

**COMPETE USA - BASIC SKILLS
PRE-PRELIMINARY, LIMITED PRE-PRELIMINARY
PRELIMINARY, TEST TRACK, ADULT EVENTS
SOLO PATTERN DANCE, SHOWCASE, JUMPS, SPINS
BEGINNER SYNCHRO, TEAM EVENTS, SPECIAL OLYMPIANS**

November 5, 2017

Registration due via **Entryeze** no later than **October 14, 2017**

Entry Page: www.dallasfsc.org

Payment via secured credit card transaction

*Hosted by
The Dallas Figure Skating Club*

*The Dr Pepper Starcenter Ice Arena
4020 West Plano Parkway
Plano, TX 75028*

*This is a 2018 Dallas Tri-Swizzle Series Event
Learn to Skate skaters accumulate points from their placement and group size
Qualifying Events: 2017 Bunny Hop Open, 2018 Skate Dallas and 2018 June Bug Open
Available LEARN TO SKATE PROGRAM EVENTS in SNOWPLOW SAM – FREESKATE 6
and
INTRODUCTORY FREE SKATE.
Champions Announced July 2018*

Approved by the US Figure Skating Learn to Skate Program





2017 BUNNY HOP OPEN NOVEMBER 5, 2017

Hosted by
The Dallas Figure Skating Club

EVENTS INCLUDE: BASIC ELEMENTS & PROGRAM, FREESKATE COMPULSORY & PROGRAM, BASIC SHOWCASE EVENTS, WELL-BALANCED PROGRAM & FREESKATE, TEST TRACK, JUMPS, SPINS, BEGINNING SYNCHRO, TEAM, and SPECIAL OLYMPIANS

The 2017 Bunny Hop Open Learn to Skate 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:

To be eligible, skaters must be members of either the Learn to Skate Program and / or full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to complete but must be registered with the host Learn to Skate Program / Club or any other Learn to Skate Program / Club.

Eligibility will be based on Skill level as of October 14, 2017. All SNOWPLOW SAM and LEARN TO SKATE skaters through LTS 6, must skate at highest level passed, and **NO** official U.S. Figure Skating tests may have been passed including Moves in the Field, or individual dances.

For the PRE-FREESKATE thru FREESKATE 6, eligibility will be based only upon highest Learn to Skate Free Skate test level passed (Moves in the Field test will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the competition.

The Special Olympics portion of this competition will be conducted in accordance with the Official U.S. Figure Skating Rule Book, the Special Olympics Winter Sports Rules, and the rules given in the announcement. The Special Olympian Competition is open to skaters 8 years or older who are receiving group or private instruction. Skaters must be registered as Special Olympians through the Special Olympics office.

ENTRIES: FIRST Free Skate, Showcase, Special Olympian Program with Music: Learn to Skate 1-6, Pre-Freeskate thru Freeskate 6,: \$75
Beginner, High Beginner, No Test, Test Track, Pre-preliminary, Preliminary,: \$85
Elements, Compulsory, Jumps, Spins (WITHOUT a FIRST Free Skate, Showcase, Special Olympian Event): \$70

Elements, Compulsory, Jumps, Spins (WITH a FIRST Free Skate, Showcase, Special Olympian Event): \$30

Team Events: \$80 and \$5 per skater

Only online entries with secure credit card payment through Entryeze will be taken. See event site at www.DallasFSC.org for more information. Note that electronic entries must be paid with a successful credit card transaction to be considered valid and **must be completed by midnight, October 14, 2017**. Late entries will be accepted at the discretion of the competition committee, and only if accompanied by a \$35 late fee.

REFUND POLICY: Entry fees will not be refunded after October 14, 2017 (close of entries), 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 \$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 online at the event site found at www.DallasFSC.org.

There will be a \$25 change fee for each change of event or level after the entry deadline date. Full refunds, **minus the online processing fee**, are available if withdrawal is prior to the entry deadline.

FACILITIES: The Dr Pepper Starcenter Ice Arena is located in Plano, Texas, at 4020 West Plano Parkway, Plano, TX 75093. The competition will be held on the World Arena located on the right side as you enter the building, and is 85' x 100' with rounded corners.

