

# 2017 Kankakee Valley Open

Compete USA Competition

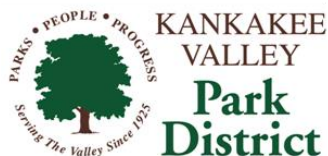


**Sunday, October 1, 2017**

**Hosted by: The Kankakee Valley Park District  
at Ice Valley Centre**

**1601 River Road, Kankakee, IL 60901**

**REGISTRATIONS DUE BY: SEPTEMBER 3, 2017!**





**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  
High Beginner

**INTRODUCTORY 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 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

10<sup>th</sup> Annual U.S. Figure Skating Illinois Learn To Skate USA Series  
July 1, 2017- June 30, 2018



**2018 Illinois Learn To Skate USA Series Mission Statement**  
*"To provide a fun and positive experience that will instill a lifelong love of skating"*

During the season, skaters will have the chance to compete at different competitions and earn points for a final standing. An awards ceremony will take place where the TOP 3 skaters from each level for compulsory and free skate will be awarded a medal. You need not be present at the season end ceremony to receive your award. The final award announcement will be emailed to all qualifying skaters on July 18, 2018 for the location, date, and time of ceremony.

**Series Point System**

The Free Skate/Program with Music events and the Compulsory/Elements events of each of the Series Competitions will be eligible for accumulating points.

Each event will have a maximum of 6 skaters. The system for scoring points for the final award will be as follows:

Place	Points
1	6
2	6
3	4
4	3
5	2
6	1

If an event has 2-6 skaters, points are awarded as if there were six skaters in the group. If there is only one skater in the group, he or she will be awarded three points. If last-minute changes cause groups to become larger than six skaters, then all skaters finishing lower than sixth will receive one point.

At the end of the Series, if all scores are tied, the tie will not be broken. Points are accumulated for Compulsory and Free Skate events separately.

The following events will be offered:

July 1, 2017- June 30, 2018  
Snowplow Sam  
Basic 1 through Basic 6  
Intro Pre-Free skate, Pre-Free skate, Free skate 1 through Free Skate 6  
Introductory Levels: Beginner through No Test  
Pre-Preliminary Test Track through Preliminary Test Track  
Pre-Preliminary Well Balanced through Preliminary Well Balanced

Skaters moving to the next level during the Series will take their points with them. If a skater moves up a level for at least two competitions, they will receive an additional 3 points as long as they do not move back down a level at any time during the series. You can earn the bonus points only once per series. Check Skating council website: <http://skatingcouncilofillinois.org> for updated points. Contact: Brigitte Roquet: [brigitteroquet811@gmail.com](mailto:brigitteroquet811@gmail.com)

Arctic Heatwave  
July 22, 2017  
Artic Ice Arena, Orland Park, IL  
Deb Swanson: [kramerswanson@att.net](mailto:kramerswanson@att.net)

Chicago Learn to Skate Challenge  
July 23, 2017  
Robert Crown, Evanston, IL  
Christine Hathaway: [Chathaway@cityofevanston.org](mailto:Chathaway@cityofevanston.org)

Summer's Last Hurrah  
August 13, 2017  
U.S. Cellular Coliseum , Bloomington, IL  
Lindsay Danner: [ldanner@cityblm.org](mailto:ldanner@cityblm.org)

Rocket Ice Classic  
August 20, 2017  
Rocket Ice Arena, Bolingbrook, IL  
Michelle Tepkasetkul: [michelle@rocketice.com](mailto:michelle@rocketice.com)

Skate the Lake  
August 25-27, 2017  
Cutting Edge FSC, Pleasant Prairie, WI  
Joseph Zons: [jpezons@gmail.com](mailto:jpezons@gmail.com)

2017 Springfield Skating Invitational  
September 23, 2017  
The Nelson Center, Springfield, IL  
Lori Hedges: [lhedges@sps188.org](mailto:lhedges@sps188.org)

