
Central Carolina Skating Classic

Nineteenth Annual Competition

May 19-21, 2017

(Offering IJS, Competitive, Test Track and Solo Dance)

A participating competition in the
National Solo Dance Series



Sponsored by
Central Carolina Skating Club, Inc.

Sanctioned by
United States Figure Skating



The Central Carolina Skating Classic 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.

SERIES INFORMATION: This competition has been approved by U.S. Figure Skating as part of the 2017 U.S. Figure Skating Solo Dance Series Events. Each skater who registers with U.S. Figure Skating as a participant in the 2017 Series will receive a Solo Dance Series Participant Number upon successful payment and registration. This registration and number is required to enter the competition as a Series participant and accrue points. This method ensures that skaters are registered and will receive points for their respective placement.

ELIGIBILITY/TEST LEVEL:

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

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries.

Skaters entering beginner-pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

ENTRIES: Method of entries will be online via EntryEeze, which can be accessed through the Club's web site at www.centralcarolinasc.com. Entry deadline will be 11:59pm, Sunday, April 9, 2017. Entry fees will be paid online at the EntryEeze portal. Late entries may be accepted at the discretion of the Competition Committee and will require a late fee of \$30.

1st IJS event: \$130*
any additional IJS event: \$80

1st non IJS event: \$95*
Non-IJS event: \$45
Third/subsequent non-IJS events: \$30

1st Basic Skills event: \$55* additional
any additional Basic Skills event: \$25

Please review your choice of events closely. Any change of event due to your error will result in a \$25 fee per each event changed.

***Price includes one DVD of skater's program; additional DVDs will be available to purchase.**

REFUND POLICY: Entry fees will not be refunded after entry deadline 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 \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by email through EntryEeze.

FACILITIES: The competition will be held at Orange County SportsPlex, 101 Meadowlands Drive, Hillsborough, NC 27278, 919, 644-0339. The facility is off I-85 at Exit 165. After exiting, follow the signs to the Sports Center. The ice rink is 85' x 200' with rounded corners and hockey barrier. The facility has a snack bar and figure skating supplies will be available for sale. The facility does not allow any food or drink to be brought inside. Dressing rooms are available.

MUSIC: The official competition music must be uploaded in MP3 format via the EntryEeze portal by the music upload deadline provided in the EntryEeze portal. A duplicate CD should be readily available. Any music CD used for competition may be picked up at the registration table following each event. Every reasonable care will be taken, but the Central Carolina Skating Club cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

LIABILITY: U.S. Figure Skating, Central Carolina Skating Club, and Orange County SportsPlex accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM:

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

- Well Balanced Program Free Skate events, Juvenile-Senior (including open juvenile)
 - Short Program events, Intermediate-Senior
 - Pairs Free Skate events, Juvenile-Senior
 - Adult Gold and Adult Masters
- *Video review will be available for the technical panels.

All competitors skating in these events need to submit the planned program content form online. This form is found in the Member's Only section at www.usfigureskating.org. The deadline to submit the form is May 2, 2017.

The 6.0 Majority Judging System will be used for:

- Well Balanced Program Free Skate events, Pre-Preliminary – Pre-Juvenile
- Introductory Free Skate events (No-Test)
- Basic Skills events
- All Test Track events
- All specialty singles events (spins, jumps, compulsory moves, showcase, etc.)
- All solo dance events
- All partnered pattern and free dances

CRITIQUES: It is CCSC's intention to offer complimentary critiques at the 2017 CCSC Classic for IJS events Juvenile-Open Juvenile through Senior only. However, there may be circumstances that will not allow critiques to occur. If offered, critiques will be complimentary and open only to skaters and coaches.

ON-SITE REGISTRATION: Registration will begin on one-half hour prior to the first practice ice session of each day beginning on Friday, May 19, 2017 and end at the last event of each day. The registration table will be located in the lobby of the Orange County SportsPlex. Please register promptly upon arrival.

