



**2017 Braemar Competition Braemar City of  
Lakes Figure Skating Club Friday and  
Saturday, June 23-24, 2017**

The 2017 Braemar Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

**ELIGIBILITY/TEST LEVEL:**

**Test level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

**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: ONLINE ENTRY** - Register online at [www.braemarfsc.org](http://www.braemarfsc.org) and pay via a secured credit card transaction (VISA, MASTERCARD, and DISCOVER only please). Secure **online entry must be COMPLETED by midnight on Friday, May 12, 2017.**

When using the online registration, it is the skaters' and coaches' responsibility to verify that the skater has entered the correct event and level. Event changes or additions to entries made after an application has been submitted may be assessed a \$25 charge/add fee. Please also check the website, [www.braemarfsc.org](http://www.braemarfsc.org) for any possible changes or corrections to this application.

**Entry Fees** - The entry fees for single events are \$100 for the first event and \$25 for each additional event. 3.2% + .30 cents processing fee will be applied. Fees will be refunded if there is no event and the Competitor chooses not to skate an exhibition. You will be assessed an additional \$25 dollars for any contested credit card charges. The skater will only be allowed to compete if payment is subsequently made in cash or money order.

**Late entries are only accepted at the discretion of the referee and are subject to a \$50 late fee.** Any change in a skater's level or event after the entry deadline is subject to a \$25 change fee

**REFUND POLICY:** In accordance with CR 3235, entry fees will not be refunded after May 12, 2017 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. . If you must withdraw from an event, please be considerate of other competitors and notify the registration desk at [Competition@BraemarFSC.org](mailto:Competition@BraemarFSC.org) as soon as possible. A full refund, minus the online processing fee

(3.2% + .30) is available if registration took place online, if withdrawal is prior to May 12, 2017. After May 12, 2016 entry fee refunds are only available if the competition is not held or an event is cancelled. The online processing fees are not refundable. Contested credit card charges will be issued a \$25 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 by [email or web](#).

**FACILITIES:** The competition will be held at Braemar Ice arena, 7501 Ikola Way – Edina, Minnesota 55439, 952-833-9500 and <http://edinamn.gov>. Braemar Arena has three arenas with a total of 4700 seats. Braemar Arena is home to the Braemar-City of Lakes Figure Skating Club, the Edina Hornets hockey teams and the Edina Hockey Association. Healthy snacks, quick treats and Caribou Coffee is available daily at arena concessions.

**MUSIC: Only CDs will be accepted (no cassettes).** For reasons of compatibility and reliability, music may NOT be submitted on re-recordable “CD-RW” discs. Skaters must furnish their own CDs in a standard format only in a hard sided “jewel case.” Both must be labeled clearly with the skaters name and club. CDs may only contain ONE track. If you are competing in multiple events that require music, you must submit separate CDs for each program. Lead-in time (time before the music begins) on CDs may not exceed two seconds. A duplicate CD should be readily available at rink side not in the locker room. MUSIC MUST BE TURNED IN AT THE TIME OF REGISTRATION, and may not be picked up at the registration desk until after the event is complete. Music will NOT be played at practice sessions. Proper care will be taken, but the Braemar City of Lakes FSC cannot accept responsibility for CDs. CDs not picked up prior to the end of the competition will not be returned.

**LIABILITY:** U.S. Figure Skating, Braemar City of Lakes FSC, and Braemar Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

### **JUDGING SYSTEM:**

The International Judging System (IJS) will be used for the following events:

- *Well Balanced Program free skate events, juvenile – senior*
- *Short program events, juvenile – senior*

**Planned Program Content Sheet (PPCS) - All Juvenile through Senior IJS competitors are required to submit a planned program content sheet by June 16, 2017.** The PPCS must be entered through the Braemar City of Lakes Entryeeze site (located at <http://braemarpsc.org/events/braemar-competition/>) in order to be used. The form can be found by clicking on the Planned Program Content form tab. Changes will be accepted until one week prior to the competition. Program Content Forms turned in at the competition will not be accepted.

