

The 2017 Cary Learn to Skate USA and Azalea Classic



Saturday June 3, 2017

The Cary Ice House
1410 Buck Jones Road

Sanctioned by:



GENERAL INFORMATION

The 2017 Cary Learn to Skate USA and Azalea Classic Non-qualifying Competitions will be held at the Polar Ice House Cary, 1410 Buck Jones Road, Raleigh, NC 27606. The competition will be held on Saturday June 3, 2017. The Facility has one (1) rink (183'x 80') with rounded corners both with seating and locker rooms (5 total). Dressing Rooms will be assigned in accordance with U.S. Figure Skating Safe Sport guidelines and adherence to these policies will be monitored during the event. This event is sanctioned by U.S. Figure Skating and conducted in association with Learn to Skate USA and U.S. Figure Skating rules governing non-qualifying competitions as set forth in the 2016/2017 edition of the Rulebook.

LIABILITY:

Rule 1600: U.S. Figure Skating, Triangle Figure Skating Club of NC, the event local organizing committee and the Polar Ice House accept no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition and its officers; and their entries shall be accepted on such condition.

ELIGIBILITY FOR PARTICIPANTS

The competition is open to all eligible skaters who are current members in good standing with U.S. Figure Skating in their home club or Learn to Skate USA program or an individual member in accordance with the current rulebook. Non-U.S. Citizens' eligibility will be determined using policies in the U.S. Figure Skating rulebook. In Learn to Skate USA events there will be no more than six competitors maximum in an event and all six will receive an award. Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1-6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances. For the Pre-free skate, Free skate 1-6, Test Track and Well-Balanced levels, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). **Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition.** Skaters may not compete at more than one level in the same type event at the same competition. The Local Organizing Committee, event chairman and referee reserve the right to move a skater into a proper division if they discover that a skater has been placed in a category that is below his/her class level, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. Coaches and/or skating directors will be prompted through the Entryeeze system to confirm the appropriate entry level of each skater.

Age Restrictions/Requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age on September 1, 2017. 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/High Beginner and No Test events will be divided as closely as possible by age should a number of entries warrant more than one group.

JUDGING

The selection of all officials will comply with the rules for competitions as set out in the U.S. Figure Skating rulebook and in the Learn to Skate USA Competition Manual. Non U.S. Figure Skating judges may be used to judge some of the Basic Skills events. The 6.0 judging format will be used for all Basic Skills thru Preliminary and Test Track events. We will offer an IJS Program Components [exhibition/critique](#) format for Juvenile through Senior events — [we will not have a Technical Specialist for this competition but will have Regional level IJS Judges](#). A complimentary Critique can be reserved for all IJS Skaters as the judging schedule permits and is to be attended only by the skater and his/her coach. [Exhibition](#) will also be offered for Adult Masters & Championships Events.

AWARDS

Medals will be awarded for First, Second, Third and Fourth place winners in each group in each event. All Learn to Skate USA participants will receive an award. All events are considered completed after the initial round and no final rounds will be held.

SCHEDULE OF EVENTS & OFFICIAL NOTICES:

Information will be posted on our Entryeeze Event Website: <http://comp.entryeeze.com/Home.aspx?cid=184>

A tentative schedule will be posted on the competition website as soon as it is available and no less than 6-7 days prior to the competition. As soon as all schedules are finalized you will receive an email with the start date and time to access your account on-line to see your individual schedule. You will need your U.S. Figure Skating number and your PIN number. ALL event start orders will be posted in a prominent area and updates will be provided by the Accounting suite and Registration desk. Full schedule of events and awards ceremonies will be posted at the Official Registration desk. It is the responsibility of each competitor, parent and coach to check the posted schedules regularly for any schedule changes or additional information. It is recommended that skaters arrive at least 45 minutes prior to the scheduled time of their event warm-up.