PRACTICE ICE: Practice Ice will be paid for on EntryEeze at the time of submitting your entry. You may link to EntryEeze at the Club's website: www.centralcarolinasc.com. EntryEeze will notify you when you may select your practice time(s) once the weekend schedule has been finalized. The final schedule will be posted at the Orange County SportsPlex and on www.centralcarolinasc.com as soon as possible after close of entries. Practice ice sessions will be 20 minutes in length, \$12 each. No refunds will be given for practice ice and sessions will not be transferable to another skater.

PHOTOGRAPHY/VIDEOGRAPHY: Looking Glass Productions will provide official videography services.

AWARDS: Medals will be awarded to the 1st, 2nd, 3rd and 4th place winners in each event. If the number of entrants requires multiple groups, medals will be awarded to each group. All events are considered completed after the initial round. No final rounds will be held.

The Maxine Hayes Freeland Memorial Award is presented to the Juvenile Girls Champion in honor of Mrs. Freeland and her contributions and support to young skaters. For more information about this award and past recipients, please visit the CCSC Club website at www.centralcarolinasc.com.

OFFICIAL NOTICES: An official bulletin board will be maintained at the Orange County SportsPlex rink area. 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 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, 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 Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor.

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 proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

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

CONTACT INFO: If you have questions, please contact the LOC (Local Organizing Committee Chair), Heather Amistadi, at heatheramistadi@gmail.com, and you will receive an email reply.

SECTION 2: EVENTS OFFERED

Well-Balanced Program Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, and also skate a second Free Skate event up to one level higher.
- All relevant and appropriate IJS rules will be used in events Juvenile through Senior and Adult Gold and Adult Masters. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org under "Technical Information," then "Singles/Pairs."

CATEGORY	REQUIREMENTS	TIME
Pre-Preliminary	See Rule 4270	1:40 max
Preliminary	See Rule 4260	1:40 max
Pre-Juvenile	See Rule 4250	2:00 +/- 10 sec
Juvenile/Open Juvenile Free Skate	See Rule 4240	2:15 +/- 10 sec
Intermediate Short	See Rule 4230	2:10 maximum
Intermediate Free Skate	See Rule 4230	2:40 +/-10 sec
Novice Short Rule 4220	See Rule 4220	2:30 maximum
Novice Free Skate	See Rule 4220	Ladies: 3:00 +/- 10 sec Men: 3:30 +/- 10 sec
Junior Short	See Rule 4210	2:40 +/-10 sec
Junior Free Skate	See Rule 4210	Ladies: 3:30 +/- 10 sec Men: 4:00 +/- 10 sec
Senior Short	See Rule 4200	2:40 +/-10 sec
Senior Free Skate	See Rule 4200	Ladies: 4:00 +/- 10 sec Men: 4:30 +/- 10 sec
Adult Pre-Bronze Free Skate	See Rule 4600	1:40 maximum

Adult Bronze Free Skate	See Rule 4590	1:50 maximum
Adult Silver Free Skate	See Rule 4580	2:10 maximum
Adult Gold Free Skate Rule 4570	See Rule 4570	2:40 maximum

Introductory Levels Free Skate Program – Beginner, High Beginner, and No Test Levels

General event parameters:

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

Level	Jumps	Spins	Steps	Qualifications
Beginner 1:40 Maximum	<i>Max. 5 jump elements:</i> <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 	<i>Max. 2 spins:</i> <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	<i>Max. 5 jump elements:</i> <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. 	<i>Max. 2 spins:</i> <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
No-Test 1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • 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 • No single Axels, double jumps or triple jumps Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. • Spins must be of a different character (For definition see rule 4103E) 	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 	Skaters may not have passed any U.S. Figure Skating standard free skate tests

TEST TRACK FREE SKATE

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition. The 6.0 judging system will be used for all Test Track events.
- 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, but not both.
- 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.
 - 0.1 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 Test 1:40 max.	<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 Test 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.