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program free skate events, pre-preliminary – pre-juvenile/Open pre-juvenile and Open Juvenile*
- *Introductory free skate events (beginner, high beginner, no-test)*
- *All Test Track events*
- *All specialty singles events (spins, jumps, compulsory moves, etc.)*

**REGISTRATION:** Registration will begin on Friday June 23, 2017. Registration will be open one to two hours before the first event and run through the last event of the day. The registration desk will be located in the lobby of Braemar Arena and will be open during all scheduled practices and competition events. Competitors must register upon arrival and check in at least one hour prior to their event. Final confirmation of competition times will be provided at the time of registration. Please plan to check in with the rink monitors at least 45 minutes prior to your event's scheduled start time. Please register promptly upon arrival.

**PRACTICE ICE: Practice Ice** - No official practice ice is included with your registration fees. Practice ice can be purchased in advance or at the competition for various times on Friday, June 23 through Saturday, June 24. It will be sold on a first-come, first-served basis. Cost of practice ice is \$15 per 20-minute session in advance and \$18 if purchased during the competition. Reservations will be made via the online registration system.

**PHOTOGRAPHY/VIDEOGRAPHY:** The official event photographer will take pictures of the four winners in each event following the presentation of awards. Professional videotaping and action photography shots will also be available.

**AWARDS:** Results will be posted at the arena as soon as they become available. Copies may be purchased at the registration desk. Awards will be presented off-ice to the top four skaters in each event immediately following the posting of the results. Awards will not be given for exhibition. In addition, two other awards will be presented:

**The Robert Rauth Award:** to the winner of the highest level men's event.

**The Eric Reiter Award:** to the highest placing member of the Braemar-City of Lakes Club (Free Skate Non-Test Track Event)

### **INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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

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

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

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

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

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

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

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

For more information regarding Coach Compliance, please refer to:

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

**CONTACT INFO:** If you have questions, please contact Loni Keenan at by email at [lonikeenan@comcast.net](mailto:lonikeenan@comcast.net) or Kathleen Gazich at [kgazich@comcast.net](mailto:kgazich@comcast.net)

### **ADDITIONAL INFORMATION:**

- Official hotel accommodations- Hilton Garden Inn Minneapolis/Eden Prairie, 6330 Point Chase, Eden Prairie, MN 55344. Phone: (952) 995-9000