ENTRIES

1. Skaters must be registered members with U.S. Figure Skating 30 days prior to the competition application deadline and meet eligibility criteria noted above.
2. **DEADLINE:** Online Registrations will close **Sunday May 7, 11:59 PM.**
3. **REGISTRATION:** Entryeeze Registration site: <http://comp.entryeeze.com/Home.aspx?cid=184>. This is the only acceptable method of registering for the competition.
4. **LATE ENTRIES:** will be accepted at the discretion of the competition chair space permitting and will incur an additional fee of \$40. If the late fee does not accompany the entry, it will not be processed.
5. **CHANGES:** Please note **NO Changes** will be allowed. Online registration will help to guarantee all entry information is correct. Coaches will be asked to approve skater entry level(s) and event(s) via Entryeeze system.
6. **REFUNDS:** *No refunds will be granted for any reason (including medical) except for events eliminated by the LOC.* Contested credit card charges or checks returned for insufficient funds will be issued a \$40 fee. Payment of any pending fees will be required before the skater is allowed to compete or attend practice ice.
7. **CONVENIENCE FEES:** There is a convenience fee associated with the online entry process. Online processing fees are not refundable.
8. **MUSIC UPLOAD:** We will be using the Entryeeze Music Upload system for this competition. All Competitors entering events with music are **REQUIRED** to upload their music in the specified format (See Music section) by the deadline **Sunday May 14, 2017 11:59 PM.** Upload link — need skater's USFS# and PIN: <http://comp.entryeeze.com/Home.aspx?cid=184>. SEE MUSIC SECTION OF ANNOUNCEMENT.
9. **FIRST EVENT:** If your Spins, Jumps, Basic Skills Elements or Compulsory (other than Moves Critique) is your only event, it will be considered a FIRST EVENT. See Event Fee Schedule for other First Event policies.

EVENT & PRACTICE ICE	Event Category	Fee	Video
First Event	Basic 1-6, PreFree Skate-Free Skate 6	\$85.00	included
First Event	6.0 No Test/Beginner thru Preliminary, Adult Basic-Bronze	\$90.00	included
First Event	IJS Exhibition PreJuv-Senior	\$70.00	Additional purchase
First Event	Moves in the Field Compulsory Critique	\$45.00	No video
First or Additional	Showcase Events	\$65.00	included
Synchro	Team Exhibition	\$100.00	Additional purchase
Additional	Compulsory or Elements Events, all levels	\$45.00	No video
	Late Fee/Contested Credit card charge/Returned check or Insufficient Funds fee	\$40.00	
Practice Ice —20 mins	Purchased at time of entry,	\$18.00	
Practice Ice — 20 mins	Purchased after schedule is issued or at the door	\$20.00	
Warm Up Ice—10 mins	May be available after schedule published at LOC discretion	\$12.00	

MUSIC

ALL competition music must be submitted electronically via the on-line registration system (<http://comp.entryeeze.com/Home.aspx?cid=184>) by the music submission deadline of Sunday May 14, 2017 at 11:59 p.m. For the Cary & Azalea Classic, online music submission is the **ONLY** acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your MP3-formatted music for each event that requires music. Go to the "Competition" tab and select "My Music." Check the track you intend to upload prior to submitting it to assure that it correctly matches the intended event.

Coaches may be of assistance with the music upload process. If you have difficulties with the system, please contact your coach first. Reminders will be sent during the competition organizational process to those who have not uploaded music. Skaters who do not have their music uploaded by appropriate deadlines may be at risk of having no music played during their event which may affect their competition placement.

The uploaded music MUST conform to the following specifications:

Programs per file:	One [1] - Only one piece of competition program music per file is allowed.
MP3 File Format:	mp3 - The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III). Modify or re-save your recording in this format prior to upload.
Bit Rate:	192 kbps is requested (bit rates between 128 and 320 kbps will be accepted).
Maximum file size:	10 MB
ID3 Metadata [tags]:	Please make sure there are no associated embedded images such as album cover art, etc.
Leader/Trailer:	Please do not have any extra silent time before the beginning or after the end of the track.