Pre-Juvenile Test 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 Test 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 Test 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 	Maximum of 2 spins: <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 Test 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

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

COMPULSORY MOVES

General event parameters:

- Age and test requirements are the same as listed under Free Skating. Skaters may skate one level higher than their current test level.
- Moves must be performed in a program without music and in any order with necessary connecting steps.
- Spins must be held for at least 3 revolutions in each position except as noted.
- Jump combinations may not have a change of foot or turn between jumps.
- An Axel is considered a single jump.
- Mandatory deductions will be taken for unlisted or additional elements or unsuccessfully executed moves.
- ONLY ONE ATTEMPT IS PERMITTED.
- Unless indicated, connecting steps may be used but will not be judged.

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

ADULT COMPULSORY MOVES

General event parameters:

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

Level	Time	Elements
Adult Beginner	1:15 max	<ol style="list-style-type: none"> 1. Forward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Two foot upright spin 4. Forward spiral (any edge)
Adult Pre-Bronze (1/2 ice)	1:15 max	<ol style="list-style-type: none"> 1. Backward Crossovers 2. Waltz jump 3. Forward outside spiral 4. Forward upright spin (min. 3 revolutions)
Adult Bronze (1/2 ice)	1:15 max	<ol style="list-style-type: none"> 1. Single Salchow 2. Waltz/toe loop jump combination 3. Sit spin (Min. 3 revolutions) 4. Spiral sequence (Min. 2 spirals)
Adult Silver Full Ice	1:30 max	<ol style="list-style-type: none"> 1. Single loop 2. Single/single jump combination 3. Sit spin (Min. 3 revolutions) 4. Straight line step sequence
Adult Gold Full Ice	1:30 max	<ol style="list-style-type: none"> 1. Lutz jump or Axel jump 2. Combination jump (single/single or single/double) 3. Forward camel spin (Min. 4 revolutions) 4. Straight line step sequence

PAIRS FREE SKATING EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for referring to the U.S. Figure Skating rulebook for rules, program length, etc. The rulebook can be found at: <http://www.usfigureskating.org/content/NonqualifyingCompetitions/Pairs/2016-17%20Pairs%20Free%20Skate%20Requirements.pdf>

PAIRS SHORT PROGRAM EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for referring to the U.S. Figure Skating rulebook for rules, program length, etc.

- Intermediate short program – Rule 5230
- Novice short program – Rule 5220
- Junior short program – Rule 5210
- Senior short program – Rule 5200

JUMP EVENT

General event parameters:

- Age and Test Level Qualification for Jump Events are the same as in the Freeskate Section.
- Jumps may be performed in any order and skated without music.
- Combination jumps must be performed with no turn or change of foot between jumps. The jump combination may consist of the same jump or another jump (single, double, triple, as prescribed). However, the jumps included must be different from the solo jumps unless otherwise stated.
- Only ONE attempt per jump is permitted.

Level	Time	Skating rules / standards
Beginner (1/2 ice)	1:15 max	<ol style="list-style-type: none"> 1. Waltz jump from backward crossovers 2. ½ Flip or ½ Lutz 3. Single Salchow
High Beginner (1/2 ice)	1:15 max	<ol style="list-style-type: none"> 1. Waltz jump from backward crossovers 2. Single salchow 3. Jump combination: Waltz-Toe loop
No-Test (1/2 ice)	1:15 min max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary (1/2 ice)	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary (1/2 ice)	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 (1/2 ice)	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. (Full ice)	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)
Adult Pre-Bronze (1/2 ice)	1:00 max	<ol style="list-style-type: none"> 1. Waltz jump or toe loop jump 2. ½ flip jump
Adult Bronze (1/2 ice)	1:00 max	<ol style="list-style-type: none"> 1. Single Salchow 2. Single Toe loop 3. Single/single combination (NO Axel)

Adult Silver (1/2 ice)	1:15 max	<ol style="list-style-type: none"> 1. Flip jump 2. Loop jump 3. Single/single combination (Axel permitted)
Adult Gold (Full ice)	1:15 max	<ol style="list-style-type: none"> 1. Lutz jump 2. Axel 3. Combination single/single (Axel permitted) or double/single (may include any single jump, double Salchow or double toe loop)

