



## Portland Ice Skating Club

presents



## The 30<sup>th</sup> Annual Ice Crystal Classic



**November 10<sup>th</sup> & 11<sup>th</sup>, 2017**

USFS & Compete U.S.A. Competition

Adult Competition Series

at

**Mountain View Ice Arena**

14313 S.E. Mill Plain Boulevard | Vancouver, WA 98684

<http://www.mtviewice.com>

**ENTRY DEADLINE: 11:59pm PST on October 20, 2017**

Enter via [www.entryeeze.com](http://www.entryeeze.com)

**EVENTS OFFERED & ENTRY FEES:**

<b>Events without Music</b>	<b>First Event</b>	<b>As an additional event</b>
<ul style="list-style-type: none"> <li>• Basic Elements</li> <li>• SNOWPLOW SAM - BASIC 6</li> </ul>	\$50	\$25
<ul style="list-style-type: none"> <li>• Pre-Free Skate Compulsory</li> <li>• Free Skate 1-6 Compulsory</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Adult Compulsory-Adult 1-6</li> <li>• Adult Beginner-Bronze</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Introductory Levels Compulsory- Beginner &amp; High Beginner</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Compulsory Moves</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Spins Challenge</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Jumps Challenge</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Shoot the Duck</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Special Olympics</li> </ul>	\$70	\$35

<b>Events with Music</b>	<b>First Event</b>	<b>Additional event</b>
<ul style="list-style-type: none"> <li>• Basic Program: SNOWPLOW SAM - BASIC 6</li> </ul>	\$50	\$25
<ul style="list-style-type: none"> <li>• Free Skate 1-6 Program</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Pre-Free Skate Program</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Introductory Levels Free Skate Program</li> <li>• Beginner- High Beginner</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Well Balanced Program Free Skate-No Test–Preliminary</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Test Track Free Skate</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Program/Free skate -Adult 1-6 Adult Beginner-Bronze</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Solo Dance</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Interpretive</li> </ul>	\$70	\$35
<ul style="list-style-type: none"> <li>• Synchro</li> </ul>	\$60 + \$20/skater	Not applicable
<ul style="list-style-type: none"> <li>• Showcase: Duet, Mini-Production &amp; Production Ensemble</li> </ul>	\$60 + \$20/skater	Not applicable
<ul style="list-style-type: none"> <li>• Showcase: Light Entertainment &amp; Dramatic</li> </ul>	\$70	Not applicable

**Note: The referee reserves the right to combine Male and Female Skaters into the same event.**

The **2017 Ice Crystal Classic Competition** will be conducted in accordance with the rules 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.

### GENERAL RULES

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.

Persons who are registered in a USFS and Learn to Skate U.S.A. Program are eligible to skate in events authorized by the program.

A wide variety of events will be offered this year to encourage fun and participation. Good luck to all competitors!

**ENTRY DEADLINE IS OCTOBER 20, 2017, 11:59 PM. THERE WILL BE NO LATE ENTRIES.**

### ADULT COMPETITION SERIES

This competition is participating in the inaugural season of the **Adult Competition Series**. The Adult Competition Series was developed to provide a series of events for Adult 1 through Adult Bronze levels. Skaters will accumulate points based upon placement in the Free Skate and Compulsory Moves events.

Skaters must compete in **both** the compulsory moves and the free skate event in at least two participating competitions during the Series season with one of the competitions being the Nonqualifying competition associated to the Adult Sectional Championships **in their home section**; however only the skater's best **three** point finishes (calculated by adding the points from the compulsory moves event and the free skate event together and in case there are multiple events with the same point total, the events with the better tie-breaker results will be counted) will be used towards their total point accumulation to determine the final Adult Competition Series winners in each section.

Skaters must be registered (\$20 fee) with USFSA for the Adult Competition Series before participating at Buckeye to have their points earned collected. Please review the 2017-2018 Adult Competition Series Handbook for the complete list of rules, see link: <http://www.usfigureskating.org/content/2017-18%20Adult%20Series%20Handbook%20Final%207-18-17.pdf>

Adult Competition Series Sign up form: <http://www.usfigureskating.org/story?id=90613&menu=adultskating>.