BACK UP MUSIC ON CD: In addition to submitting the music online, all competitors/teams must also have at least one [1] backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event segment or official practice. CDs must meet the following requirements. (1) Standard Audio CD format (no CD-RWs) (2) Label disc with skater name, event, time duration of music (3) Only One music track per disc (4) No leader or trailer silent time. (5) All music must adhere to time specifications according to the U.S. Figure Skating rules governing the event.

PRACTICE ICE

Practice ice will be available through the Entryeeze Registration system (<http://comp.entryeeze.com/Home.aspx?cid=184>) and one practice session per event may be purchased at the time of registration.. All practice ice sessions will be 20 minutes in length. Sessions will be available before the start of events each day and at mid-day, ice time permitting.

As soon as the event schedule is finalized, registrants will receive an email with the start date and time for practice ice selection and will be able to choose sessions from the published practice ice schedule. The registrant's USFS number and PIN number will be required to access their account. Additional practice ice may be available for sale online after pre-registered sessions have been chosen. At the discretion of the LOC, 10 minute warm-up ice sessions may be offered after the schedule is published to permit interval warm-ups for skaters waiting a long time between practice ice and their events. These will be 10 minutes in length, no music will be played and fee will be \$12.00.

Practice Ice will be for sale in two tiers. **Tier 1)** \$18.00 per session: online pre-purchase of practice ice (one session per event) during registration. **Tier 2)** \$20.00 per session: online practice ice purchased after the schedule has been posted or at the registration desk during the competition as space permits. Skaters are reminded to be on time for practice ice and/or warm-up sessions. As customary, coaches are not allowed on the ice during practice or warm-up ice sessions and no programs will be played. *Practice & warm-up ice fees are non-refundable and non-transferrable.*

PHOTOGRAPHY and VIDEOGRAPHY

Photographic Miracles and Looking Glass Productions will be taking photos and videos for all free skate and showcase events, which will be available for purchase. Except for the official videographer, only battery-operated personal cameras will be allowed. Individual videotaping will be permitted in designated areas only and NO TRIPODS are allowed. There will be NO FLASH photography permitted in the ice arena.

DVDs produced by Looking Glass Productions will be available for pick-up at the Polar Ice House @ The Factory 2-3 weeks after the competition. You will need to purchase the shipping fee from the merchandise section of the [EntryEeze](http://EntryEeze.com) site if you prefer have your DVD shipped directly to you. DVDs will be of the entire group.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

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 — submit information for and successfully pass the annual 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 - 1) Must be registered as a Basic Skills instructor member. 2) If age 18 and older must have successfully passed the annual background screen.

MR 5.13 Coaches not in compliance with the stated membership, registration and education requirements will be considered “non-compliant” members of U.S. Figure Skating and PSA and will not be allowed to coach athletes, nor have contact, either directly or indirectly, at a venue for practice and/or at U.S. Figure Skating Events.

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 or practice sessions. **Coaching at U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.**

[CONTACT INFO — events.tfscnc@gmail.com](mailto:events.tfscnc@gmail.com)

LOC Chair: Beth Campbell, c (919) 906-2420

Chief Referee: Jo-Ann Eufrazio

Assistant Referee: Debbie Weidman

Accountants: Kimberley Moore, Michael Rowland

Event Address: Polar Ice House Cary, 1410 Buck Jones Road, Raleigh, NC 27606.

TABLE OF EVENTS

6.0 Judging System—Learn to Skate USA

Program Event - Snowplow Sam - Basic 8

Elements - Snowplow Sam - Basic 8

Program Event - Free Skate 1-6

Compulsory Event - Free Skate 1-6

Program to Music—Adult 1-6, Pre-Bronze & Bronze

Compulsory Event — Adult 1-6, Pre-Bronze & Bronze

Showcase Compete USA — Basic 1-6, Pre Free Skate— Free Skate 6, Beginner & High Beginner, No-Test to Preliminary, Adult Beginner through Adult Bronze.