SINGLES SPINS CHALLENGE

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions is 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 – change of foot; optional change of position (4 per foot) 3. Girls – layback spin (4); Boys – camel spin (4)
Adult Pre-Bronze	1:15 max	<ol style="list-style-type: none"> 1. One-foot upright spin (4) 2. Two foot spin (3)
Adult Bronze	1:15 max	<ol style="list-style-type: none"> 1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Forward sit spin (3)
Adult Silver	1:30 max	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4)

		3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30 max	1. Solo spin, no change of foot (4) 2. Second solo spin, different from the first; change of foot optional (4) 3. Combination spin with only one change of foot and at least one change of position (4 each foot)

SHOWCASE EVENTS

Showcase events are open to all skaters; groups will be divided by ages. Vocal music is permitted. These events will not follow the standard USFS templates for Showcase events.

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.

Performances will be judged from an entertainment standpoint. 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. 6.0 Judging will be used.

A separate event will be offered for each of the age groups below in each of these categories (Duet, Dramatic Entertainment, and Light Entertainment). Age groups and allowed times as follows:

DUET

Format:

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

Event 1: Skaters through age 8	1:30 max.
Event 2: Skaters ages 9 through 13	2:10 max.
Event 3: Skaters ages 14 through 20	2:40 max.
Event 4: Skaters ages 21 and over	1:40 max.

DRAMATIC ENTERTAINMENT EVENTS

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery are permitted

Event 1: Skaters through age 8	1:30 max.
Event 2: Skaters ages 9 through 13	2:10 max.
Event 3: Skaters ages 14 through 20	2:40 max.
Event 4: Skaters ages 21 and over	1:40 max.

LIGHT ENTERTAINMENT EVENTS

Format:

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

Event 1: Skaters through age 8	1:30 max.
Event 2: Skaters ages 9 through 13	2:10 max.
Event 3: Skaters ages 14 through 20	2:40 max.
Event 4: Skaters ages 21 and over	1:40 max.

COMPETE USA COMPETITION EVENTS

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/club or any other Basic Skills Program/club.

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 MIF or individual dances.

For the **Pre Free skate – Free skate 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.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below their class level, the chairman and referee will have the option to move the skater into the proper division, 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. Please be sure to check for the director/instructor's signature confirming the level of the skater.

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
- Vocal music is allowed
- 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, options free leg held position and entry • T-stop, right or left

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 6

Format: Each skater will perform all of the required elements before moving on to the next skater.

- To be skated on 1/2 ice
- No music allowed
- **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, options free leg held position and entry • T-stop, right or left

BASIC SKILLS: JUMPS CHALLENGE

Skater must have not passed a higher free skating test than competing level. Skaters perform a series of jumps with minimal connecting footwork, without music, on half ice. Connecting steps will not affect the scoring. There will be deductions for any spins done. Jumps should be performed exactly as stated, but may be skated in any order. Skaters will be given ONE opportunity to perform each jump. Repetitions of unsuccessfully executed jumps are not allowed. Men and women will compete together. **Time limit for jump program is 1 minute max.**

REQUIRED ELEMENTS

Pre Freeskiate - Freeskiate 3

2 solo jumps (waltz, toe loop or Salchow), 1 combination jump or sequence (w/ waltz jump, toe loop or Salchow)

Freeskiate 4-6

2 solo jumps (loop, flip or Lutz), 1 combination jump or sequence (w/ loop, flip or Lutz)

PRE FREE SKATE THROUGH 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

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 jump • 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, minimum three revolutions • 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-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

PRE FREE SKATE THROUGH 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 element is executed, or length of glides, number of revolutions, etc., unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

- To be skated on full ice
- 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	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

		<ul style="list-style-type: none"> 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, minimum three revolutions 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



2017 U.S. Figure Skating Solo Dance Series Events

The CCSC Classic is a participating competition within the 2017 Solo Dance Series.