- Minneapolis/St. Paul Airport (MSP)- 14 miles

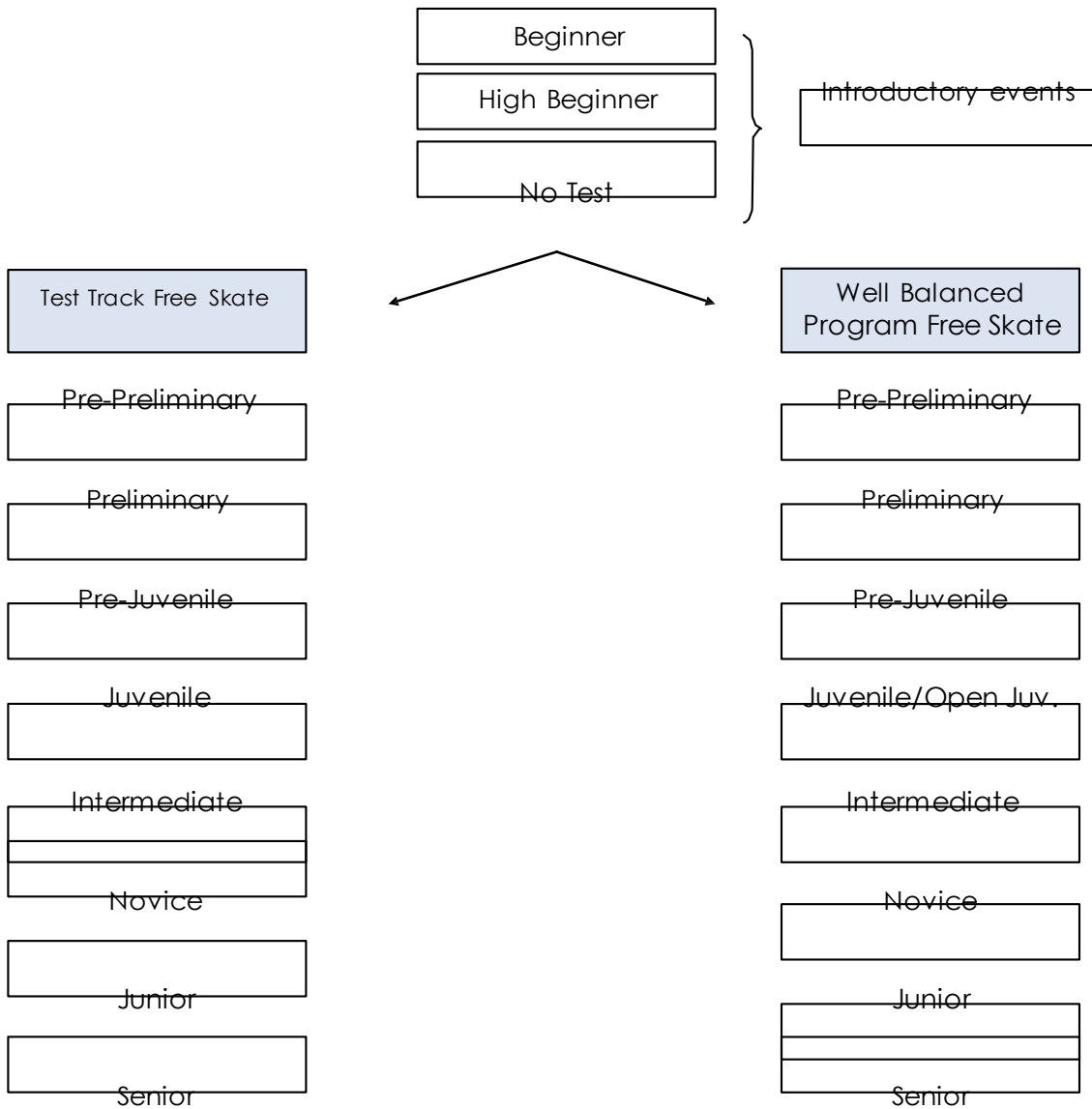
- Practice ice times and event times will be posted and maintained on the Online Registration System access through the Braemar City of Lakes Figure Skating Club web site [www.BraemarFsc.org](http://www.BraemarFsc.org) This will be considered sufficient notice to all entrants

**Critiques** - A limited number of critiques will be offered for Juvenile through Senior **IJS** events. A schedule will be available at registration. Events to be critiqued will be listed on this schedule. An attempt will be made to include both short and long programs depending on the number of entrants. **Critiques will be open only to skaters and their coaches.**

**SINGLES FREE SKATING EVENTS**

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

Illustration of Singles Free Skating Events:





## U.S. Figure Skating Nonqualifying Competitions

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### EVENT: Introductory Levels Compulsory Event

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

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

Level	Time	Skating rules/standards
Beginner	1:15 max.	<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></ol>
No-Test	1:15 max.	<ol style="list-style-type: none"><li>4. Forward or backward spiral</li><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.</li></ol> <p>Additional spirals and balance moves may be included.</p>

## EVENT: COMPULSORY MOVES

### General event parameters:

1. Basic Skills – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. Elements may be performed only once
4. 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> <li>3. Flying spin, minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Jump combination: double/single or double/double</li> <li>3. Flying spin - minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double flip</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Lutz</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>

## EVENT: Introductory Levels Free Skate Program - Beginner, High Beginner and No Test Levels

### General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	<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>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:40 Maximum	<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>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:40 Maximum	<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>	

## EVENT: Test Track Free Skate

### General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30 +/- 10 sec.	<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