Duet Showcase — Basic-Adults

Introductory Free Skate Levels - Beginner & High Beginner

6.0 Judging System —U.S. Figure Skating

Test Track Free Skate - Pre-Preliminary - Senior

Well Balanced Free Skate - Pre-Preliminary - Preliminary

Compulsory Moves - PrePreliminary –Senior

Jump Challenge - Pre-Preliminary - Senior

Spins Challenge — PrePreliminary-Senior

Paper Critique — U.S. Figure Skating Test Rules

Moves in the Field Critique — PrePreliminary through Senior

IJS Judging Critique — Program components only, no Technical Specialist Critique

Short Program - Intermediate—Senior

Well-Balanced Free Skate- Pre-Juvenile - Senior



EVENT: Basic Program Event: 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 to music.
- 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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



EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6

Each skater will perform one element at a time in the order listed below (no excessive connecting steps). To be skated on 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



EVENT: Pre-Free Skate – Free Skate 6 Program Event

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

- To be skated on full ice to music.
- 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 counter-clockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka (Right and Left) • 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



EVENT: Pre-Free Skate – Free Skate 6 Compulsory Event

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 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 (Right and Left) • 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: Adult 1-6 Free Skate, Adult Pre-Bronze and Adult Bronze Program Event

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

- Vocal music is allowed
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Elements
Adult 1	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counter-clockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left
Adult 4	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
Adult 5	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
Adult 6	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin
Adult Pre-Bronze	1:40 max	<p>Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test.</p> <p>Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p>
Adult Bronze	1:50 max	<p>Must have passed no higher than adult bronze free skate test or the preliminary free skate test.</p> <p>Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p>



EVENT: Adult 1-6 Free Skate, Adult Pre-Bronze and Adult Bronze Compulsory Event

General event parameters:

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

- 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.

Level	Time	Elements
Adult 1	1:30 +/- :10 sec	<ul style="list-style-type: none"> · Falling and Recovery · Forward Marching · Forward two-foot glide · Forward swizzle (4-6 in a row) · Forward snowplow stop – two feet or one foot
Adult 2	1:30 +/- :10 sec	<ul style="list-style-type: none"> · Forward skating across the width of the ice · Forward one-foot glides · Forward slalom · Backward skating · Backward swizzles, 4-6 in a row
Adult 3	1:30 +/- :10 sec	<ul style="list-style-type: none"> · Forward stroking using the blade properly · Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counter-clockwise · Backward skating to a long two-foot glide · Forward chasses on a circle, clockwise and counterclockwise · Backward snowplow stop, Right and Left
Adult 4	1:30 +/- :10 sec	<ul style="list-style-type: none"> · Forward outside edge on a circle, right and left · Forward inside edge on a circle, right and left · Forward crossovers, clockwise and counterclockwise · Backward one-foot glides, right and left · Hockey stop, both directions
Adult 5	1:30 +/- :10 sec	<ul style="list-style-type: none"> · Backward outside edge on a circle, right and left · Backward inside edge on a circle, right and left · Backward crossovers, clockwise and counterclockwise · Forward outside three-turn, right and left · Beginning two-foot spin
Adult 6	1:30 +/- :10 sec	<ul style="list-style-type: none"> · Forward stroking with crossover end patterns · Backward stroking with crossover end patterns · Forward inside three-turn, right and left · T-stop · Lunge · Two-foot spin into one-foot spin
Adult Pre-Bronze	1:40 max	<p>Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test.</p> <p>Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p>
Adult Bronze	1:50 max	<p>Must have passed no higher than adult bronze free skate test or the preliminary free skate test.</p> <p>Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p>



EVENT: Compete USA Showcase Events

Skaters must enter at the same level as their free skate event or highest test level of skater in the group ensemble. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Groups will be sub-divided into Adult and Child skating categories. Subdivisions by skating level will be established as entry volume permits.