8th Annual Kankakee Valley Open  
October 1, 2017  
Ice Valley Centre, Kankakee, IL  
Angela Tousignant: [atousignant@kvpd.com](mailto:atousignant@kvpd.com)

Great Pumpkin Blast  
October 29, 2017  
All Seasons Ice Rinks, Naperville, IL  
Vicki Revere: [skateallseasons@gmail.com](mailto:skateallseasons@gmail.com)

Cranberry Classic Learn to Skate USA and Beyond  
November 5, 2017  
Rockford SC, Loves Park, IL  
Joyce Budlong: [ssjam1@comcast.net](mailto:ssjam1@comcast.net)

Autumn Classic  
November 11 (singles) November 12 (synchro), 2017  
Ice Plex: Pleasant Prairie, WI  
Katie Luburich: [kluburich@pprairiewi.com](mailto:kluburich@pprairiewi.com)

Snowflake Classic  
November 12, 2017  
Southwest Ice Arena, Crestwood, IL  
May Wiza: [mayfso@aol.com](mailto:mayfso@aol.com)

North Shore Winter Classic  
December 2-3, 2017  
Centennial Ice Arena, Highland Park, IL  
Inga Fedorova: [ifedorova@pdhp.org](mailto:ifedorova@pdhp.org)

Winter Blizzard  
January 14, 2018  
Skokie Skatium, Skokie, IL  
Kerry Murphy: [KMMurphy@skokieparks.org](mailto:KMMurphy@skokieparks.org)

Cupid Classic  
February 10, 2018  
Homewood Flossmoor Ice Arena, Homewood, IL  
Deb Swanson: [kramerswanson@att.net](mailto:kramerswanson@att.net)

The Freeze  
February 16-17, 2018  
Glenview Ice Center, Glenview, IL  
Dorie Cascio: [dorie.cascio@glenviewparks.org](mailto:dorie.cascio@glenviewparks.org)

Shamrock Open Learn to Skate USA and Beyond  
March 4, 2018  
Rockford Skating Club, Loves Park, IL  
Joyce Budlong: [ssjam1@comcast.net](mailto:ssjam1@comcast.net)

Heart of Illinois Basic Skills  
March 10, 2018  
Heart of Illinois Skating Club, Peoria IL  
Amy Bamey: [abameycpa@yahoo.com](mailto:abameycpa@yahoo.com)

18th Annual Wagon Wheel Basic Skills  
TBD  
Crystal Ice House , Crystal Lake, IL  
Lanny Nelson: [Lannyww@sbcglobal.net](mailto:Lannyww@sbcglobal.net)

Greater Chicagoland Basic Skills Championships  
March 18, 2018  
Chicago FSC, TBA  
Kerry Murphy: [KMMurphy@skokieparks.org](mailto:KMMurphy@skokieparks.org)

Riverbend Spring Classic  
TBA  
East Aitton Skating Academy, East Aitton, IL  
Kathryn McKeon : [krhsk8@gmail.com](mailto:krhsk8@gmail.com)

7th Annual Southport Spring Classic  
April 14, 2018  
Glacier Ice Arena  
Southport Skating Club, Vernon Hills, IL  
Elaine Johnson: [elainejohnson57@sbcglobal.net](mailto:elainejohnson57@sbcglobal.net)

Oak Lawn Basic Skills  
April 29, 2018  
Oak Lawn Ice Arena, Oak Lawn, IL  
Deb Swanson: [kramerswanson@att.net](mailto:kramerswanson@att.net)

Quad Cities Championships  
June 8-10, 2018  
FSC of Quad Cities, Davenport, IA  
Sue Schwaegler: [SDSCHWAEG@aol.com](mailto:SDSCHWAEG@aol.com)

2018 Southport Summer Classic  
June 14-16, 2018  
Southport SC, Rec Plex Ice Arena: Pleasant Prairie, WI  
Val Berger: [Valarie.L.Berger@gmail.com](mailto:Valarie.L.Berger@gmail.com)