### ELIGIBILITY/TEST LEVEL:

**Test requirements:** Competition level is the highest test passed as of the October 20, 2017 in the discipline the skater is entering. Skaters may compete at one level higher than the event for which he/she qualifies by test but may not enter more than one level in any one event except for solo dance. 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:** Eligibility for entries is governed by age at the close of entries, which is

**October 20, 2017.** Adult event competitors must be at least 21 Skaters entering beginner–preliminary will be divided as closely as possible by age should the number of entries warrant more than one group.

**ENTRIES: Deadline for entries is 11:59pm, October 20, 2017.**

For all USFS and Learn to Skate U.S.A. through Preliminary levels, entries can be accepted online via Entryeze or by mailing the included paper entry. Paper entries, once received, will be manually entered into [www.entryeze.com](http://www.entryeze.com) website.

**IF NEEDING HELP WITH ENTERING THE 2017 ICE CRYSTAL THROUGH THE ENTRYEEZE WEB SITE**

**CONTACT INFO:**

If you have questions, please contact PISC Competition Chairs:

**Marc Gerlack; Home; 503-257-2189, [Mgerlack@msn.com](mailto:Mgerlack@msn.com)**

**Barbara Linn; Cell; 503-442-3231. [barbara.linn15@gmail.com](mailto:barbara.linn15@gmail.com) (August & September only)**

**REFUND POLICY:** Entry fees will not be refunded after **October 20, 2017** unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. To withdraw, please notify the competition chair as soon as possible. Any refunds, minus the online processing fee, will be credited to the original payee's account or, if paid by check, will be mailed within 30 days after the completion of the competition. The online processing fees are not refundable for any reason. Checks returned for nonsufficient funds and contested credit card charges will be issued a \$35 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 at [www.EntryEeze.com](http://www.EntryEeze.com). The competition schedule will also be posted at Mountain View Ice Arena approximately two weeks before the competition. Please be sure to double check the schedule for updates and changes.

**FACILITIES:** The competition will be held at: Mt. View Ice Arena  
14313 S.E. Mill Plain Boulevard Vancouver, WA 9868  
360-896-8700 [www.mtviewice.com](http://www.mtviewice.com)

Mt. View Ice Arena is in Vancouver, Washington. Temperature inside the rink area is cold, heavy jackets or clothing is required to keep warm. Spectators can, get chilly from cold air movement, so sweaters/jackets are recommended.

Rink dimensions are 90' x 200', with four rounded corners. There is one women's restroom and one men's restroom in the rink. **RESTROOMS ARE NOT TO BE USED AS CHANGING ROOMS.**

**USFS SAFE SPORT LOCKER ROOM POLICY.**

**USFS policy adopted by the Safe Sport Subcommittee of the Competitions Committee prohibits parents and coaches from being present in locker rooms used as changing rooms by the athletes. This is a "sex neutral" policy that is intended to insure the safety of the skaters and to ensure that skaters who select a coach of the opposite gender do not suffer a perceived disadvantage at the competition. An area will be provided in which parents can assist younger skaters with costumes and equipment. That area will be open to public view. The LOC recommends that younger skaters dress before coming to the rink.**

**MUSIC:** Only CDs will be accepted. Please **only provide music on CD-R in .wav file format**, as music provided on CD/RWs and .mp3 files do not always play on all equipment. There should be no more than a 10 second leader and music for only one program. CDs must be CLEARLY marked with competitor's name, event and music length. Please submit CDs at the registration desk upon arrival AT LEAST ONE HOUR PRIOR TO SCHEDULED EVENT. A backup copy should be immediately available rink side. Portland Ice Skating Club is not responsible for damage, breakage, or loss of CDs; however, every precaution will be made to ensure their safety. Any CDs not picked up by the end of the competition are not the responsibility of Portland Ice Skating Club and may be discarded.