General event parameters:

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

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

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



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Duet Events

Format:

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

General event parameters:

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

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

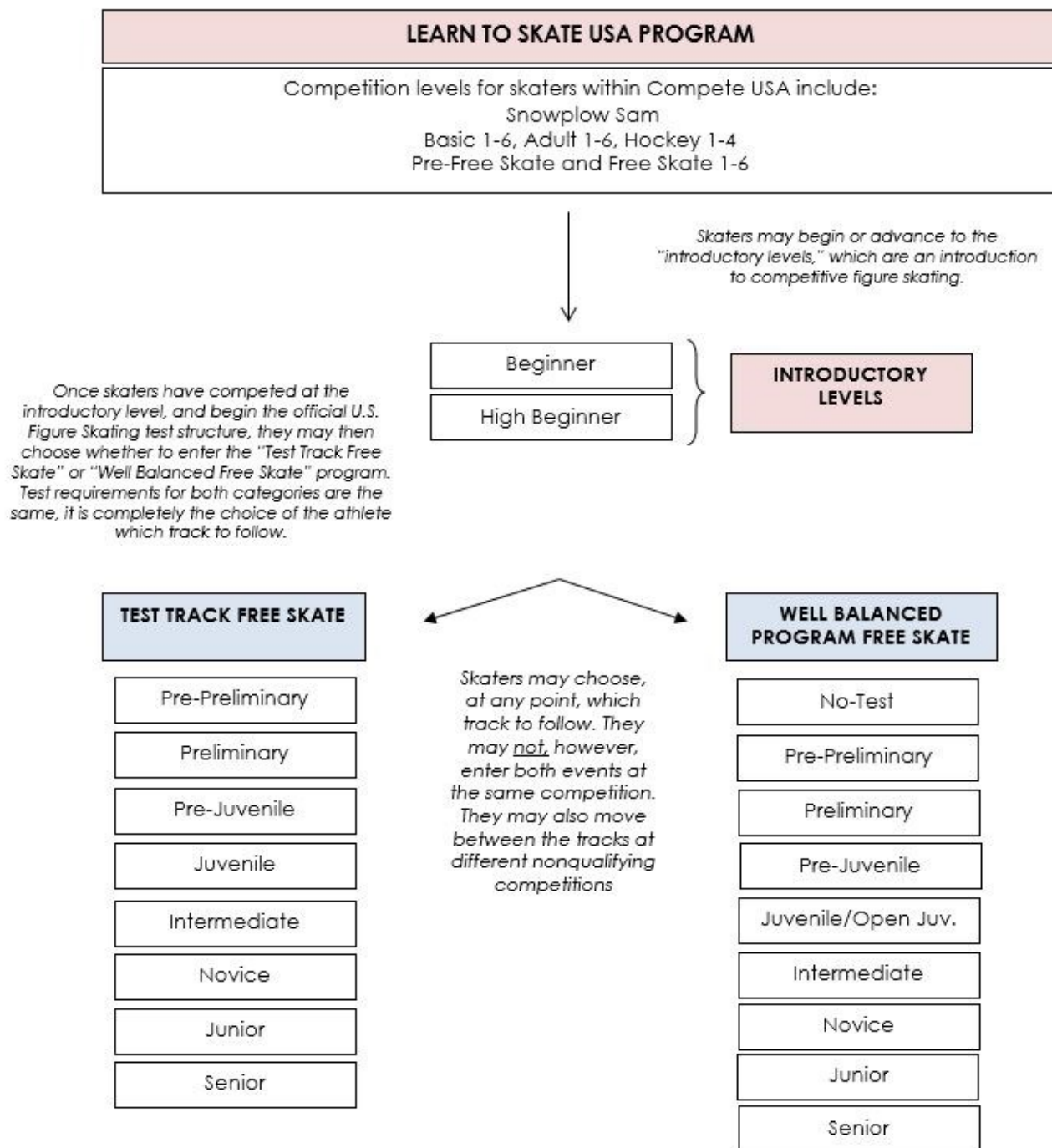
Duet Levels and Events:

	Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered standard track)	Age	Time
Duets (Duets must compete at the highest test level of the two skaters)	Beginner, High Beginner, No Test*	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary*	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max



ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

Singles athletes begin with the Learn to Skate USA program, then progress to the "introductory levels," and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.