<p>Juvenile/Open Juv</p> <p>2:15 +/- 10 sec.</p>	<ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <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>Only solo spin may fly</li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p>Intermediate</p> <p>2:30 +/- 10 sec.</p>	<p>Maximum of 6 jump elements:</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>Maximum of 2 spins:</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>	<p>One step sequence fully utilizing ice surface</p>	<p>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</p>
<p>Nov ice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p>Maximum of 7 jump elements for men and 6 for ladies:</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>Maximum of 3 spins, of a different nature:</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>All spins may fly</li> </ul>	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 &amp; 4105 for remarks)</p>	<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</p>
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop, double flip and double loop</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p>Maximum of 3 spins of a different nature:</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>	<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>

<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><i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p><i>Ladies:</i> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 &amp; 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>
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## **EVENT: Singles Short Program**

The short program events listed below will be skated. Athletes and coaches are responsible for going to the 2015- 2016 U.S. Figure Skating rulebook for rules, program length, etc.

- **Intermediate Short Program – Rule 4230**
- **Novice Short Program – Rule 4220**
- **Junior Short Program – Rule 4210**
- **Senior Short Program – Rule 4200**

## Well Balanced Free Skate Events

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p style="text-align: center;"><b>PRE- PRELIM INARY</b></p> <p style="text-align: center;"><b>1:40 maximum</b></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, allowed               <ul style="list-style-type: none"> <li>○ No double, triple or quadruple jumps allowed</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 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 <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u></li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> <li>○ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u></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>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</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>If IJS is used, then: ChSt</b></p>
<p style="text-align: center;"><b>PRELIM INARY</b></p> <p style="text-align: center;"><b>1:30 +/- 10 sec</b></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 or a 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 <u>except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</u></li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps.</li> <li>○ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u></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>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</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>If IJS is used, then: ChSt</b></p>
<p style="text-align: center;"><b>PRE-JUVENILE</b></p> <p style="text-align: center;"><b>2:00 +/- 10 sec</b></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 <u>except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</u></li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps</li> <li>○ <u>Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u></li> </ul> </li> </ul>	<p><b>Max 2 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>○ May start with a flying entry</li> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position*               <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ May start with a flying entry</li> <li>○ Min 4 revs</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</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>If IJS is used, then: ChSt</b></p>

## Well Balanced Free Skate Events continued

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUVENILE and OPEN JUVENILE</b></p> <p><b>2:15 +/- 10 sec</b></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, including the double Axel, allowed               <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence</li> <li>○ No double jump can be repeated more than once</li> </ul> </li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps <u>except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</u></li> <li>○ <u>Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u></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; with or 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> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><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>INTERMEDIATE</b></p> <p><b>2:30 +/- 10 sec</b></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>○ <u>No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated if any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</u></li> <li>○ <u>No double or triple jump can be repeated more than once</u></li> </ul> </li> <li>• Max 3 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Combinations are 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; with or 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> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><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><b>3:00 +/- 10 sec</b></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>○ <u>No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence.</u></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> <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; 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 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 Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</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><b>3:30 +/- 10 sec</b></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 one attempt must be 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> <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; 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 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 Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</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>

## Well Balanced Free Skate Events continued

2014-15	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p style="text-align: center;"><b>JUNIOR LADIES</b></p> <p style="text-align: center;"><b>3:30 +/- 10 sec</b></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                   <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are assolo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total assolo 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; 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 Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</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 style="text-align: center;"><b>JUNIOR MEN</b></p> <p style="text-align: center;"><b>4:00 +/- 10 sec</b></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                   <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are assolo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total assolo 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; 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 Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</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 style="text-align: center;"><b>SENIOR LADIES</b></p> <p style="text-align: center;"><b>4:00 +/- 10 sec</b></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                   <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are assolo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total assolo 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; 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 Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</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 style="text-align: center;"><b>SENIOR MEN</b></p> <p style="text-align: center;"><b>4:30 +/- 10 sec</b></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                   <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are assolo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total assolo 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; 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 Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</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>

