



Carolinas Figure Skating Club
Announces



The 10th Anniversary
Annual John Smith Memorial Competition
September 15-17, 2017
At



4705 Indian Trail – Fairview Road
Indian Trail, NC 28079



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

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

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest Free Skate 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. The competition is open to ALL skaters who are currently eligible (ER 1.00) members of either the Learn to Skate USA Program and/or are full members of US Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing of US Figure Skating.

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.

Pre-Free Skate and Free skate 1-6, 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. Compete USA events will be divided as closely as possible by age with groups sized so that all participants receive awards.

Age restrictions/requirements: For Juvenile and Open Juvenile levels see Rule#4240 in rulebook for clarification of updated age rulings.

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: Entryeze online electronic application (required) is available at www.carolinasfsc.org.
Entry Deadline is August 7, 2017

Space Permitting, entries may be accepted after August 7, 2017 & will be subject to a \$30.00 late fee.

Any change to a 6.0, IJS or Learn to Skate USA Event (Basic 1-6 and Free Skate PreFreeskate-FS6) will result in a \$25 fee for each event changed! Carolinas FSC reserves the right to limit entries by event based on entries received prior to the deadline, if estimated skating time exceeds available ice time. Further, Carolinas FSC reserves the right to divide or combine any event if necessary and to cancel any events (with full refund of entry fees for cancelled event only).

Entry fees are as follows:

Skater's Gift: A complimentary DVD

As part of your first event entry fee, each skater will receive a DVD of their competitive free skate group. If you are not registered for a free skate event, you will receive a DVD of the first group entered. Additional events, copies, and shipping will be available for purchase at the competition. . DVDs will be available for pickup at the competition OR for Sunday events, delivered to your local skating club/rink for pickup. Skaters wishing to have their DVDs shipped may do so for a \$10 charge.

- First IJS Event \$135
- Additional IJS Event \$85
- First Non-IJS Event \$100
- Additional Non-IJS Event \$55
- 3rd or more event \$40
- First Compete USA Event \$75
- Additional Compete USA Event \$40
- *If a skater skates an IJS event & a Non-IJS event, the Non IJS event will cost \$55

REFUND POLICY: Entry fees will not be refunded for any reason unless 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 on Entryeze.

FACILITIES: The competition will be held at  4705 Indian Trail-Fairview Road Indian Trail, NC 28079. The Extreme Ice Center has two ice surfaces that measure 85'x 200' with rounded corners and hockey barriers and seating in each arena. The rink also has a puddle surface as well as dressing rooms, snack bar, pro shop and Tavern/Restaurant. The facility does not allow outside food or drink.

MUSIC: JSMC in 2017 will utilize the Entryeze Music Upload Feature. Skaters must supply their official competition music. It must be submitted with your online registration.

A backup CD (CD-R format only) must be readily available in case of technical difficulties at the event. Please submit your back up cd upon check in, so it is rink side during events as needed, it can be picked up after event.

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

JUDGING SYSTEM:

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

- *Well Balanced Program free skate events, juvenile – senior*
- *Short program events, intermediate – senior*
- *Adult Championship and Master Levels Events*
- *Free dance events, juvenile – senior*
- *Short dance events, junior – senior*
- *Pattern dance events (partnered only), juvenile - novice*

All competitors skating in these events need to submit the planned program content form online through Entryeeze. The deadline to submit the form is September 1, 2017

The 6.0 Majority Judging System will be used for:

- *All Compete USA Events*
- *Well Balanced Program free skate events, pre-preliminary – pre-juvenile*
- *Introductory free skate events (beginner, high beginner, no-test)*
- *All Test Track events*
- *Adult Pre-Bronze / Bronze events*
- *All specialty singles events (spins, jumps, compulsory moves, etc.)*

REGISTRATION: Registration will be open one hour before the first event and run through the last event of the day. The registration table will be located in the front of the Extreme Ice Center. Please register promptly upon arrival.

PRACTICE ICE: Will be determined after the close of entries and will be available online. Practice ice selection information including date & time will be available on Entryeeze. Practice ice sessions will be 20 minutes. Pre-paid practice ice is \$14 per session. Remaining practice ice will be sold at a cost of \$17 per session. Walk on sessions will be sold on site as available at the walk on fee of \$20 per session.

PHOTOGRAPHY/VIDEOGRAPHY Professional videotaping and photography will be available. No power source will be available for individual videotaping; however, it is permitted from the seating area only. **FLASH PHOTOGRAPHY is NOT permitted as it is a distraction and danger to our skaters. No Tripods allowed.**

AWARDS: Medals will be awarded to the top **four** skaters in each flight for all events except final round events. Final round event awards will be given to the top **three** skaters. **Juvenile through Senior Free Skate events with 24 or more skaters will skate a qualifying round for placement into a final round.** *All Basic Skills Participants will be awarded medals.*

OFFICIAL NOTICES: An official bulletin board will be maintained in the Extreme Ice Center lobby. 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 1 hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition. Notification of competition and practice ice times will also be available on Entryeeze.