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

**JUDGING SYSTEM:** The 6.0 Majority Judging System will be all events.

**REGISTRATION:** Registration will begin one to two hours before the first scheduled day of competition and end approximately an hour prior to the last scheduled event on the last day of competition. Registration tables will be located at near the front door and opens ONE HOUR prior to first event. Please have music DVD ready when registering. Competitors who arrive after their warm-up group begins will be allowed to skate only at the discretion of the referee. If they do not skate, they will forfeit all fees for that event.

**PRACTICE ICE:** Practice ice will be offered on each day of competition. Friday and Saturday mornings sessions will be offered from 6 am to 8 am. Should there be enough entries that the competition needs to begin Friday evening, sessions will be offered that day as well. Updates will be available for viewing on the Entryeeze website when the schedule is posted. The competitors and coaches should check the official bulletin board for updates and announcements.

Skaters need to check with Practice Ice Monitor (PIM) 5-10 minutes prior to commencement of each session. Proper, modest attire should be worn please. Also, please use polite language, attitude and behavior befitting representatives of the US Figure Skating organization.

Each practice ice session is 30 minutes long with a maximum of 20 skaters. Cost per session is **\$15.00 pre-paid** via Entryeeze at the time of entry or **\$20.00 walk on** if skater limit of 20 has not been met. Sessions will have level designations to prevent unsafe level combinations. Coaches will only be allowed to be on the ice with their students on the Learn to Skate USA sessions, and coaches can also bring CD players on those sessions.

**Practice ice** is limited to one session per event entered. Additional practice ice may be available if sessions are not filled and/or there are cancellations. Should sessions be filled, names and contact information will be put on a waiting list on a first come, first served basis. Should additional practice ice be available after the deadline, more practiced sessions can be purchased on the Entryeeze website. If there are still available spots the weekend of competition, practice ice will be available for purchase on a first come, first served basis. Payment will be made to the ice monitor prior to skater taking the ice. Cash or checks only will be accepted. Checks should be made out to P.I.S.C. No receipts will be given. All returned checks will be charged an NSF fee of \$30.

**PARENTS WILL NOT BE ALLOWED TO COACH SKATERS ON PRACTICE ICE SESSIONS.**

Any parent seen doing so will be asked to leave rink lobby area.

**PHOTOGRAPHY/VIDEOGRAPHY:** A professional videographer and photographer will be at the competition. Any other professional videotaping and photography is prohibited. Only hand-held videotaping devices will be allowed, without tripod, and is only permissible outside of rink. **VIDEOTAPING OR PHOTOGRAPHING ANY SKATER OTHER THAN YOUR OWN IS STRICTLY PROHIBITED.** For safety reasons, flash photography is prohibited

**AWARDS:** Medals will be awarded for 1<sup>st</sup> through 6<sup>th</sup> places Award photos will be taken. **To promote good sportsmanship, we ask that all award winners pose for the group picture even if you do not plan to purchase a picture.**

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and those who 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 Learn to Skate USA or a member club. There will be no more than a maximum of six competitors in an event and all six should receive an award.

**OFFICIAL NOTICES:** An official bulletin board will be maintained by the competition registration desk. 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 one hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition, as well as be posted on the Entryeze website.

**INFORMATION REGARDING COACHES:** U.S. Figure Skating Rule MR 5.11 Coach Compliance:

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 U.S.A. ONLY coaches – Any person 18 and older instructing in a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn To Skate USA instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. The Coaches Registration desk will be open on, November 4<sup>th</sup> and 5<sup>th</sup> at MT> View Ice Arena.

If a coach cannot provide a photo ID and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – **no exceptions. We Strongly Urge All Coaches to Have Their Cards With Them.** Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA. For more information regarding Coach Compliance, please refer to: [Coaching compliance USFSA](#)

**HOST HOTEL:**

Hampton Inn's & Suites

315 SE Olympia Drive, Vancouver, WA 98684

t: 360-891-3000 f: 360-254-2549

Contact: Allison Claire 360-891-3000 or email at [allison.claire@hilton.com](mailto:allison.claire@hilton.com)

<http://hamptoninn3.hilton.com/en/hotels/washington/hampton-inn-and-suites-portland-vancouver-PDXVEHX/index.html>

Book Under "Portland Ice Skating Club Ice Crystal Classic Competition".