MUSIC UPLOAD/SUBMISSION

Online music submission is the **ONLY** acceptable method to submit program music. The uploaded program **MUST** conform to the following specifications:

- Only one piece of competition program music (e.g. Short Program, Free Skate, etc.) per file is allowed.
- The uploaded file must be an **MP3** File. Simply changing the file extension to "mp3" from another file format is not acceptable.
- **Bit Rate of 192 kbps** or higher is requested.
- The file should not contain any ID3 metadata (tags). Especially **NO** embedded images such as album cover art, picture of the skater, etc.
- Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be **NO leaders or trailers** at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

See EntryEeze announcements on the main page for music submission deadline date and time.

After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "competition" tab and then selecting "my music".

BACKUP MUSIC AT EVENTS (CDs)

Competitors must submit their music online. In addition, all competitors MUST have at least one (1) backup CD rink side at practice sessions, where program music will be played, and during the actual competition event. CDs must meet the following requirements:

- Clearly marked with a permanent marker with the skater's first and last name, event, and music length.
- Only one (1) music track. Any disk with more than one track is NOT acceptable.
- Lead in time on CDs may not exceed two (2) seconds.
- Music may NOT be submitted on re-recordable CDRW disks.

The LOC is not responsible for damage to or loss of CDs. CDs not picked up by the end of the competition are not the responsibility of the LOC and will be destroyed.

PENALTY FOR INCORRECT MUSIC OR FAILURE TO UPLOAD MUSIC

The LOC may assess each competitor an additional charge of \$35 per event if the competitor 1) fails to submit their music prior to the close of online music submission, 2) submits files that do not correspond to the specifications above, or 3) submits either the incorrect music or needs to make changes to their music after the close of online music submission. Competitors may NOT receive their credentials at registration until they pay the \$35 per event charge and turn in their music on CD, conforming to the requirements above.

LIABILITY: U.S. Figure Skating, Dallas Figure Skating Club, and Dr Pepper Starcenter 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: All events will be judged using the 6.0 Majority Judging System.

REGISTRATION: Competition events will be held Sunday, November 5, 2017. Practice ice is scheduled to start at least one hour prior to the start of the events. The registration desk is located at ice level at the skate rental counter, and will open 30 minutes prior to the first practice ice session. Please register promptly upon arrival and remember to bring you official music CD(s).

PRACTICE ICE: Practice ice may be chosen online for \$15.00 for each 20 (twenty) minute session. **Pre-paid practice ice is non-refundable and may not be sold to other skaters.** Practice ice can only be purchased through EntryEeze until the desk opens at the event. Once the desk opens at the event, all remaining practice ice sessions will be sold only in person at the practice ice desk for \$20 for each 20-minute session.

Competitor's music will not be played during practice ice sessions.

SUMMARY

- \$15 Prepaid 20-minute practice session
- \$20 20-minute practice session at the competition

PHOTOGRAPHY/VIDEOTAPING: Awards and action photos by MKT Photography Company. Professional videotaping will not be available for purchase. You are welcome to videotape **your skater only**. Note that personal cameras will be permitted in the bleachers only and may not be plugged into arena outlets. Videotaping for personal profit is not allowed.

AWARDS: All divisions will be divided by age into groups no larger than six skaters. Medals will be presented for first through six place finishes. All events will be final rounds. If there are 8 entries or more, and time warrants, we will host a Final Round in Limited Pre-Preliminary, Pre-Preliminary, and Preliminary. Trophies will be awarded.

OFFICIAL NOTICES: An official bulletin board will be maintained at The Dr Pepper Starcenter Ice Arena. 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:

Chief Referee
Mary Pottenger
PairOfPairs@aol.com

Competition Chair
Rose Varner / Holly Abshire
972-849-5879
dallascompetitionchair@gmail.com

Event Registrar and Practice Ice
Megan Toohey
dallascompetitionchair@gmail.com

Volunteer Chair
Holly Abshire
dfscvolunteer@yahoo.com

Program
Richard Glenn
richardg@plano.gov

SOUVENIRS: Official 2017 Bunny Hop Open will be available at the competition.

PROGRAM ADVERTISEMENTS: Treat your favorite skater or coach to a special recognition by putting an advertisement in the program. Complete the Program Advertisement found on the event site located at www.dallasfsc.org. Payment is to be made through EntryEeze.