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



EVENT: Test Track Free Skate — PrePreliminary-Senior levels

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate or Introductory Level event and a Test Track Free Skate event at the same non-qualifying 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	Steps	Qualifications
Pre-Preliminary 1:40 maximum	<i>Maximum of 5 jump elements:</i> <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. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. 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 pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 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: 2016-17 Test Track Free Skate – Pre-Preliminary through Senior levels

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Juvenile 2:00 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile 2:15 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • 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) • <i>Only solo spin may fly</i> 	One step sequence fully utilizing ice surface	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
Intermediate 2:40 +/- 10 sec.	<i>Maximum of 6 jump elements:</i> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow and double toe loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions), • 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). 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<i>Maximum of 7 jump elements for men and 6 for ladies:</i> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow, double toe loop and double loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 3 spins, of a different nature:</i> <ul style="list-style-type: none"> • 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) • The other spins are the option of the skater (min 6 revolutions per foot) • <i>All spins may fly</i> 	One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)	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

EVENT: 2016-17 Test Track Free Skate – Pre-Preliminary through Senior levels

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec.</p> <p>Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	<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.</p> <p>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"> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. Triple jumps are not permitted Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p><i>Men:</i></p> <p>Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface.</p> <p>(See rule 4105 for remarks)</p> <p><i>Ladies:</i></p> <p>One step sequence of advanced difficulty, covering the full ice surface and either one spiral sequence or choreographic sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

Well-Balanced Free Skate, No-Test—PreJuvenile

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
NO TEST 1:40 maximum *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> All single jumps allowed except for the single Axel <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. Jump sequences limited to a maximum of 3 single jumps 	Max 2 Spins <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence IF IJS is used, then: ChSt
PRE- PRELIMINARY 1:40 maximum *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. Jump sequences limited to a maximum of 3 single jumps 	Max 2 Spins <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence IF IJS is used, then: ChSt
PRELIMINARY 1:30 +/- 10 sec *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel or a waltz jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted Jump sequences limited to a maximum of 3 single or double jumps. 	Max 2 Spins <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence IF IJS is used, then: ChSt
PRE-JUVENILE 2:00 +/- 10 sec *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> No triple or quadruple jumps allowed An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 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 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> May start with a flying entry Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot May start with a flying entry Min 4 revs These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence IF IJS is used, then: ChSt



EVENT: COMPULSORY MOVES –PrePreliminary through Senior levels

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"> 1. Single Toe Loop 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence – straight line
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence – straight line
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line




EVENT: Moves in the Field Paper Critique —

PrePreliminary-Senior

General event parameters:

1. There will be no medals for this event. Skaters will receive a Test Judging form with a single judge critique on the two Moves in the Field elements performed during the event. Critiques are intended to aid a skater in further practice of moves in the field elements and should not be taken as an indication of whether or not a skater will pass on test day.
2. Levels are based **one level higher than** the skaters' highest Moves in the field test passed.
3. A moves in the field event will consist of the skater performing two moves in the field patterns. There will be no re-skates of erroneous elements.
4. For PrePreliminary-PreJuv: The patterns to be skated depend on which quarter of the year the competition is held. The skater will perform the two patterns listed for their level, based upon the date of the competition.
5. For Juvenile-Senior: Skaters/coaches may designate which two moves will be performed by the skater to be evaluated by the judges. Skaters will report these moves to the designated judge at the end of the warm-up period and prior to commencement of the event.
6. Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between.
7. Up to 6 skaters may be grouped together for this event and two skaters may be performing simultaneously for their respective judge. They will then wait until all other skaters have completed the first move before the second set is attempted.
8. Completed test critique forms will be available for event participants at the registration desk no sooner than 30 mins after the close of the event.