Contact: Brigitte Roquet: [brigitteroquet811@gmail.com](mailto:brigitteroquet811@gmail.com)  
Illinois Learn to Skate USA Series Director

# 2017 Kankakee Valley Open

Hosted by the Kankakee Valley Park District at Ice Valley Centre Ice Arena

Dear Parents, Coaches, and Competitors,

Thank you for your interest in the 2017 Kankakee Valley Open! We are very excited to be hosting this event! The coaching staff, management, and volunteers of Ice Valley Centre truly believe in the U.S. Figure Skating Learn to Skate USA program and do everything that we can to encourage ice skating at the grassroots level. Because of this, we are committed to making sure that group sizes are no larger than six skaters and that everyone walks away feeling special.

The 2017 Kankakee Valley Open will be hosted at Ice Valley Centre (formerly OAK Orthopedic Sports Arena), located at 1601 River Road in Kankakee, Illinois on Sunday, October 1, 2017. The Learn to Skate USA Competition is approved by U.S. Figure Skating and conducted in accordance with the USFS rulebook.

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program or 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.

## **ELIGIBILITY AND TEST REQUIREMENTS**

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1-6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the Pre-free skate, free skate 1-6, test track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below his/her class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. Please be sure to check for the director/instructor's signature confirming the level of the skater.

## ELIGIBILITY RULES FOR INSTRUCTORS/COACHES

All coaches must be registered with U.S. Figure Skating. Any coach who does not appear on the U.S. Figure Skating Coach Registration will not receive a competition credential and will not be permitted rink-side during the competition or practice ice sessions. Coaches will need to check in at the event registration desk and show a government issued Photo I.D., U.S Figure Skating and/or PSA credentials, Coach registration card, proof of Category A, B, or C compliance in CER. If a coach cannot provide a photo I.D. and 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.

We look forward to seeing you this October on the ice!

Best Wishes,

*Angela Pace Tousignant*

**Angela Pace-Tousignant**  
**Competition Chairperson**  
**Ice Valley Centre**  
**atousignant@kvpd.com**

# 2017 Kankakee Valley Open

## Competition Information

### Entries and Fees

**Online Registration:** Online registration is preferred and is available via a secured credit card transaction at Entryeze.com. Registration must be completed by midnight, September 3, 2017. Upon receiving your application online, an email will be sent to the skater's coach to verify accuracy of entry. An official at the skater's home club will also be notified to certify the skater; standing within the club.

**Paper Registration:** Paper registration and payment by check will be accepted. Mail in entries must be post-marked no later than September 3, 2017. Mail registration forms with check payable to the Kankakee Valley Park District should be mailed to: Ice Valley Centre Ice Arena c/o Angie Pace-Tousignant 1601 River Road, Kankakee, IL 60901. Please note that your coach/instructor is required to sign your application form verifying your level of competition and the events you are competing in. A \$5.00 fee will be charged for all paper registrations. Registration forms sent without payment will not be processed. Late entry forms will be accepted at the discretion of the Competition Chair and are subject to a \$20.00 late fee. Any checks returned will be subjected to a \$25.00 fee. Skaters who are not members of Learn to Skate USA may still compete! Add \$13.50 to your registration fees to be registered.

Entry fees are per person. The initial event is \$60.00 and each additional event is \$15.00. For all team events (including team compulsories and ice show groups), the cost will be \$25.00 per team and an additional \$5.00 per skater. Entry fees are non-refundable after the closing date.

### Awards

Each participant will receive an award following the posting of the results in the lower lobby of Ice Valley Centre.

### Practice Ice

Practice ice will be available for purchase online via Entryeze or at the Registration desk. Pre-paid practice ice is available for a cost of \$10 for each 30 minute session. Skaters will be able to select their own practice ice sessions online but you must indicate the number of sessions you want during the registration process and it must be pre-paid with your entry. Practice ice will be sold the day of the competition, if available, for \$12 per 30 minute session.

### Arena

Ice Valley Centre features one sheet of ice (200' X 85').

