L) blue line to blue line (center of ice)</li> <li>3. Waltz Jump</li> <li>4. Two Foot Spin</li> <li>5. Forward Straight Line Spiral (R&amp;L) covering ½ ice</li> <li>6. Snowplow Stop</li> </ol>

## TEAM SPINS

LEVEL	SPINS	QUALIFICATIONS
Basic 1-8	<ol style="list-style-type: none"> <li>1. 2 foot spin</li> <li>2. Forward inside pivot</li> <li>3. 2 foot to 1 foot spin</li> <li>4. Basic 5 Beginning one foot spin</li> <li>5. Basic 8 one foot spin</li> </ol>	May not have passed any higher than Basic 8 level.
No Test, Pre-Preliminary, Freeskate 1-6 Adult Pre Bronze	<ol style="list-style-type: none"> <li>1. Forward scratch spin</li> <li>2. Backward scratch spin</li> <li>3. Sit spin</li> <li>4. Camel spin</li> <li>5. Combination spin with one change of position and no change of foot</li> </ol>	May not have passed the preliminary freestyle test.
Preliminary, Pre-Juvenile Adult Bronze	<ol style="list-style-type: none"> <li>1. Back scratch spin</li> <li>2. Forward to backward scratch spin</li> <li>3. Camel spin</li> <li>4. Sit spin with 1 change of foot</li> <li>5. Combination spin with two changes of position and one change of foot</li> </ol>	May not have passed the juvenile free skating test

## TEAM JUMPS

LEVEL	JUMPS	QUALIFICATIONS
Basic 1-8	<ol style="list-style-type: none"> <li>1. Side toe hop jump</li> <li>2. Bunny Hop</li> <li>3. Ballet Jump</li> <li>4. Mazurka</li> <li>5. Waltz Jump</li> </ol>	May not have passed any higher than Basic 8 level.
No Test, Pre-Preliminary, Freeskate 1-6	<ol style="list-style-type: none"> <li>1. Salchow</li> <li>2. Toe Loop</li> <li>3. Waltz Jump Toe Loop Combination</li> <li>4. Loop</li> <li>5. Single-single jump combinations – no Axel</li> </ol>	May not have passed the preliminary freestyle test.
Preliminary, Pre-Juvenile	<ol style="list-style-type: none"> <li>1. Flip</li> <li>2. Lutz</li> <li>3. Axel</li> <li>4. Split Jump</li> <li>5. Jump Combination – can consist of any single, may include Axel</li> </ol>	May not have passed the juvenile free skating test

Notes: All elements will be performed one time however if the skater feels as if they can do the element better on the next try they may raise their hand and try it again, in that case the second try will be judged. At the beginning of each event all teams will take the ice at a designated area and wait their turn for their element. Cheering for your team is recommended. You may also cheer for other teams as well. The events are basically about team spirit and should be fun for everyone.

It is recommended, but not mandatory, that teams may wear apparel that represents their team name such as T-shirts or other shirts the same color with the team name on the shirt, or jackets.

## **SPEED SKATING CHALLENGE**

A speed skating race event for people of all ages. Any type of skates are allowed: hockey, speed, or figure skates. Five total races, including a one lap race, two lap race, three lap race, four lap race, and five lap race. Each skater may enter up to 3 events.