CRITIQUES: Critiques will not be available at this event.

U.S. Figure Skating Rules MR 5.11 Coach Compliance

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

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (Coach, Instructor or Professional Group Instructor) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must complete CER SafeSport training course
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Compete USA and Introductory Level coaches (18 and older)

- A. Be registered as a Learn to Skate USA instructor member.
- B. Complete the annual online certification course
- C. Successfully pass the annual background screen Coaches who do not fulfill the requirements of coach compliance in rules MR 5.11 and MR 5.12 will be considered "noncompliant" members of USFS and PSA, and will not be allowed to coach athletes, nor have contact, either directly or indirectly at any USFS or member club activities. The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions.

Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

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

CONTACT INFO: If you have questions, please contact
Competition Committee

Daniel Ashton Competitions@carolinasc.org
Jennie Dobson Competitions@carolinasc.org

ADDITIONAL INFORMATION:

Official Hotel information can be found on our website: carolinasc.org



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

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

LEARN TO SKATE USA PROGRAM

Competition levels for skaters within Compete USA include:
 Snowplow Sam
 Basic 1-6, Adult 1-6, Hockey 1-4
 Pre-Free Skate and Free Skate 1-6

Skaters may begin or advance to the “introductory levels,” which are an introduction to competitive figure skating.



Beginner	}	INTRODUCTORY LEVELS
High Beginner		

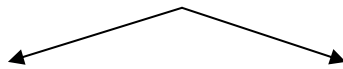
Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the “Test Track Free Skate” or “Well Balanced Free Skate” program. Test requirements for both categories are the same, it is completely the choice of the athlete which track to follow.

TEST TRACK FREE SKATE

- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Intermediate
- Novice
- Junior
- Senior

WELL BALANCED PROGRAM FREE SKATE

- No-Test
- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile/Open Juv.
- Intermediate
- Novice
- Junior
- Senior



Skaters may choose, at any point, which track to follow. They may not, however, enter both events at the same competition. They may also move between the tracks at different nonqualifying competitions

Adult

U.S. Figure Skating Non Qualifying Competitions

EVENT: Well Balanced Program Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same 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 Rule 4270	Pre-Preliminary Free Skate Test, single jumps only, Axel is permitted. Maximum 5 jump elements, 2 spins, 1 step sequence	1:40 max
Preliminary Rule 4260	Preliminary Free Skate Test, Axel, 2 different Double jumps (limited to double Salchow, double toe loop and double loop). Maximum 5 jump elements, 2 spins, 1 step sequence	1:30 +/- 10 sec
Pre-Juvenile Rule 4250	Pre-Juvenile Free Skate Test. Maximum 5 jump elements, maximum 2 spins, 1 step sequence	2:00 +/- 10 sec
Juvenile/Open Juvenile Free Skate Rule 4240	Juvenile Free Skate test. 4240 Juvenile Singles and Open Juvenile Singles Note: Open juvenile singles events are considered non-qualifying events and are held at a regional championship only at the discretion of the local organizing committee. A. Test qualifications as of the closing date for entry to the regional championships: Juvenile moves in the field test or higher, and juvenile free skate test but no higher. B. Age requirements as of Sept. 1 prior to the regional championships: * 1. Open Juvenile: 14 years of age or older 2. Juvenile: Under 14 years of age Beginning February 1, 2017, the following changes will take affect: Age requirements as of Sept. 1 prior to the regional championships: Open Juvenile: <u>13</u> years of age or older / Juvenile: Under <u>13</u> years of age). Maximum of 5 jump elements, 2 spins, 1 choreographic step sequence.	2:20 +/- 10 sec
Intermediate Short Rule 4230	Intermediate Free Skate Test Rule 4230	2:10 maximum
Intermediate Free Skate Rule 4230	Intermediate Free Skate Test. Under age 18 as of Sept 1, 2017. Rule 4230	2:40 +/-10 sec
Novice Short Rule 4220	Novice Free Skate Test. Rule 4220	2:30 maximum
Novice Free Skate Rule 4220	Novice Free Skate Test. Rule 4220	Ladies: 3:00 +/- 10 sec Men: 3:30 +/- 10 sec
Junior Short Rule 4210	Junior Free Skate Test. Rule 4210	2:40 +/-10sec
Junior Free Skate Rule 4210	Junior Free Skate Test. Rule 4210	Ladies: 3:30 +/- 10 sec Men: 4:00 +/- 10 sec
Senior Short Rule 4200	Senior Free Skate Test. Rule 4200	2:40 +/-10sec
Senior Free Skate Rule 4200	Senior Free Skate Test. Rule 4200	Ladies: 4:00 +/- 10 sec Men: 4:30 +/- 10 sec