### Schedule of Events

The schedule of events will be posted on the Official Bulletin Board and will be posted on the Kankakee Valley Park District website, [www.kvpd.com](http://www.kvpd.com) as well as Ice Valley Centre Ice Arena's Facebook page, no later than one week prior to competition and will include groups and skating times

## Music

No tapes will be accepted! CD's should be properly labeled with the skater's name and event information. CD's must be in CD-R format. Time duration is +/- 10 seconds. Competition music will be turned in at the time of registration. Please remember to bring along an extra copy of your music. Music may be picked up at the registration table following your event. CD's left after the completion of the competition will not be mailed out.

## Fanmail

Fan Mail will be featured in the competition program book. Please see attached form to order yours.

## Inquiries

All inquiries may be directed to the Competition Chair, Angela Pace-Tousignant at (815) 939-1946 ex. 235 or by email at [atousignant@kvpd.com](mailto:atousignant@kvpd.com).

## Directions

From I-57, take the 308 exit (US 45/US 52) towards Kankakee. Turn left on to US 45/US 52. Go one mile and turn right on to River Road (you will see a sign for Kankakee Community College). Go 1.4 miles and turn left in to the arena entrance. We are tucked away from the road.





## 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 1/3 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-foot 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 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	1:00 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>



## 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"> <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-foot 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>
Basic 6	1:10 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>



## 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"> <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 revs</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>
Free Skate 2	1:40 max.	<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> <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

### 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>



## 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"> <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>



# 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"> <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</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"> <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 number of jump elements allowed is not exceeded</li> <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 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>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 definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <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> </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 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>



		<ul style="list-style-type: none"><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>		Jumps may be included in the step sequence
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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"> <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> <li>• Maximum 2 of any same type jump</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. (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>	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.



## Compete USA Competitions

### 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><b>Adult 1</b></p> <ul style="list-style-type: none"> <li>• Falling and Recovery</li> <li>• Forward Marching</li> <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>	<p><b>Adult 4</b></p> <ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <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> </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> 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><b>Adult Bronze:</b> 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>



## Compete USA Competitions

### EVENT: Solo or Partnered 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 of the 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.

Level	January 1 <sup>st</sup> – March 31 <sup>st</sup>	April 1 <sup>st</sup> – June 30 <sup>th</sup>	July 1 <sup>st</sup> – September 30 <sup>th</sup>	October 1 <sup>st</sup> – December 31 <sup>st</sup>
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



## Compete USA Competitions

### ICE SHOW SOLOIST

Ice Show Soloist is for individual skaters who would like to compete with their ice show solo program from last year or the year before. Skaters should sign up for one of five categories listed below.

**Individual Level A:** Skating skills must not exceed Pre-Freeskate elements. Recommended program length is 1-2 minutes.

**Individual Level B and C:** Single jumps (no axel), any upright spin without a change of foot. Recommended program length is 1-2 minutes.

**Individual Level D and E:** Single jumps (including axel), sit or camel spin. Recommended program length is under 2 and a half minutes.

**Individual Level F:** Axel and double jumps are permitted, any spin choice. Recommended program length is under 2 and a half minutes.

**Individual Level G:** Axel jumps are permitted, but no doubles. Any spin choice. Recommended program length is under 2 and a half minutes.

**Individual Level G:** Axel and double jumps are permitted. Any spin choice. Recommended program length is under 2 and a half minutes.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 5-Pre-Freeskate	Individual Level A	May not have passed any higher than Pre-Freeskate	Not to exceed 2:45.
Freeskate 1-2	Individual Level B	May not have passed any official U.S. Figure Skating free skate tests.	Not to exceed 2:45.
Freeskate 3-4	Individual Level C	May not have passed any official U.S. Figure Skating free skate tests.	Not to exceed 2:45.
Freeskate 5-6	Individual Level D	May not have passed any official U.S. Figure Skating free skate tests.	Not to exceed 2:45.
No Test/Pre-Preliminary	Individual Level E	Must have passed no higher than U.S. Figure Skating Pre-Preliminary free skate test.	Not to exceed 2:45.
Preliminary	Individual Level F	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Not to exceed 2:45.
Adult Pre-Bronze	Individual Level G	Must have passed no higher than U.S. Figure Skating Adult Pre-Bronze free skate test.	Not to exceed 2:45.
Adult Bronze	Individual Level H	Must have passed no higher than U.S. Figure Skating Adult Bronze test.	Not to exceed 2:45.