The rate is \$99.00 per night plus lodging tax for Standard King and Double Queen rooms.

The hotel is within walking distance to Mt. View Ice Arena



**EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6**

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice.
- **No music.**
- **All elements must be skated in the order listed.**

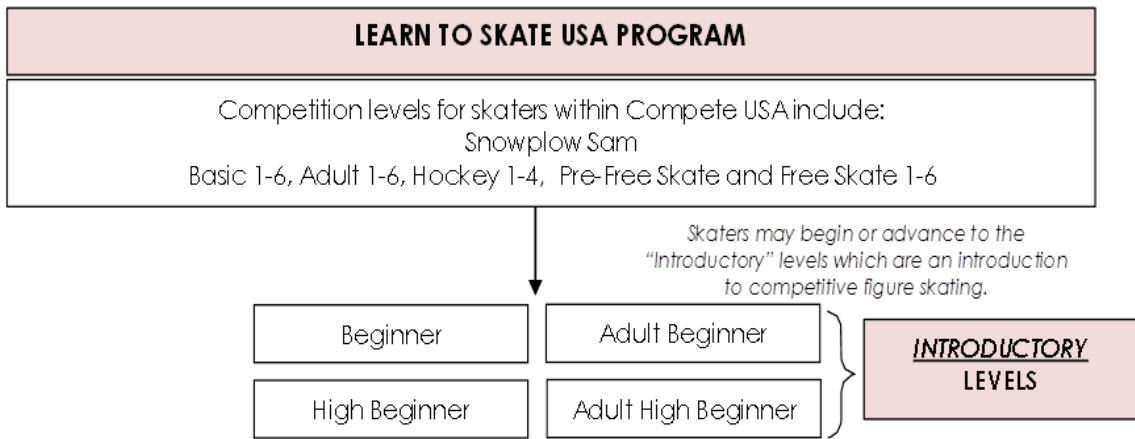
Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <li>● March followed by a two-foot glide and dip</li> <li>● Forward two-foot swizzles, 2-3 in a row</li> <li>● Forward snowplow stop</li> <li>● Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>● Forward two-foot glide and dip</li> <li>● Forward two-foot swizzles, 6-8 in a row</li> <li>● Beginning snowplow stop on two-feet or one-foot</li> <li>● Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>● Forward one-foot glide, either foot</li> <li>● Scooter pushes, right and left foot, 2-3 each foot</li> <li>● Moving snowplow stop</li> <li>● Two-foot turn in place, forward to backward</li> <li>● Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>● Beginning forward stroking showing correct use of blade</li> <li>● Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>● Forward slalom</li> <li>● Beginning backward one-foot glide, either foot</li> <li>● Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>● Backward one-foot glides, right and left</li> <li>● Forward outside edge on a circle, clockwise or counterclockwise</li> <li>● Forward crossovers, 4-6 consecutive, both directions</li> <li>● Beginning two-foot spin, 2-4 revolutions</li> <li>● Backward ½ swizzle pumps on a circle, one direction only</li> </ul>



Basic 5	1:00 max.	<ul style="list-style-type: none"><li>● Backward outside edge on a circle, clockwise or counterclockwise</li><li>● Backward crossovers, 4-6 consecutive, both directions</li><li>● Advanced two-foot spin, 4-6 revolutions</li><li>● Forward outside three-turn, right and left</li><li>● Hockey stop</li></ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"><li>● Forward inside three-turn, right and left</li><li>● Bunny Hop</li><li>● Forward spiral on a straight line, right or left</li><li>● Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li><li>● T-stop, right or left</li></ul>