The solo pattern dance event, combined event and shadow dance event are being offered as part of the U.S. Figure Skating Solo Dance Series and will be run in accordance with the U.S. Figure Skating Solo Dance Series. Please refer to the [Solo Dance Series Handbook](#) for current rules, levels and requirements for more information.

SOLO DANCE SERIES PATTERN DANCE

The Solo Dance Series pattern dance event is comprised of two dances at each level.

SOLO PATTERN DANCE EVENT LEVELS AND TEST REQUIREMENTS:

Level	Requirement	Dances
Preliminary	No Test or passed Preliminary	Canasta Tango Rhythm Blues
Pre-Bronze	Passed Preliminary or Pre-Bronze	Cha Cha Fiesta Tango
Bronze	Passed Pre-Bronze or Bronze	Hickory Hoedown Ten Fox
Pre-Silver	Passed Bronze or Pre-Silver	Fourteenstep Foxtrot
Silver	Passed Pre-Silver or Silver	Tango Rocker Foxtrot
Pre-Gold	Passed Silver or Pre-Gold	Kilian Paso Doble
Gold	Passed Pre-Gold, or Gold	Viennese Waltz Quickstep
International	Passed Gold or International	Silver Samba Rhumba

Refer to the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/programs?id=84172> for the solo pattern dance event rules, test requirements and details.

COMBINED DANCE EVENT – JUVENILE THROUGH SENIOR LEVELS

The combined dance event is comprised of a solo pattern dance (juvenile through novice only) (drawn at the competition with the starting order from the two designated solo pattern dances selected by U.S. Figure Skating) or a solo short dance (junior and senior only) and a solo free dance, with results combined together for an overall result. The pattern dance competed will be separate from those in the solo pattern dance event and the results will not count towards the solo pattern dance event or results.



Pattern Dance Selection for Juvenile: Willow Waltz and Ten Fox

One of the above dances will be drawn for each competition. The chosen dance will be posted on the starting order. It will not be published prior to the posting of the starting order.

Free Dance Requirements for Juvenile:

Juvenile Solo Free Dance: 1:40 +/- 10 seconds	
MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM	
<u>Music at this level is strongly suggested to be in the same rhythms as the U.S. Figure Skating test structure.</u>	
Edge Elements	One short edge element, <u>but no more.</u> The edge element must be held for a minimum of three seconds, but cannot exceed six seconds.
Spin	One <u>choreographic dance spin*</u> , but no more. Minimum of three revolutions on one foot. Spin combinations not permitted. *NO FLYING SPINS PERMITTED
Step Sequence	One step sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns and Mohawks. <i>Not permitted elements:</i> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
Twizzle	One twizzle. Minimum one revolution.
Dance Stop	One full stop to express the character of the music, not to exceed five seconds. The stop must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.

INTERMEDIATE COMBINED EVENT:

Test qualifications as of April 1, 2017 or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard bronze solo or standard bronze partnered pattern dance test or have passed the standard solo or partnered intermediate free dance test. Skaters must not have passed any silver or higher solo or partnered pattern dance tests and must not have passed any solo or partnered free dance tests higher than the intermediate free dance.

Pattern Dance Selection for Intermediate: Fourteenstep and European Waltz

One of the above dances will be drawn for each competition. The chosen dance will be posted on the starting order. It will not be published prior to the posting of the starting order.

Free Dance Requirements for Intermediate:

Intermediate Solo Free Dance: 2:00 +/- 10 seconds	
MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM	
<u>Music at this level is strongly suggested to be in the same rhythms as the U.S. Figure Skating test structure.</u>	
Edge Elements	Two short edge elements, <u>but no more</u> . The edge elements must be held for a minimum of three seconds, but not more than six seconds. <u>Edge elements should have different positions</u> [^] .
Spin	One <u>choreographic dance spin</u> [*] , but no more. Minimum of three revolutions on one foot. Spin combinations not permitted. *NO FLYING SPINS PERMITTED
Step Sequence	One step sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns, mohawks and brackets. <i>Not permitted elements:</i> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
Twizzle Series	One twizzle series. Minimum one revolution on each twizzle. No more than three steps between twizzles.
Dance Stop	One full stop to express the character of the music, not to exceed five seconds. The stop must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.