6.0 EVENT: Adult Well Balanced Free Skate

General event parameters

1. Skaters will skate to the music of their choice. Vocal music IS permitted at all levels.
2. Level will be determined by the highest Free Skate test passed.
3. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
4. The 6.0 judging system will be used for this event.
5. All relevant and appropriate USFS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under “Technical Information”, then “Adult Skating”
6. The following deductions will be taken:
 - Spins of a different character – this refers to the abbreviation of a spin, e.g. Combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see USFS rule 4103E.
 - 6.0 System Penalties:
 - 0.1 in each mark for each illegal element
 - 0.1 in 1st mark for insufficient revolutions.
 - 0.2 in 1st mark should be deducted for each jump and/or spin element exceeding the max.
 - 0.1 in each mark for time violation
 - 0.1 in 1st mark for step seq. not fully utilizing the ice
 - 0.2 in 1st mark should be deducted if an element indicated by an * is omit

LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCE
Adult Pre-Bronze (Rule 4600) *required element Time 1:40 max	Max 4 • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • One jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No Lutz, Axel or double jumps are allowed	Max 2 • Min 3 revolutions total if no change of foot • No flying spins are permitted	Max 1 • Connecting steps throughout the program are required
Adult Bronze (Rule 4590) * required element Time 1:50 max	Max 4 • Min 1*, max 2 combinations or sequences; • One combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except Axel) • No Axel, double or triple jumps are permitted	Max 2 • Spins must be of different character (for definition, see USFS rule 4103E) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in position • No flying spins are permitted	Max 1 • Choreographic step sequence utilizing at least ½ of the ice surface • Jumps may be included in the step sequence • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
Adult Silver (Rule 4580) * required element Time 2:10 max	Max 5 • Min 1*, max 2 combinations or sequences • One combination/sequence may consist of three jumps, and the other may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution (i.e. mazurkas, half-loops, etc.) performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps are permitted, including an Axel-type jump. • No double or triple jumps are permitted	Max 2 • Spins must be of different character (for definition, see USFS rule 4103E) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in position	Max 1 • Choreographic step sequence utilizing at least ½ ice surface • Jumps may be included in the step sequence • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

IJS EVENT: Adult Well Balanced Free Skate

General event parameters

1. Skaters will skate to the music of their choice. Vocal music IS permitted at all levels.
2. Level will be determined by the highest Free Skate test passed.
3. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
4. The IJS judging system will be used for this event.
5. All relevant and appropriate USFS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under "Technical Information", then "Adult Skating"

LEVEL	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
Championship Gold & Adult Gold (Rule 4570) * required element Time 2:10 max	Max 5 • Min 1*, max 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three jump combination/sequence is permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow. • No double-double jump combinations or sequences are permitted • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted	Max 3 • Spins must be of different character (for definition, see USFS rule 4103E) • Min 4 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in position	Max 1 To be chosen from: • Choreographic step Sequence or • Choreographic sequence Must fully utilize the ice surface Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
Championship Masters Intermediate/Novice And Masters Intermediate/Novice (Rule 4540) * required element Time 3:10 max	Max 6 • 1 must be an Axel-type jump, and at least one must be a jump combination or jump sequence • Up to three may be in jump combinations or jump sequences • One jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps • Only the following double jumps may be performed: double toe loop, double Salchow, double loop • Only one double-double jump combination or sequence is permitted • Double flip, double Lutz, double Axel and triple jumps are not permitted	Max 3 • If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. All other spins must have a minimum of five revolutions • There must be a minimum of two revolutions in each position, or the position will not be counted. • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.	Max 1 To be chosen from: • Choreographic step sequence or • Choreographic sequence Must fully utilize the ice surface Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
Championship Masters Junior/Senior and Masters Junior/Senior (Rule 4510) * required element Time 3:40 max	Max 7 • One must be an Axel-type jump, and at least one must be a jump combination or jump sequence • Up to three may be in jump combinations or jump sequences • One jump combination may contain three jumps; the remaining jump combinations are limited to two jumps • The number of jumps in a jump sequence is not limited; however only the two highest-value jumps in a sequence will be counted • No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence	Max 3 • If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. • All other spins must have a minimum of five revolutions. • There must be a minimum of two revolutions in each position, or the position will not be counted. • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.	Max 1 To be chosen from: • Choreographic step sequence or • Choreographic sequence Must fully utilize the ice surface Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.



Compete USA Competitions

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 of the required elements before moving on to the next skater.