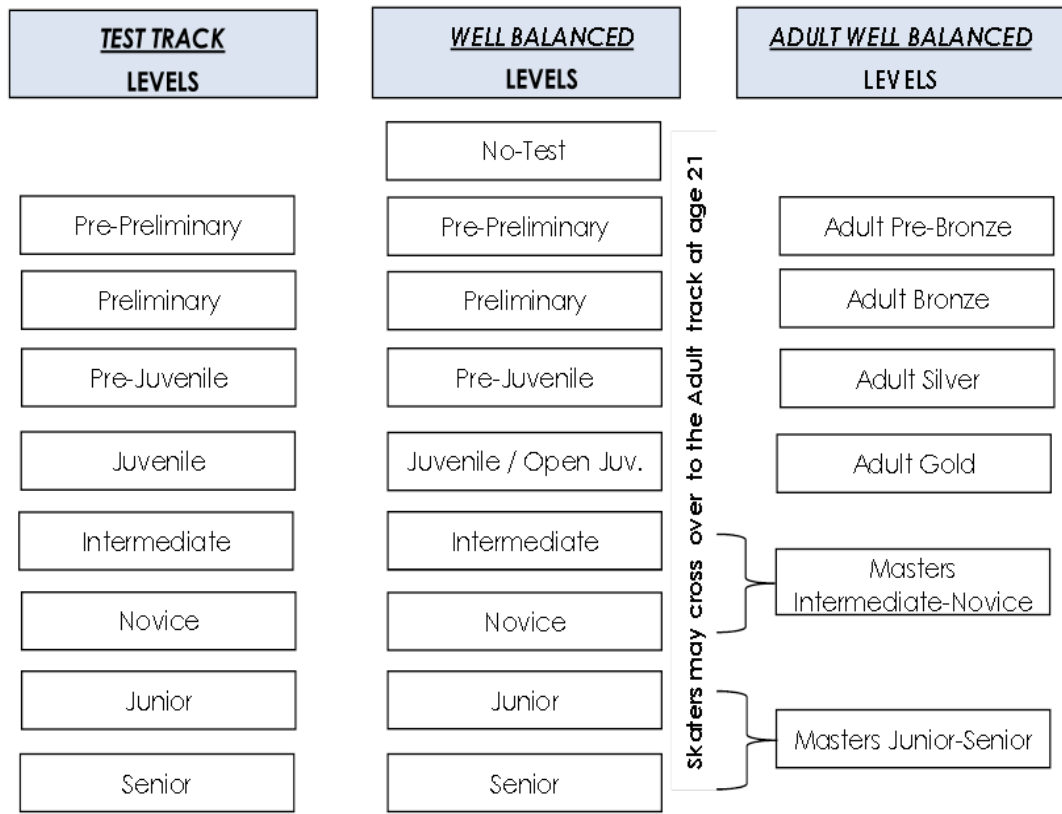
**ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING**

*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 levels. Athletes may choose to move between Test Track and the Well Balanced levels at any point and at age 21, they may choose to move between Test Track, Well Balanced, and Adult levels.*



Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the "Test Track", "Well Balanced", or "Adult" levels as appropriate for their ability, test level, and age. Test requirements are the same for the "Test Track" and "Well Balanced" levels. It is completely the choice of the athlete as to which track to follow.

Skaters may move between the tracks at different nonqualifying competitions, however, they may NOT enter the same type of event (i.e. Free Skate event) in multiple tracks at the same nonqualifying competition.




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

Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>● Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>● T-stop, right or left</li> </ul>
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### 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"> <li>● Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>● 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</li> <li>● One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>● Mazurka</li> <li>● Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>● Forward power stroking, 4-6 consecutive strokes</li> <li>● Backward outside three-turns, right and left</li> <li>● Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>● Toe loop</li> <li>● Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>● Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>● Backward inside three-turns, right and left</li> <li>● Beginning back spin, up to two revolutions</li> <li>● Half Lutz</li> <li>● Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>● Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>● Waltz three-turns, clockwise and counterclockwise</li> <li>● Advanced back spin with free foot in crossed leg position, min 3 revolutions</li> <li>● Loop jump</li> <li>● Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>

Free Skate 4	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, right and left</li> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>