NOVICE COMBINED EVENT:

Test qualifications as of April 1, 2017 or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed at least one dance of the standard silver solo or standard silver partnered pattern dance test or have passed the standard solo or partnered novice free dance test. Skaters must not have passed any gold or higher solo or partnered dance tests and must not have passed any solo or partnered free dance tests higher than the novice free dance test.

Pattern Dance Selection for Novice: American Waltz and Rocker Foxtrot

One of the above dances will be drawn for each competition. The chosen dance will be posted on the starting order. It will not be published prior to the posting of the starting order.

Free Dance Requirements for Novice:

Novice Solo Free Dance: 2:10 +/- 10 seconds	
MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM	
<u>Music at this level is strongly suggested to be in the same rhythms as the U.S. Figure Skating test structure.</u>	
Edge Elements	One <u>combination</u> edge element – each edge must be held for a minimum of 3 seconds, but the total element must not exceed 12 seconds. And one short edge element held for a minimum of three seconds, but not to exceed six seconds. <u>No more than one combination and one short edge element permitted. Edge elements should have different positions.</u> [^]
Spin	One <u>choreographic dance spin</u> [*] , but no more. Minimum of three revolutions on one foot. May change feet. *NO FLYING SPINS PERMITTED
Step Sequence	One step sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters. <i>Not permitted elements:</i> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
Twizzle Series	One twizzle series. Minimum two revolutions on each twizzle. No more than three steps between twizzles.
Dance Stop	One full stop to express the character of the music, not to exceed five seconds. The stop must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.

JUNIOR COMBINED EVENT:

Test qualifications as of April 1, 2017 or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed at least two dances of the standard pre-gold solo or standard pre-gold partnered pattern dance test or have passed the standard junior solo or partnered free dance test. Skaters must not have passed any solo or partnered dance tests higher than the complete gold dance test and must not have passed any solo or partnered free dance tests higher than the junior free dance test.

Short Dance Requirements for Junior:

Junior Solo Short Dance: 2:00 +/- 10 seconds Music Requirements: Blues, plus one or more of the following rhythms: Swing or hip hop. MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM	
Edge Element	One short edge element. Must be held for a minimum of three seconds, but no more than six seconds.
Step Sequence	One circular or midline or diagonal step sequence. The step sequence must fully utilize the ice surface and should include a variety of steps and turns. Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
Twizzles	One set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. May be skated anywhere in the program except in the required step sequence. Only one step between twizzles is allowed.
Pattern Dance Requirement	Two (2) Sequences of Blues, either skated one after the other or separately. Step #1 of each Sequence must be skated on a different side of the ice surface. Timing: The Pattern Dance Elements must be skated in strict time to the music with the start of the first step of pattern dance element section 1 on beat 1 of a four measure musical phrase. A Pattern Dance Element not started on the required beat must be penalized by judges with a reduction of 0.5 off the second mark. The Pattern Dance Elements must be skated on the blues rhythm. The tempo of music throughout the pattern dance elements must be constant in accordance with the required tempo and character of the pattern dance: blues, i.e. 22 measures of 4 beats or 88 beats per minute, plus or minus 2 beats per minute.
Additional Information	Vocal music is permitted and only music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.

The concept and choreography must produce the feeling of a unified dance. The Pattern Dance Elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance so that there should not be the feeling that there are just rhythms put together without thought of how they will fit together.

After the clock is started with the first movement, the skater must not remain in one place for more than 10 seconds. During the program, either up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted.

The pattern must proceed in a generally constant direction and must not cross the long axis of the ice surface except once at each end of the rink (within no more than 20 meters from the barrier). Loops in either direction are permitted provided that they do not cross the long axis.

Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel. Touching the ice with hand(s) is not permitted.