## Compete USA Competitions

### ICE SHOW GROUP

Compete with your ice show group number from last year or create your own with four or more skaters.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Snowplow Sam – Basic 2	Individual Level A	Majority of skaters must be between Snowplow Sam – Basic 2	Not to exceed 2:45.
Basic 3-6	Individual Level B	Majority of skaters must be between Basic 3 – 5	Not to exceed 2:45.
Pre-Freeskate- Freeskate 2	Individual Level C	Majority of skaters must be between Pre-Freeskate – Freeskate 2	Not to exceed 2:45.
Freeskate 3-6	Individual Level D	Majority of skaters must be between Freeskate 3-6.	Not to exceed 2:45.



## 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"> <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>



## Compete USA Competitions

### 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>





## Compete USA Competitions

### EVENT: Compete USA Team Compulsories

#### Format:

The designated skater from each team will perform their chosen element in sequence on full ice, with no music, and will follow this format:

1. Minimum of three skaters on a team; each skater will do at least one required element.
2. When the event is called, all skaters will take the ice for a two (2) minute STROKING ONLY warm-up.
3. This will be followed by a one (1) minute individual warm-up for the elements.
4. Teams will be directed to find a "base" for their team along the boards on the ice where they will stay for the remainder of the event.
5. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed.
6. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
7. Once all the teams have had their skaters complete the element, the next element will be called.
8. Judging is done with one mark for each element (skater) for total team points.
9. Repeat #4-7 above as this will be done in sequence until all the elements at each level are completed.

### COMPETE USA LEVELS (SNOWFLOW SAM, HOCKEY, BASIC, PRE-FREE SKATE AND FREE SKATE)

Level	Jumps / Stops	Spins / Turns / Glides	Spiral or Step Sequences
Snowplow Sam – Basic 3, Hockey 1-4	a) Wiggles, two-foot swizzles, forward or backward, (4-8 in a row) b) Snowplow stop (one or both feet) or hockey stop (with skid)	a) Curves, glide turns, or hockey turns (right and left, forward) b) March then glide on two feet or forward one-foot glide on left and right foot (one time skater's height, forward)	a) Forward ½ swizzle pumps or forward c-cuts on a circle (right and left, 6-8 consecutive)
Basic 4-Basic 6	a) Side-toe hop, bunny hop, ballet jump, mazurka b) Waltz jump	a) Forward inside pivot or two-foot spin (min. 3 revs.) b) One-foot upright spin, optional entry & free foot position (min. 3 revs.)	a) Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
Learn to Skate USA Pre-Free Skate and Free Skate 1-6 levels	a) Single jump (no Axel) b) Jump combination or jump sequence (no Axel allowed)	a) Solo spin (scratch spin, layback, camel or sit, min. 3 revs, no flying entry) b) Combo Spin: One change of foot, change of position optional (min. 3 revs. on each foot)	<b>a)</b> Spiral Sequence from Free Skate 2