**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.
- 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"> <li>• 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</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
		<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> </ul>

Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>● Half Lutz</li> <li>● Salchow jump</li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>● Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>● Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>● Loop jump</li> <li>● Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>● Forward power 3's, 2-3 consecutive sets, right or left</li> <li>● Sit spin - minimum three revolutions</li> <li>● Half Loop jump</li> <li>● Flip jump</li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>● Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>● Camel spin - minimum three revolutions</li> <li>● Waltz-loop jump combination</li> <li>● Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>● Split jump or stag jump</li> <li>● Camel, sit spin combination - minimum of four revolutions total</li> <li>● Waltz jump, ½ loop, Salchow jump sequence</li> <li>● Axel jump</li> </ul>



**Compete USA Competitions**

**ADULT EVENTS:** This event can be used as a Compulsory or Program Event: Please Note: For the Adult Competition Series competitors, you must sign up for both Compulsory and Program Events.

**Adult 1-6 Free Skate, Pre-Bronze and Bronze:**

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.
- Time 1:30+/-10 sec unless otherwise noted

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



### EVENT: Introductory Levels Compulsory Event

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

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

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



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



## Compete USA Competitions

**EVENT: COMPULSORY MOVES**

General event parameters:

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

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



**EVENT: WELL BALANCED PROGRAM FREE SKATE**

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

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

		<p>number of jump elements allowed is not exceeded</p> <ul style="list-style-type: none"> <li>● Max. 2 jump combinations or sequences</li> <li>● Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted.</li> <li>● Jump sequences are limited to a maximum of 3 single jumps</li> <li>● ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>definition see Rule 4103 (E)</p>	<p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	<p>1:40 Maximum</p> <p>Vocal music permitted</p>	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>● One must be an Axel or Waltz-jump type jump</li> <li>● All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>● Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed</li> <li>● An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences</li> <li>● Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>● Maximum 2 jump combinations or sequences</li> <li>● Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted.</li> <li>● Jump sequences limited to a maximum of 3 single or double jumps</li> <li>● ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>Maximum of 2 spins: Spins may change feet and/or position.</p> <ul style="list-style-type: none"> <li>● Spins may start with a fly.</li> <li>● Minimum of 3 revolutions</li> <li>●</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>



**EVENT: Test Track Free Skate**

General event parameters:

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

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

	<ul style="list-style-type: none"> <li>Maximum 2 of any same type jump</li> </ul>	<ul style="list-style-type: none"> <li>(Minimum 3 revolutions)</li> <li>One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	<p>throughout the program.</p>	<p>U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test.</p>
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**SHOWCASE EVENTS:**

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater’s in the group ensemble or production number. 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.

Show costumes are permitted, if they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge’s mark for each five second more than 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.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Non-Qualifying Showcase Guidelines posted on US Figure Skating website: [USFSA Showcase](#)

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- **Dramatic entertainment:** Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- **Light entertainment:** Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- For dramatic and light entertainment see the qualifications and program length:

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.

- **Duets:** Theatrical/artistic performances by any competitors.  
Program length: 1:40 max
- **Mini production ensembles:** Theatrical performances by three to seven competitors.  
Program length: 3:00 max
- **Production ensembles:** Theatrical performances by eight to 30 skaters.  
Program length: 6:15 max

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

#### INTERPRETIVE PROGRAM:

##### Competition Format

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

##### Levels:

Levels should be broken by ability with ages divided appropriately.

##### Judging Rules:

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

##### Music Duration:

- Pre-Free Skate - No Test: 1:00 Max
- Pre-Preliminary - Preliminary: 1:00 Max

**Coaching:** There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.



**EVENT: 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 are noted in parentheses.

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

**EVENT: Jumps Challenge**

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. ½ flip or ½ Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – Waltz jump-toe loop</li> </ol>
No Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>

**EVENT: Solo Pattern Dance**

General event parameters:

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

<b>Level</b>	<b>January 1<sup>st</sup> – March 31<sup>st</sup></b>	<b>April 1<sup>st</sup> – June 30<sup>th</sup></b>	<b>July 1<sup>st</sup> – September 30<sup>th</sup></b>	<b>October 1<sup>st</sup> – December 31<sup>st</sup></b>
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-Bronze	1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha



### **LEARN TO SKATE USA SYNCHRO SKILLS 1 – 3**

To safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating. (See program requirements.)