HOTEL ACCOMMODATIONS:

Hampton Inn and Suites-Plano

4901 Old Shepard Place, Plano TX 75093 Phone: (972) 519-1000

Room Rate: \$105 plus tax. Use Group Block Code: **BUNNY HOP 2017**. Cut-off date for this rate is **10/13/2017**. Reserve by either calling or using the below booking link.

http://hamptoninn.hilton.com/en/hp/groups/personalized/D/DALPLHX-HOP-20171103/index.jhtml?WT.mc_id=POG

Complimentary breakfast includes items such as eggs, sausage, bacon, waffles, fresh fruit, hot and cold cereals, muffins, bagels, yogurt, coffee, tea, juice, milk. Complimentary Wi-Fi, 24 hour fitness facility. Outdoor pool, refrigerator and microwave in each room. Shuttle Service M-F 8-5pm (5 mile radius).

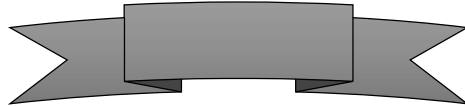
Directions from Hotel to rink – The rink is 2 miles from the hotel. Turn right on Old Shepard. Take a left at the light at Preston Rd. Take a left on Plano Pkwy. Go about 1.5 miles. The rink will be on your right.

Directions to the Hotel from DFW Airport – the north end exit of the airport. After passing through the north airport toll gate, take the I-635 East exit. From I-635, take the northbound President George Bush Turnpike (toll road). From President George Bush turnpike (190), exit Preston Road and turn left on Preston Road (north). Turn right on Plano Pkwy for the rink, or Old Shepard Place for the hotel.

TRANSPORTATION

There are a couple of options for flying into the Dallas area. The most convenient is DFW Airport which is about 35 miles to the Allen Community Ice Rink. Another nearby airport is Love Field in Dallas which is about 30 miles to the rink.

**Be the FIRST skater to enter the competition OR
be the COACH WITH THE MOST SKATERS
ENTERED to receive a *Thank you* gift from the
Dallas FSC.**



The Bunny Hop Open Acknowledgment Opportunity

(All proceeds will be deposited into the "Haman Helping Hands" fund)

MAKE A DONATION "IN HONOR OF" or "IN MEMORY OF" or "THANK YOU"

Thanksgiving is coming up. Make a donation and tell us what you are **"Thankful for"**.

THIS WILL BE ANNOUNCED WHEN YOUR SKATER PERFORMS
AND
PUBLISHED IN THE BUNNY HOP OPEN COMPETITORS PROGRAM

Use Entryeeze to complete form and submit payment.

You will receive a tax receipt for a donation to a 501 (c) 3 non-profit organization sent to your e-mail.



**The winner of our Bunny Hop Open logo contest was
12-year-old Intermediate skater, Amber M. Barth**

Thank you Amber for the great logo!



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





Compete USA Competitions

EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

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	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left



Compete USA Competitions

EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

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.

- 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	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left



Compete USA Competitions

EVENT: Pre-Free Skate – Free Skate 6 Compulsory

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 max

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Backward outside three-turns, right and left • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Backward inside three-turns, right and left • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, clockwise and counterclockwise • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, right and left • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump

EVENT: Pre-Free Skate – Free Skate 6 Program

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

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:40 max	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop jump • Half flip jump
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:40 max	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half Loop jump • Flip jump
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump



Compete USA Competitions

EVENT: Introductory Levels Compulsory

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

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

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none">• Waltz jump• ½ jump of choice• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)• Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none">• Toe loop jump• Salchow jump• Forward scratch spin - minimum three revolutions• Forward or backward spiral



Compete USA Competitions

EVENT: COMPULSORY MOVES

General event parameters:

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

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none">• Loop jump• Jump combination to include a toe loop (may not use a loop or Axel)• Solo spin - sit <u>or</u> camel spin - minimum three revolutions• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none">• Toe Loop jump• Jump combination: single/single (no Axel)• Sit spin or camel spin - minimum three revolutions• Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ul style="list-style-type: none">• Lutz jump• Jump combination: single/single (may include Axel)• Back upright spin - minimum three revolutions• Forward inside spiral



Compete USA Competitions

EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice.
- 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.

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



Compete USA Competitions

EVENT: 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 nonqualifying competition.
- Skaters will skate to the music of their choice.
- 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.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • No single Axels, double jumps or triple jumps • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted • Jump sequences limited to a maximum of 3 single jumps <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p>Step sequence*</p> <p>Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>
Pre-Preliminary	1:40 Maximum Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed • No double, triple or quadruple jumps allowed • Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels) • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max. 2 jump combinations or sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted. • Jump sequences limited to a maximum of 3 single jumps • ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	1:40 Maximum Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel or Waltz-jump type jump • All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop) • Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed • An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but</p>

		<ul style="list-style-type: none"> • Maximum 2 jump combinations or sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted. • Jump sequences limited to a maximum of 3 single or double jumps • ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	different character (For definition see Rule 4103 (E))	<p>will not count as elements</p> <p>Jumps may be included in the step sequence</p>
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Compete USA Competitions

EVENT: 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 nonqualifying 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 1:40 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	Maximum of 2 spins: <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test.
Preliminary 1:40 max..	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels) • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	Maximum of 2 spins: <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test.