## Compete USA Competitions

### HOCKEY EVENTS: Hockey 1-4 Elements and Skills Competition

**Hockey 1-4 Elements:** Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: All skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p><b>Hockey 1</b></p> <ul style="list-style-type: none"> <li>• Proper basic hockey stance, forward and backward</li> <li>• March forward across the ice, 8-10 steps</li> <li>• Two-foot glides and dips from forward marching</li> <li>• Forward swizzles / double C-cuts (4-6 in a row)</li> <li>• Stationary Snowplow Stop</li> </ul>	<p><b>Hockey 3</b></p> <ul style="list-style-type: none"> <li>• Forward C-cuts (1/2 swizzle pumps) on a circle, both directions</li> <li>• Forward outside edges on half circles, alternating feet on the axis</li> <li>• Forward inside edges on half circles, alternating feet on the axis</li> <li>• Backward C-Cuts on a circle, both directions</li> <li>• Backward snowplow stops, one foot and two feet V-stop</li> </ul>
<p><b>Hockey 2</b></p> <ul style="list-style-type: none"> <li>• Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive</li> <li>• Forward C-cuts: single leg and alternating feet in a straight line</li> <li>• Backward hustle or march, then glide on two feet</li> <li>• Backward swizzles / double C-cuts (4 – 6)</li> <li>• Two-foot moving Snowplow stop</li> </ul>	<p><b>Hockey 4</b></p> <ul style="list-style-type: none"> <li>• Quick starts using forward V-Start</li> <li>• Backward one-foot glide, right and left</li> <li>• Forward crossovers on a circle, clockwise and counterclockwise</li> <li>• Backward crossovers on a circle, clockwise and counterclockwise</li> <li>• Hockey stops (to right and left, with speed)</li> </ul>



## Registration Form

Skater's Name	Birthdate	Age
Address		
City	State	Zip Code
Parent/Guardian Name	Phone Number	
Email Address	Basic Skills of USFS #	
Current Skating Level	Last USFS Level Passed	
Program or Club Affiliation		
Coach's Name	Coach's Email	
Coach's Phone #	Coach's USFS #	

### SIGNATURES ARE MANDATORY!

I have reviewed the above entry form. I hereby certify that the above skater is an amateur member and is eligible to enter the event(s) specified.

\_\_\_\_\_  
Learn to Skate USA Director's Signature Date

\_\_\_\_\_  
Coach's Signature Date

**Certification of Club Officer: *Only Pre-Preliminary and Preliminary skaters.***

To the best of my knowledge, the information on this form is true and correct. This competitor is a member of our club and is in good standing.

\_\_\_\_\_  
Club Officer/President/Secretary Signature Date

**The complete Entry Certification Form must be submitted (postmarked) no later than  
September 3, 2017.**

**Mail:** Ice Valley Centre Ice Arena, Attn: Angela Pace-Tousignant, 1601 River Road, Kankakee, IL 60901

**Fax:** 815-939-1942

**Email:** [atousignant@kvpd.com](mailto:atousignant@kvpd.com)

**ICE VALLEY CENTRE  
COMPETITION  
PARTICIPANT  
-- READ BEFORE SIGNING --**

In consideration of being allowed to participate in any way in the COMPETITION program, related events and activities of SKATING, I \_\_\_\_\_, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown of my participation in CONTRACT ICE, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation in COMPETITION ICE. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS The Ice Valley Centre, Kankakee Valley Park District., their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. Arbitration: In further consideration of allowing me to participate in the aforementioned activities, I hereby agree to submit to binding arbitration any and all claims which I believe I may have against the facility arising from my activities at the facility. The arbitration shall be pursuant to the rules of the American Arbitration Association. The arbitrators shall apply the Federal Rules of Evidence to all proceedings.

Arbitration shall be commenced within one (1) year from the date on which any alleged claim first arose. Further, the arbitration shall be held in the town where the Arena is located, unless otherwise mutually agreed to by all the parties. The submission to the American Arbitration Association shall be unlimited and the arbitration award may be enforced by any court of competent jurisdiction.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

\_\_\_\_\_  
PARTICIPANTS SIGNATURE (18+)

\_\_\_\_\_  
Date Signed:

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE**

(UNDER AGE 18 AT TIME OF REGISTRATION)

**This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.**

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_  
Date Signed:

Skater's Name: \_\_\_\_\_

Please mark the events you wish to register for.