**Eligibility Rules:** All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Learn to Skate USA program. All Learn to Skate USA Synchronized Skating teams must be registered with U.S. Figure Skating and have a team number.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skaters' test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

**Age/Number of Skaters:** Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each team may have between 8-16 skaters. Teams may have a total of four athletes on their roster in addition to the maximum number permitted on the ice for their respective level.

**Costume Rules:** Learn to Skate USA synchronized skating teams should follow **Rule 7022 Clothing and Equipment** (U.S. Figure Skating Rulebook) when selecting their clothing for competition.

**Coach Compliance:** Coaches bringing their Learn to Skate USA synchronized skating team to a Learn to Skate USA competition should have, at a minimum, the Learn to Skate USA Instructor Membership and background check.



**LEARN TO SKATE USA SYNCHRO SKILLS 1-3**

The synchronized competition program is also part of the U.S. Figure Skating Learn to Skate USA program. The Compete USA competition program is for Learn to Skate USA level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Synchro Skills teams compete at Learn to Skate USA competitions and non-qualifying synchronized skating competitions around the country.

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
<b>SYNCHRO SKILLS 1</b> 8-16 skaters, majority under 9 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must contain a two-foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3 spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
<b>SYNCHRO SKILLS 2</b> 8-16 skaters , majority under 12 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must include the choreographed step sequence: 2 forward crossovers, FO 3 turn, back pump, BO 1-foot glide (held for at least 2 counts), back pump, 1 backward crossover, FI stroke (1 direction only, don't need to repeat)	One line, which must cover the ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
<b>SYNCHRO SKILLS 3</b> 8-16 skaters, majority at least 12 years old 2 – 2 ½ minutes +/- 10 seconds	Circle element, which must include the combination move from Basic 8.  (1 direction only, don't need to repeat)	Line element, which must cover the ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 or 3 configurations.	Wheel element of the team's choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

**The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:**

- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Unison and use of skills such as guiding and shadowing.
- Incorporating skills from the Basic 1-6 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels.

**Restrictions in Synchro Skills 1 & 2:**

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

**Restrictions in Synchro Skills 3:**

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

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

*Please reference [Synchronized Skating Program](#) for most up-to-date Learn to Skate USA Synchronized Skating rules*



## Compete USA Competitions

**7270 Preliminary Synchronized Skating**

A. Test qualifications as of the closing date for entries: None

B. Requirements as of the preceding July 1: 8-16 skaters who are under age 12 with the majority of skaters under age 10

<b>PRELIMINARY SYNCHRONIZED WELL-BALANCED FREE SKATE</b> 2:00 +/- 10 seconds Must contain the following five elements in any order	
<b>BLOCK</b>	One block element
<b>CIRCLE</b>	One circle element
<b>INTERSECTION</b>	One intersection element (forward only)
<b>LINE</b>	One line element
<b>WHEEL</b>	One wheel element
<b>STANDARDS</b> <ul style="list-style-type: none"> <li>• <u>A minimum of two different clearly recognizable holds are required. These holds may be done in elements or transitions and must be shown by the whole team for three seconds or more.</u></li> <li>• All elements must meet general criteria and basic requirements in order to be counted (see rule 7150).</li> <li>• Other elements may be incorporated into the free skate and will be judged in the program component mark.</li> <li>• Creative innovations and variations are permitted in the transitions and required elements, and will be reflected in the program component mark.</li> <li>• The team must predominantly act as one unit. Division of the team into several units is allowed during the creative element and transitions. Additionally, several units can be used as short transitions if the element following the transition so requires, such as preparation for an intersection or the beginning of a creative element. Excessive division into small groups without the reasons mentioned above is not according to the requirements.</li> <li>• Features and additional features are optional. Step sequences are permitted in non-step sequence elements and may also be used during transitions.</li> <li>• <u>Turns and linking steps may be used during elements.</u></li> <li>• Mirror image pattern is permitted in elements and transitions.</li> <li>• Syncopated choreography may be used.</li> <li>• For illegal and non-permitted elements, see rules 7160 and 7170.</li> <li>• Definitions of general terms, steps and turns, features and requirements and additional features/extra features can be found in rules 7110-7140.</li> </ul>	