EVENT: Singles Compulsory Moves

INTRODUCTORY LEVELS COMPULSORY EVENTS

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

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

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

STANDATRD, TEST TRACK, AND ADULT LEVEL COMPULSORY EVENTS

General event parameters:

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

- Elements skated on ½ ice.
- Music is not allowed.

Level	Time	Skating rules/standards
Pre – Preliminary (& Limited Pre-Pre)	1:15 max	<ul style="list-style-type: none"> • Single Toe Loop • Jump combination: single/single (no Axel) • Sit spin or camel spin - minimum three revolutions • Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max	<ul style="list-style-type: none"> • Single Lutz • Jump combination: single/single (may include Axel) • Back upright spin - minimum three revolutions • Forward inside spiral
Adult Pre-Bronze	1:15 max	<ul style="list-style-type: none"> • Backward crossovers (Min. 5 consecutive) • Waltz jump • Forward upright spin (Min. 3 revolutions) • Forward outside spiral
Adult Bronze	1:15 max	<ul style="list-style-type: none"> • Single Salchow • Waltz jump – toe loop combination jump • Sit spin (Min. 3 revolutions) • Spiral sequence (Min. 2 spirals)



EVENT: Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted. **If performed, the second attempt will be the one judged.**
- To be skated on ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – Waltz jump-toe loop
No Test	1:15 max.	1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)



EVENT: Singles Spins Challenge

INTRODUCTORY, STANDARD, and Adult LEVEL SPIN EVENTS

General event parameters:

- Spins may be skated in any order and not repeated.
- Connecting steps are allowed, but will not be taken into consideration in scoring.
- Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice with no music.
- Minimum number of revolutions are noted in parentheses.
- Genders may be combined.

Level	Time	Skating rules / standards
Beginner	1:30 max	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
High Beginner	1:30 max	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
No-Test	1:30 max	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
Pre – Preliminary (& Limited Pre-Pre)	1:30 max	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright back scratch spin (3) • Sit spin (3)
Preliminary	1:30 max	<ul style="list-style-type: none"> • Forward scratch to back scratch spin (3) • Combination spin with no change of foot (4) • Sit spin (3)
Adult Pre-Bronze	1:15 max	<ul style="list-style-type: none"> • One-foot upright spin (3) • Two-foot upright spin (3)
Adult Bronze	1:15 max	<ul style="list-style-type: none"> • One-foot upright spin (4) • One-foot back spin (3) • Sit spin (3)



SHOWCASE EVENTS

DRAMATIC ENTERTAINMENT EVENT

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.

LIGHT ENTERTAINMENT EVENT

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

DUET EVENT

Duets are theatrical or artistic performances by any competitors. Props and scenery are permitted. Duets must complete at the highest test level of the two skaters.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher. See below table for level descriptions.
2. The determination of level will be based upon test requirement at the entry deadline
3. Dramatic and Light Entertainment may be combined. Adult events may be combined. Genders may be combined.
4. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

***Note:** these levels do not qualify for National Showcase.

Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
*Beginner *High Beginner *No Test	May not have passed any official U.S. Figure Skating free skate tests.	Pre-Preliminary Free Skate	No age restriction	1:30 max
*Pre-Preliminary	Pre-Preliminary Free Skate	Preliminary Free Skate	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age (max age 20)	1:40 max
*Adult Pre-Bronze	Adult Pre-Bronze Free Skate or Pairs Events or have passed one Pre-Bronze Dance Test	Any Bronze Dance Test	21 and older	1:30 max
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



EVENT: Team Events

General event parameters:

- Divide into levels based on Basic Skills/Free Skate levels.
- Level will be determined by the highest Basic Skills/Free Skate Test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- A minimum of three skaters on a team, each skater will do at least one required element.
- Judging done with one mark for each element (skater) for total team points.
- **Be creative with your team name and have some fun!**