## EVENT: Jumps Challenge

### General event parameters:

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

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

## EVENT: Spins Challenge

### General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
High	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> </ol>
Beginner		<ol style="list-style-type: none"> <li>3. Sit spin (3)</li> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>3. Sit spin (3)</li> <li>1. Upright one-foot spin (3)</li> <li>2. Upright back scratch spin (3)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>3. Sit spin (3)</li> <li>1. Forward scratch to back scratch spin (3)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>2. Combination spin with no of foot (4)</li> <li>3. Sit spin (3)</li> <li>1. Camel spin (3)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <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 &	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</li> </ol>
Open Juv.		<ol style="list-style-type: none"> <li>per foot)</li> <li>3. Girls – layback spin (4); Boys – camel spin (4)</li> <li>1. Flying camel spin (5)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <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>

## EVENT: Showcase Event

Format:

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

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed.
2. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. The determination of level will be based upon test requirement at the entry deadline Current guidelines and groceures for nonqualifying 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
<b>Singles</b>	Beginner, High 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
	Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max



*	Novice	Novice Free Skate One Silver Dance		No age restriction	2:10 max
	Junior	Junior Free Skate Two Pre-Gold Dances	Junior Free Skate Any Gold Dance		2:40 max
	Senior	Senior Free Skate Complete Gold Dance	Senior Free Skate Completed Gold Dance		2:40 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.*

### **EVENT:** Showcase Events – Interpretative Events

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.

This event is a performance choreographed by the unaided contestant (NO COACHES OR PARENTS). All competitors in a group will use the same music. Performances will be judged for theatrical and artistic qualities, from an entertainment standpoint. Even though technical skating skill and difficulty will not be rewarded as such, skating must still be the major element of the performance and of sufficient quality to support the theatrical elements chosen. Jump difficulty is not rewarded in interpretive showcase. If jumps are included in your program they should be those that you can perform with style, flow and confidence. A total of 3 different single jumps are permissible. No Axels are permitted Beginner through Preliminary. Half jumps do not count toward the jump total. No combination jumps. No double jumps at any level. The competition committee or the referee reserves the right to separate combined groups listed below or combine levels in order to maintain equitable group sizes

- 1. Skaters will hear music twice in the dressing room prior to warm-up, twice during warm-up, and once just prior to entering the ice for their performance. Skaters may not communicate with anyone other than the monitor once they have heard the music. When the second skater takes the ice, the third skater will be led to an area where they can hear the music but not see the ice, and so on.**
- 2. When the second skater takes the ice, the third skater will be led to an area where they can hear the music but not see the ice, and so on.**

The above procedure ensures that all skaters hear the music the same number of times, and no skater will see any other skater's performance until they have already skated their program.

Level	Restrictions	Time Limit
Beginner, High Beginner, No Test, Pre-Preliminary	Three jump maximum with no Axels or Doubles.	1 minute maximum
Preliminary, Pre-Juvenile,	Three jump maximum with no Axels or Doubles.	1 minute maximum
Juvenile, Open Juvenile	Three jump maximum with no Doubles. Axels permitted.	1.5 minute maximum
Intermediate, Novice	Three jump maximum with no Doubles. Axels permitted.	1.5 minute maximum
Junior, Senior	Three jump maximum with no Doubles. Axels permitted.	1.5 minute maximum

## SINGLES STEP SEQUENCES



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Step Sequences

#### General event parameters:

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

Level	Time	Required elements
Pre-Preliminary	1:00 max.	Each of the two step sequences must include: <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>