	St. Patrick's Day	Azalea Classic	Dogwood Open	
Level	January 1-March 31st	April 1st – June 30th 	July 1st – September 30th	October 1st – December 31st
Pre-Preliminary	1. Forward perimeter stroking (1/2 rink only) 2. Basic consecutive edges (Forward outside & forward inside only)	1. Forward perimeter stroking (1/2 rink only). 2. Waltz eight (2 patterns/foot)	1. Basic consecutive edges (Backward outside & backward inside only). 2. Forward left & right spirals	1. Waltz eight 2. Forward left & right spirals
Preliminary	1. Forward & backward crossovers 2. Forward power 3-turns	1. Forward & backward crossovers 2. Consecutive outside & inside spirals	1. Forward circle eight 2. Alternating forward 3-turns.	1. Forward circle eight 2. Forward power 3-turns.
Pre-Juvenile	1. Forward & backward perimeter stroking. 2. Forward outside and backward inside 3-turns.	1. Forward & backward power change of edge pulls. 2. Forward inside and backward outside 3-turns.	1. Five-step mohawk sequence. 2. Backward circle eight.	1. Forward outside-backward inside 3-turns. 2. Backward circle eight.
Juv-SR		May select two moves — see above instructions		



EVENT: Spins Challenge — 6.0 System

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



EVENT: Jumps Challenge—6.0 Judging System

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated $\frac{1}{2}$ 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"> 1. Waltz jump (from backward crossovers) 2. $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)

IJS Exhibition — Short Programs



2016-17 Singles Short Program Requirements — This chart has been updated with changes from the U.S. Figure Skating Governing Council and the ISU Congress that will go into effect July 1, 2016. The changes to intermediate in this chart take effect February 1, 2017.

	Single or Double Axel	Double or Triple Jump	Jump Combination	Spin	Spin Combination	Leveled Step Sequence
INTERMEDIATE LADIES/MEN 2:10 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination	Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel jump or solo jump performed	Only one position No change of foot May start with a fly Min. 5 revs.	With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Max Level 2. Only Simple Variety (7 turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface
NOVICE LADIES 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	Layback or Sideways Leaning Spin, Sit or Camel Spin No change of foot No flying entry Min. 6 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
NOVICE MEN 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Camel or Sit Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR LADIES 2:40 +/- 10 sec	Double Axel	Double or Triple Loop Immediately preceded by connecting steps or other free skating movements	Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Flying Camel Spin Flying pos. may be different than landing pos. Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR MEN 2:40 +/- 10 sec	Double or Triple Axel	Double or Triple Loop Immediately preceded by connecting steps or other free skating movements	Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Sit Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR LADIES 2:40 +/- 10 sec	Double or Triple Axel	Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	Double/Double, Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Layback, Sideways Leaning, Sit or Camel Spin without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR MEN 2:40 +/- 10 sec	Double or Triple Axel	Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	Double/Double, Double/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Singles Short Program 2016-17 Version 5.0 – 10/27/16 AB

IJS Exhibition — Long Programs

2016-17 Singles Free Skate Requirements — This chart has been updated with the changes from the U.S. Figure Skating Governing Council and the ISU Congress that will go into effect July 1, 2016. The changes to intermediate in this chart take effect on February 1, 2017.

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
JUVENILE and OPEN JUVENILE 2:15 +/- 10 sec *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps, including the double Axel, allowed No triple or quadruple jumps allowed 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 <ul style="list-style-type: none"> If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump can be included more than twice Max 2 jump combinations or sequences Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump Number of jumps in jump sequence is not limited 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* Min 8 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs 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))	Max 1 Sequence <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
INTERMEDIATE 2:40 +/- 10 sec *means element is required	Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps allowed 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 <ul style="list-style-type: none"> If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value No double or triple jump can be included more than twice Max 3 jump combinations or sequences Combinations are limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* Min 8 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs 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))	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Maximum of Level 2. Only Simple Variety (seven turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Must fully utilize the ice surface
NOVICE LADIES 3:00 +/- 10 sec *means element is required	Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed 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. If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value 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 Max 3 jump combinations or sequences Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 6 revs 3rd spin is option of skater 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)) 	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
NOVICE MEN 3:30 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed 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. If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value 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 Max 3 jump combinations or sequences Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 6 revs 3rd spin is option of skater 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)) 	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