Team Compulsories

Level	Skating rules / standards
Basic Skills Team (Basic 1-8)	<ol style="list-style-type: none"> 1. Bunny Hop 2. Forward One-foot glide (R&L) blue line to blue line (center of ice) 3. Waltz Jump 4. Two Foot Spin 5. Forward Straight Line Spiral (R&L) covering ½ ice 6. Snowplow Stop
Beginner Team (Including Freeskate 1-6)	<ol style="list-style-type: none"> 1. Forward Spirals (R&L) on a circle (either forward inside or forward outside – skater's choice) 2. A Waltz Jump/Toe Loop combination jump 3. A Salchow immediately preceded by connecting steps or other free skating moves 4. Sit Spin 5. Upright Scratch Spin 6. Step sequence covering ½ the ice
No-Test/Pre-Preliminary Team	<ol style="list-style-type: none"> 1. Spiral sequence – must include a forward and backward spiral 2. Sit Spin – Minimum three revolutions 3. Camel Spin – Minimum three revolutions 4. Single Toe Loop 5. Jump combination: single/single)(no axel)
Preliminary	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include axel) 3. Back upright spin 4. Forward inside spiral 5. Step sequence - circular

Team Jumps

Level	Skating rules / standards
Basic Skills (Basic 1-8)	<ol style="list-style-type: none"> 1. Side toe hop jump 2. Bunny hop 3. Ballet jump 4. Mazurka 5. Waltz jump
No-Test, Pre-Preliminary, Freeskate 1-6	<ol style="list-style-type: none"> 1. Salchow 2. Toe Loop 3. Waltz Jump Toe Loop combination 4. Loop 5. Single/Single jump combination – Axel is permitted
Preliminary	<ol style="list-style-type: none"> 1. Flip 2. Lutz 3. Axel 4. Double Salchow 5. Jump Combination – can consist of any single or double jump

Team Spins

Level	Skating rules / standards
Basic Skills (Basic 1-8)	<ol style="list-style-type: none"> 1. Two foot spin 2. Forward inside pivot 3. Two foot to one foot spin 4. Basic 5 Beginning one foot spin 5. Basic 8 one foot spin
No-Test, Pre-Preliminary, Freeskate 1-6	<ol style="list-style-type: none"> 1. Forward scratch spin 2. Backward scratch spin 3. Sit spin 4. Camel spin 5. Combination spin with one change of position and no change of foot
Preliminary	<ol style="list-style-type: none"> 1. Back scratch spin 2. Forward to backward scratch spin 3. Camel Spin 4. Sit spin with one change of foot 5. Combination spin with two changes of position and one change of foot

***Note** – Team Events are not considered part of the standard competition series but past demand has warranted us to continue to offer them.

EVENT: Beginner Synchronized Skating

The emphasis of the Beginner competition is on mastering the "basic skills" of synchronized skating. Restrictions in Beg. Please reference <http://www.usfsa.org/Programs.asp?id=338> for more information.

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 directions are allowed).

Restrictions for all levels

- All of the synchronized skating "illegal elements" found in Rule #7160 of the U.S. Figure Skating Rulebook

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
BEGINNER 1 8-16 skaters, majority under 9 years old 1.5 - 2 minutes +/- 10 seconds	One circle, which must contain a two foot turn (stroking from backward to forward is permitted). Must contain a forward inside and/or forward outside edge glide.	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 8-16 skaters, majority 9 – 11 years old 1.5 - 2 minutes +/- 10 seconds	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, FI	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 team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
BEGINNER 3 8-16 skaters, majority at least 12 years old 2 – 2.5 minutes +/- 10 seconds	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 team's choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

SPECIAL OLYMPIAN COMPETITION EVENTS

SPECIAL OLYMPIAN FREESKATE

LEVEL	REQUIREMENTS	TIME
Level 1	Program as per Special Olympic level one requirements.	1 min
Level 2	Program as per Special Olympic level two requirements.	1½ min
Level 3	Program as per Special Olympic level three requirements.	2 min
Level 4	Program as per Special Olympic level four requirements.	2 min
Level 5	Program as per Special Olympic level five requirements.	2½ min
Level 6	Program as per Special Olympic level six requirements.	2½ min

SPECIAL OLYMPIAN COMPULSORY MOVES

Compulsory events will be conducted in accordance to the rules specified in the Special Olympics Winter Sports Rules.