Free Dance Requirements for Junior:

Junior Solo Free Dance: 2:30 +/- 10 seconds MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM	
Edge Elements	<p>One <u>combination</u> edge element – each edge must be held for a minimum of 3 seconds, but the total element must not exceed 12 seconds. And two short edge elements held for a minimum of three seconds, but not to exceed six seconds. <u>No more than one combination and two short edge elements permitted. Edge elements must have different positions.</u>[^]</p>
Spin	<p>One <u>choreographic dance spin</u>*, but no more. Minimum of three revolutions on one foot. May change feet. *NO FLYING SPINS PERMITTED</p>
Step Sequence	<p>Two different step sequences, one selected from Group A and one selected from Group B.</p> <ul style="list-style-type: none"> • Group A: Straight Line Step Sequences – midline or diagonal • Group B: Curved Step Sequences (counterclockwise or clockwise) – circular or serpentine <p>The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include brackets, counters, rockers and choctaws.</p> <p>Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p>
Twizzle Series	<p>Two different twizzle series, but no more.</p> <ul style="list-style-type: none"> • Twizzle Series A: Must have a different entry edge and different direction for the two twizzles. Minimum of two revolutions is required on each twizzle. No more than three steps are allowed between twizzles. Twizzles must be different than those used in Twizzle Series B. • Twizzle Series B: Must have two twizzles. Minimum of two revolutions is required on each twizzle. No more than three steps are allowed between twizzles. Twizzles must be different than those used in Twizzle Series A.
Dance Stop	<p>Two full stops to express the character of the music, not to exceed five seconds. The stops must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.</p>

SENIOR COMBINED EVENT:

Test qualifications as of April 1, 2017 or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard solo or standard partnered gold pattern dance test or have passed the standard senior solo or partnered free dance test.

Short Dance Requirements for Senior:

Senior Solo Short Dance: 2:00 +/- 10 seconds	
Music Requirements: Music Requirements: Blues, plus one or more of the following rhythms: Swing or hip hop.	
MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM	
Edge Element	One short edge element. Must be held for a minimum of three seconds, but no more than six seconds.
Step Sequence	One circular or midline or diagonal step sequence. The step sequence must fully utilize the ice surface and should include a variety of steps and turns. Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
Twizzles	One set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. May be skated anywhere in the program except in the required step sequence. No more than 1 step between twizzles is allowed.
Pattern Dance Requirement	One section of the Midnight Blues, steps #5-#14 and one sequence of the Blues, either skated one after the other or separately. Step #5 of Midnight Blues should be on the judges' side and step #1 of blues should be on the opposite side. Timing: The Pattern Dance Elements must be skated in strict time to the music with the start of the first step of each pattern dance element section 1 on beat 1 of a three-beat measure musical phrase. A Pattern Dance Element not started on the required beat must be penalized by judges with a reduction of 0.5 off the second mark. The Pattern Dance Elements must be skated on the blues rhythm. The tempo of music throughout the pattern dance elements must be constant in accordance with the required tempo and character of the blues, i.e. 22 measures of 4 beats or 88 beats per minute, plus or minus 2 beats per minute.
Additional Information	Vocal music is permitted and only music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program. The concept and choreography must produce the feeling of a unified dance. The Pattern Dance Elements may be skated anywhere in the Short

Dance and should be integrated into the composition of the dance so that there should not be the feeling that there are just rhythms put together without thought of how they will fit together.

After the clock is started with the first movement, the skater must not remain in one place for more than 10 seconds. During the program, either up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted.

The pattern must proceed in a generally constant direction and must not cross the long axis of the ice surface except once at each end of the rink (within no more than 20 meters from the barrier). Loops in either direction are permitted provided that they do not cross the long axis.

Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel. Touching the ice with hand(s) is not permitted.