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

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



Compete USA Competitions

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



Compete USA Competitions

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

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

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

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



Compete USA Competitions

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



Compete USA Competitions

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



Compete USA Competitions

EVENT: Introductory Levels **Free Skate Program**

General event parameters:

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

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



Compete USA Competitions

EVENT: **COMPULSORY MOVES**

General event parameters:

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

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



Compete USA Competitions

EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

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

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

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

General event parameters:

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

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

6.0 EVENT: 2016-17 Test Track Free Skate – Introductory through Senior levels

General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <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 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile 2:20 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <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 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • <i>Only solo spin may fly</i> 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate 2:40 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <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 	<p><i>Maximum of 2 spins:</i></p> <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

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



ADULT EVENTS: This event can be used as a Compulsory or Program Event

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



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



U.S. Figure Skating Nonqualifying Competitions

EVENT: Jumps Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	1:15 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	1:15 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel)
Senior	1:15 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Adult silver and lower will be skated ½ ice; adult gold – masters junior/senior will be skated on full ice
- Jumps with an "*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none"> 1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"> 1. Waltz or toe loop jump 2. ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:00	<ol style="list-style-type: none"> 1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	<ol style="list-style-type: none"> 1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	1:15	<ol style="list-style-type: none"> 1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> 1. Axel 2. Double Salchow , double toe loop or double loop 3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Double Lutz 3. Jump combination that may include any double jump



Compete USA Competitions

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



U.S. Figure Skating Nonqualifying Competitions

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. On 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
Pre – Juvenile	1:30 max.	4. Camel spin (3) 5. Combination spin – camel to sit spin; no change of foot (6) 6. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	4. Sit spin (4) 5. Combination spin – change of foot; optional change of position (4 per foot) 6. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	4. Flying camel spin (5) 5. Sit spin to backward sit spin (4 per foot) 6. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	4. Choice of camel, sit or layback spin (6) 5. Camel spin to backward camel spin (4 per foot in position) 6. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	4. Flying sit spin or flying reverse sit spin (6) 5. Ladies – layback spin (6); men – cross-foot spin (6) 6. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	4. Flying spin of choice (6) 5. Solo spin of choice (6) – may not fly 6. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult 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. On 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
Adult Beginner	1:15	<ol style="list-style-type: none"> 1. Pivot 2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (3) 2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30	<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	<ol style="list-style-type: none"> 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)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 6 revolutions) 2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 8 revolutions) 2. Solo spin with a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry



Compete USA Competitions

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, 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 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 seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

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 Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Showcase categories include:

- 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.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-4	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Dramatic Entertainment Events / Light 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

General event parameters:

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

Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
Pre Juvenile	Pre Juvenile Free Skate OR 2 Preliminary Dances	Juvenile Free Skate OR Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Complete Pre-Bronze Dance	Intermediate Free Skate OR Complete Bronze Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Complete Pre-Bronze Dance	Intermediate Free Skate OR Complete Bronze Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Complete Bronze Dance	Novice Free Skate OR One Silver Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Complete Pre-Bronze Dance	Novice Free Skate OR One Silver Dance	18-20	2:10 max
Novice	Novice Free Skate OR One Silver Dance	Junior Free Skate OR Two Pre-Gold Dances	No age restriction	2:10 max
Junior	Junior Free Skate OR Two Pre-Gold Dances	Senior Free Skate OR Completed Gold Dance		2:40 max
Senior	Senior Free Skate OR Complete Gold Dance			2:40 max

Event	Must meet requirements for*	Must not have passed	Age	Time
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

**The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.*

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Ads are limited to 15 words or less and will appear with the icon of your choice in a business card sized space. All good luck ads will be placed in the congratulatory ad section of the competition program. Ads can be selected, written & purchased on entryeeze.



Good Luck ads are \$5.00 each. Please make your purchase on Entryeeze
NO LATER THAN **August 7, 2017**.

Questions: competitions@carolinasfsc.org

2017 John Smith Memorial Competition
Business Program Ad Insertion Order

Advertiser: _____
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Phone #: _____ Contact: _____

Ad Sizes:

Full page: 7 1/2" x 10"
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Business Card: 2" X 3 1/2"

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Full Page Inside: \$75 _____
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***The above ads can include directions to your location and a coupon if you would like to include one.

1/4 Page: \$25 _____
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Please include camera ready or black and white artwork for each ad. All ads and artwork must be received by **August 7, 2017**.

Acceptance:

Signature _____

Name

Title

Date: _____

Total Due: _____ Check payable to : Carolinas FSC

Mail to: Daniel Ashton
Extreme Ice Center/Carolinas FSC
4705 Indian Trail-Fairview Rd
Indian Trail, NC 28079

Questions: competitions@carolinasfsc.org