IJS Exhibition — Long Programs



2016-17 Singles Free Skate Requirements — This chart has been updated with the changes from the U.S. Figure Skating Governing Council and the ISU Congress that will go into effect July 1, 2016.

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
JUNIOR LADIES 3:30 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* Min 6 revs 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))	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
JUNIOR MEN 4:00 +/- 10 sec *means element is required	Max 8 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* Min 6 revs 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))	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
SENIOR LADIES 4:00 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* Min 6 revs 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))	Max 2 Sequences <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface One choreographic sequence* <ul style="list-style-type: none"> Must be clearly visible
SENIOR MEN 4:30 +/- 10 sec *means element is required	Max 8 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* Min 6 revs 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))	Max 2 Sequences <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface One choreographic sequence* <ul style="list-style-type: none"> Must be clearly visible

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Singles Free Skate 2016-17 Version 2.0 — 6/21/16 AB

2016-17 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2016.

Adult Singles Programs

2016-17	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
CHAMPIONSHIP ADULT SILVER AND ADULT SILVER 2:10 maximum	Max 5 Jump Elements <ul style="list-style-type: none"> Max 2 combinations or sequences 1 combination/sequence may consist of three jumps, and the other may have only two jumps Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted, including single Axel. No double or triple jumps are permitted 	Max 2 Spins <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position 	Max 1 Sequence <p>To be chosen from:</p> <ul style="list-style-type: none"> Step sequence or Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p> <p>IF IJS is used, then: ChSt</p>
ADULT BRONZE 1:50 maximum	Max 4 Jump Elements <ul style="list-style-type: none"> Max 2 combinations or sequences; 1 combination/sequence may consist of three jumps, and the other may have only two jumps Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted 	Max 2 Spins <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted 	Max 1 Sequence <p>To be chosen from:</p> <ul style="list-style-type: none"> Step sequence or Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p> <p>IF IJS is used, then: ChSt</p>
ADULT PRE BRONZE 1:40 maximum	Max 4 Jump Elements <ul style="list-style-type: none"> Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are allowed No single Lutz, single Axel or double jumps are allowed 	Max 2 Spins <ul style="list-style-type: none"> Min 3 revs Spins with a flying entry are not permitted 	Max 1 Sequence <ul style="list-style-type: none"> Connecting steps throughout the program are required

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character, and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs.
• 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed.
• 0.2 in 1st mark for each jump and/or spin element exceeding max.

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 – over the maximum time will receive a deduction.



2016-17 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2016.

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCE
CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR 3:40 maximum * means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 3 combinations or sequences 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 	Max 3 Spins <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position 	Max 1 Step Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE 3:10 maximum * means element is required	Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 3 combinations or sequences 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps Each jump may be repeated only once, and only as part of combination or sequence All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop Only one double-double jump combination or sequence is permitted Double flip, double Lutz, double Axel and triple jumps are not permitted 	Max 3 Spins <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position 	Max 1 Step Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
CHAMPIONSHIP ADULT GOLD & ADULT GOLD 2:40 maximum	Max 5 Jump Elements <ul style="list-style-type: none"> Max 3 combinations or sequences 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps Each jump may be repeated only once, and only as part of combination or sequence All single jumps, including the single Axel, are permitted, as are the following double jumps: double toe loop, double Salchow. No double-double jump combinations or sequences are permitted Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	Max 3 Spins <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 4 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position 	Max 1 Step Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CoCoSp) and a combination with no change of foot (CoSp) are spins of a different character, and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs.
 • 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 – over the maximum time will receive a deduction.