Free Dance Requirements for Senior:

Senior Solo Free Dance: 2:50 +/- 10 seconds	
MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM	
Edge Elements	Two <u>combination</u> edge elements – each edge must be held for a minimum of 3 seconds, but the total element must not exceed 12 seconds. And two short edge elements held for a minimum of three seconds, but not to exceed six seconds. <u>No more than two combination and two short edge elements permitted. Edge elements must have different positions.</u> [^]
Spin	One <u>choreographic dance spin</u> [*] , but no more. Minimum of three revolutions on one foot. May change feet. *NO FLYING SPINS PERMITTED
Step Sequence	Two different step sequences, one selected from Group A and one selected from Group B. <ul style="list-style-type: none">• Group A: Straight Line Step Sequences – midline or diagonal• Group B: Curved Step Sequences (counterclockwise or clockwise) – circular or serpentine <p>The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include brackets, counters, rockers, choctaws and twizzles.</p> <p>Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p>
Twizzle Series	Two different twizzle series, but no more. <ul style="list-style-type: none">• Twizzle Series A: Must have a different entry edge and different direction for the two twizzles. Minimum of two revolutions is required on each twizzle. No more than three steps are allowed between twizzles. Twizzles must be different than those used in Twizzle Series B.• Twizzle Series B: Must have two twizzles. Minimum of two revolutions is required on each twizzle. No more than one step is allowed between twizzles. Twizzles must be different than those used in Twizzle Series A.
Dance Stop	Two full stops to express the character of the music, not to exceed five seconds. The stops must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.

** Choreographic Dance Spin – a dance spin on one foot with a minimum of 3 revolutions in a position that enhances the music and choreography. This element will be judged on how the spin relates to the music and the quality of the spin. Variations in positions will only be rewarded if they enhance the character of the music.*

[^] Edge Elements must be of a different nature. For example, one spread eagle and one spiral as opposed to two spirals.

Refer to the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/programs?id=84172> for the solo pattern dance event rules, test requirements and details.

SHADOW DANCE EVENT

The shadow dance event is offered for preliminary through gold levels.

Level	Requirement	Dance
Preliminary	One partner must not have passed higher than the complete pre-bronze dance test.	<ul style="list-style-type: none">• Rhythm Blues
Juvenile	One partner must not have passed higher than the complete pre-silver dance test.	<ul style="list-style-type: none">• Cha Cha
Intermediate	One partner must not have passed higher than the complete silver dance test.	<ul style="list-style-type: none">• Fourteenstep
Novice	One partner must not have passed higher than the complete pre-gold dance test.	<ul style="list-style-type: none">• Rocker Foxtrot
Junior	One partner must not have passed higher than the complete gold dance test.	<ul style="list-style-type: none">• Kilian
Senior	Open.	<ul style="list-style-type: none">• Quickstep

Refer to the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/programs?id=84172> for the solo pattern dance event rules, test requirements and details.

2017 Central Carolina Skating Classic Program Ads

Business Ads

Full page: 4 ½ " wide x 7 ½ " tall. Price: \$75.
Half page: 4 ½ " wide x 3 ½ " tall. Price: \$40.
Quarter page: 2 1/8 " wide x 2 ¼ " tall. Price: \$20

Copy must be emailed in Microsoft word or PDF format to Heather Amistadi:
heatheramistadi@gmail.com

Support and Encouragement Ad

Business-card size (2" x 3 ½") \$5 per ad

Skaters, parents, coaches, friends, family ... here is a great opportunity to send your encouragement and support during the 2017 Central Carolina Skating Classic.

- * Thank a coach or coaches
- * Wish friends the best of luck
- * Thank your parents for their support
- * Wish your special skater or skaters the best of luck

Submit copy electronically in Microsoft Word to Heather Amistadi:
heatheramistadi@gmail.com

Mail a check/money order payable to "Central Carolina Skating Club" and send to:

2017 Central Carolina
Skating Classic Ads c/o
Laura Grieme-Meineke
4901 Linden Oaks Ave
Durham, NC 27713

The ads and payment must be **RECEIVED** no later than Monday, April 9th to meet the deadline for the 2017 Central Carolina Skating Classic program. You will receive a confirmation email upon receipt of your ad payment and copy.

Name: _____

Email address: _____ Phone No. _____