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Pre-Juvenile	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Backward inside 3-turns on each foot</li> <li>2. Backward outside 3-turns on each foot</li> <li>3. At least 2 consecutive power pulls (backward or forward)</li> </ol>
Juvenile & Open Juv.	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Forward outside double 3 (either foot)</li> <li>2. Forward inside double 3 (either foot)</li> <li>3. At least 2 consecutive cross strokes (backward or forward)</li> </ol>
Intermediate	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Choice of backward double 3</li> <li>2. At least 2 different brackets with clear entry &amp; exit edges</li> <li>3. Forward inside 1½ twizzle</li> <li>4. Forward outside 1½ twizzle</li> </ol>
Novice	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 2 different counters with clear entry &amp; exit edges</li> <li>2. Forward outside &amp; forward inside loop (either foot)</li> <li>3. Backward outside double twizzle</li> <li>4. Backward inside double twizzle</li> </ol>
Junior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 2 different rockers with clear entry &amp; exit edges</li> <li>2. At least 2 different choctaws</li> <li>3. Backward outside &amp; backward inside loop (either foot)</li> <li>4. A combination of at least 3 different turns done on one foot</li> </ol>
Senior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle.</li> <li>2. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot.</li> <li>3. An upper body movement. <i>(Any movements of the arms, head and torso that have an effect on the balance of the main body core.)</i></li> </ol> <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>

## Team Compulsory

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

**DUE TO THE UNIQUENESS OF THIS EVENT, IF REGISTERING ON LINE TEAMS MUST REGISTER SEPARATELY FROM EACH SKATER'S INDIVIDUAL EVENTS. EVERY TEAM REGISTERING WILL NEED A TEAM NAME, TEAM CONTACT, AND THE NUMBER OF SKATERS PARTICIPATING. PERSON REGISTERING THE TEAM WILL NEED EACH TEAM MEMBERS' NAME, DATE OF BIRTH, USFS NUMBER, TEST LEVELS PASSED, AND PAY THE ENTIRE TEAM FEE OF \$20.00 PER TEAM MEMBER.**

LEVEL/Event	Five Required Elements (One to two minutes will be allotted for each team).
Limited Beginner/Beginner Team Compulsory (Full sheet)	1) One (1) foot forward upright spin ~ no change of direction (minimum 3 revolutions) 2) Moves in the Field ~ forward outside consecutive edges 3) Forward Spiral 4) One (1) foot forward upright spin to back spin, minimum 3 revolutions each foot 5) Combination of 2 single jumps ~ one must be a toe loop, no turn in between, no Axel allowed
No Test/Pre-Preliminary Team Compulsory (Full sheet)	1) Upright scratch spin (minimum 3 revolutions) 2) Moves in the Field – back outside consecutive edges 3) Forward outside spiral 4) Combination spin ~ Forward upright spin to back spin to forward upright spin. All spins on one (1) foot and at least 3 revolutions in each position. Minimum of 9 revolutions total. 5) Any combination of 2 single jumps ~ no turn in between, no Axel allowed.
Preliminary/Pre-Juvenile Team Compulsory (Full sheet)	1) Sit spin (minimum 5 revolutions) 2) Straight line or diagonal footwork sequence utilizing ½ the ice surface 3) Left forward inside spiral 4) Combination spin with at least one change of position and no change of foot. Minimum of 6 revolutions. No flying entries allowed. 5) Single/Single (Axel permitted) combination jump.
Juvenile/Intermediate Team Compulsory (Full sheet)	1) Camel spin (minimum 5 revolutions) 2) Straight line or diagonal footwork sequence utilizing the entire ice surface. 3) Spiral sequence (at least 2 spiral positions and at least one change of foot). 4) Combination spin with at least one change of position and only one change of foot. At least 2 revolutions in each position. Minimum 5 revolutions on each foot. 5) Double/Single or Double/Double combination jump
Novice and above Team Compulsory (Full Sheet)	1) Flying spin (minimum 6 revolutions)-only one position and no change of foot. 2) Circular or serpentine footwork sequence using the entire ice surface. 3) Spiral sequence (minimum 3 spiral positions and at least one change of foot). 4) Combination spin with at least two changes of position and at least one change of foot. At least 2 revolutions in each position. Minimum 12 revolutions total. 5) Double/Double combination jump.