**EVENT: SPECIAL OLYMPICS BADGE PROGRAM**

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

**Badge 1**

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

**Badge 2**

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

**Badge 3**

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

**Badge 4**

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

**Badge 7**

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

**Badge 8**

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

**Badge 9**

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

**Badge 10**

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



**Badge 5**

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

**Badge 6**

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

**Badge 11**

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

**Badge 12**

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

**ADDITIONAL U.S.F.S SHOWCASE, SYNCHRO, MINI-PRODUCTION AND PRODUCTION ENSEMBLE NUMBER**  
**PERFORMANCE TIMES**

**Light Entertainment & Dramatic, Mini Production and Production Ensemble:**

- Pre-Juvenile 1:40 max
- Juvenile through Novice 2:10 max
- Junior and Senior 2:40 max
- Mini Production 3:00 max
- Production Ensemble 6:15 max

**DUET, MINI PRODUCTION AND PRODUCTION ENSEMBLE**

**Competition Format:** Duet, mini-production, and production ensemble events are team events where the team presents a choreographed program incorporating a theme or story set to music and with or without props/scenery. Program times are 1:40 max for all duets up to pre-juvenile, 2:10 max for juvenile-novice duets, 2:40 max for junior and senior duets, 3:10 maximum for mini-production ensemble, and 6:15 maximum for production ensemble. Theatre on Ice teams, as defined by Rule MR 5.07 are eligible to compete in the Production Ensemble category only.

Props or scenery may be used as part of the program, subject to the following conditions. All props/scenery must be placed on, and removed from, the ice only by the skaters of the team within the time restrictions specified. All props/scenery used shall not exceed 6'-0" in height.

The team will have 2-minutes from the time the team is announced to set-up any props/scenery and to get into starting position. Time not spent setting up props/scenery may be used for general warm up. A30-second remaining in warm up announcement will be given to the team. After the 2-minutes has elapsed, the team's performance will be announced and the event referee will begin program timing, although music will not begin until the team visibly signals that they are in position and ready for music.

At the completion of the program, the team will have 2-minutes to remove all props/scenery from the ice surface, leaving the ice surface clear for the next team. Failure to remove all objects to the satisfaction of the event referee within the 2-minute period will result in a 0.1 deduction taken from each mark by each judge.

**INTERPRETIVE PROGRAM**

**Competition Format:** This competition is offering two different types of interpretive event; a Dramatic Interpretive event and a Light Entertainment Interpretive event. The Organizing Committee will pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

**Levels:** Levels will be broken by ability with ages divided appropriately.

**Judging Rules:** Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression. Spins and jumps performed must be appropriate to competition level.

**Music Duration:** Snowplow Sam-Basic 8: 1min

Free Skate 1-6 - No Test, Adult Levels: 1:15

Pre-Preliminary-Preliminary: 1:30

**Coaching:** There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

#### **SHOOT THE DUCK EVENT**

Skaters will be divided by level. Judges will time each skater's shoot-the-duck. Timing will begin as soon as the skater is in their lowest shoot-the-duck position. Timing will end when the skater either falls or puts their free foot on the ice. The winner is determined by the skater with the longest shoot-the-duck time.

#### **SHOOT THE DUCK GOLD EVENT**

Format is the same as Shoot-the-Duck Event, except that in this event competitors will perform a shoot-the-duck on each foot, with timing conducted in the same manner. The skater with the longest combined time will be the winner.

**End of Announcement**

**2017 Ice Crystal Competition**