LEVEL	REQUIRED ELEMENTS
Level 1	1) Forward swizzles for a distance of 10 meters; 2) Backward swizzles for a distance of 10 meters. 3) One-foot snowplow stop.
Level 2	1) Forward stroking; 2) Forward to backward turn; 3) Backward stroking; 4) Backward to forward turn; 5) Forward stroking; 6) T-Stop; 7) Forward crossovers around the hockey circles in figure eight pattern clockwise and counter
Level 3	1) Forward outside edges and forward inside edges; 2) Forward outside three-turn on the right foot and forward outside three-turn on the left foot; 3) right forward inside edge to left backward inside edge open Mohawk and left forward inside edge to right backward inside open Mohawk.
Level 4	1) Back outside edges and Backward inside edges; 2) Forward crossovers, inside Mohawk, backward crossover, step forward on inside edge to the inside of the circle, repeated two times, performed left and right; 3) Waltz three step
Level 5	1) LBO 3-LF1 Mohawk (repeat); 2) RBO 3-RF1 Mohawk (repeat); 3) RFOI change edge - LFI 3; 4) RFIO change edge - LFO 3; 5) LFOI change edge - RFI 3; 6) LFIO change edge - RFO 3
Level 6	1) Forward cross-strokes (entire length of rink) and backward cross-strokes entire length of rink; 2) Brackets RFO-LBI bracket, stop, LFO-RBI brackets RFI-LBO bracket, stop, LRI-RBO bracket.

SPECIAL OLYMPIAN ARTISTIC

All Artistic events are performed with music (vocal music allowed) on full ice surface. Costumes may be of any type as long as they fit the music and are not a safety hazard. Props, if used, must be hand held at all times. Judging will be based on entertainment value as well as on originality, creativity, musical interpretation and artistic expression. No props allowed during warm-up.

LEVEL	REQUIREMENTS	TIME
Level 1	Program as per Special Olympic level one requirements.	1 min
Level 2	Program as per Special Olympic level two requirements.	1 min
Level 3	Program as per Special Olympic level three requirements.	1 min
Level 4	Program as per Special Olympic level four requirements.	1½ min
Level 5	Program as per Special Olympic level five requirements.	1½ min
Level 6	Program as per Special Olympic level six requirements.	1½ min

SPECIAL OLYMPIAN PAIR FREE SKATING

All pair skate events are performed on full ice surface. Vocal music is not allowed. Teams shall consist of two Special Olympic Athletes, 1 male and 1 female, 2 males or 2 females.

LEVEL	REQUIREMENTS	TIME
Level 1	Program as per Special Olympic level one requirements.	1 min
Level 2	Program as per Special Olympic level two requirements.	2 min

SPECIAL OLYMPIAN ICE DANCING – SOLO COMPULSORY DANCE

All solo ice dances events are performed on full ice surface. Ice dances will be skated solo.

LEVEL	REQUIREMENTS
Level 1	Canasta Tango - 2 patterns or one time around the ice surface.
Level 2	Cha Cha - 2 patterns or one time around the ice surface.
Level 3	Hickory Hoedown - 2 patterns or one time around the ice surface.
Level 4	Fourteen Step - 2 patterns or one time around the ice surface.



EVENT: SPECIAL OLYMPICS BADGE PROGRAM

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

Badge 1

- A. Stand unassisted for five seconds
- B. Sit on ice or fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

Badge 2

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of body

Badge 3

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: left and right

Badge 4

- A. Backward two-foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: left and right
- D. Forward one foot glide covering at least length of body: left and right

Badge 5

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two-foot curves left and right across rink
- D. Two-foot turn front to back, on the spot

Badge 6

- A. Gliding forward to backward two-foot turn
- B. Five consecutive forward one-foot swizzles on circle: left and right
- C. Backward one foot glide length of body: left and right
- D. Forward pivot

Badge 7

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop left or right
- D. Forward two foot turn on a circle: left and right

Badge 8

- A. Five consecutive forward crossovers: left and right
- B. Forward outside edge: left and right
- C. Five consecutive backward $\frac{1}{2}$ swizzles on a circle: left and right
- D. Two-foot spin

Badge 9

- A. Forward outside 3 turn: left and right
- B. Forward inside edge: left and right
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

Badge 10

- A. Forward inside three-turn: left and right
- B. Five consecutive backward crossovers: left and right
- C. Hockey stop
- D. Forward spiral three times length of body

Badge 11

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: left and right
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

Badge 12

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12

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2.25 x 1.75"
Small

3.375 x 2.625"
Large
Wide

3.375 x 2.625"
Large
Tall