Basic Elements

- \_\_\_\_\_ Snowplow Sam
- \_\_\_\_\_ Basic 1
- \_\_\_\_\_ Basic 2
- \_\_\_\_\_ Basic 3
- \_\_\_\_\_ Basic 4
- \_\_\_\_\_ Basic 5
- \_\_\_\_\_ Basic 6
- \_\_\_\_\_ Pre-Freeskate
- \_\_\_\_\_ Freeskate 1
- \_\_\_\_\_ Freeskate 2
- \_\_\_\_\_ Freeskate 3
- \_\_\_\_\_ Freeskate 4
- \_\_\_\_\_ Freeskate 5
- \_\_\_\_\_ Freeskate 6

Basic Freeskate Programs

- \_\_\_\_\_ Snowplow Sam
- \_\_\_\_\_ Basic 1
- \_\_\_\_\_ Basic 2
- \_\_\_\_\_ Basic 3
- \_\_\_\_\_ Basic 4
- \_\_\_\_\_ Basic 5
- \_\_\_\_\_ Basic 6
- \_\_\_\_\_ Pre-Freeskate
- \_\_\_\_\_ Freeskate 1
- \_\_\_\_\_ Freeskate 2
- \_\_\_\_\_ Freeskate 3
- \_\_\_\_\_ Freeskate 4
- \_\_\_\_\_ Freeskate 5
- \_\_\_\_\_ Freeskate 6

Introductory Level Compulsories

- \_\_\_\_\_ Beginner
- \_\_\_\_\_ High Beginner

Introductory Level Freeskate Programs

- \_\_\_\_\_ Beginner
- \_\_\_\_\_ High Beginner

Test Track and Well Balanced Compulsories Programs

- \_\_\_\_\_ No Test
- \_\_\_\_\_ Pre-Preliminary
- \_\_\_\_\_ Preliminary

Test Track and Well Balanced Freeskate

- \_\_\_\_\_ TT Pre-Preliminary
- \_\_\_\_\_ TT Preliminary
- \_\_\_\_\_ WB No Test
- \_\_\_\_\_ WB Preliminary
- \_\_\_\_\_ WB Preliminary

Adult Compulsories

- \_\_\_\_\_ Adult 1
- \_\_\_\_\_ Adult 2
- \_\_\_\_\_ Adult 3
- \_\_\_\_\_ Adult 4
- \_\_\_\_\_ Adult 5
- \_\_\_\_\_ Adult 6
- \_\_\_\_\_ Adult Pre-Bronze
- \_\_\_\_\_ Adult Bronze

Adult Freeskate Programs

- \_\_\_\_\_ Adult 1
- \_\_\_\_\_ Adult 2
- \_\_\_\_\_ Adult 3
- \_\_\_\_\_ Adult 4
- \_\_\_\_\_ Adult 5
- \_\_\_\_\_ Adult 6
- \_\_\_\_\_ Adult Pre-Bronze
- \_\_\_\_\_ Adult Bronze

Spins Challenge

- \_\_\_\_\_ Beginner
- \_\_\_\_\_ High Beginner
- \_\_\_\_\_ No Test
- \_\_\_\_\_ Pre-Preliminary
- \_\_\_\_\_ Preliminary

Jumps Challenge

- \_\_\_\_\_ Beginner
- \_\_\_\_\_ High Beginner
- \_\_\_\_\_ No Test
- \_\_\_\_\_ Pre-Preliminary
- \_\_\_\_\_ Preliminary

Team Compulsories

- \_\_\_\_\_ SPS-Basic 3, Hockey 1-4
- \_\_\_\_\_ Basic 4-6
- \_\_\_\_\_ Pre-Freeskate-Freeskate 6

Ice Show Soloist

- \_\_\_\_\_ Level A
- \_\_\_\_\_ Level B
- \_\_\_\_\_ Level C
- \_\_\_\_\_ Level D
- \_\_\_\_\_ Level E
- \_\_\_\_\_ Level F
- \_\_\_\_\_ Level G
- \_\_\_\_\_ Level H

Ice Show Group

- \_\_\_\_\_ Level A
- \_\_\_\_\_ Level B
- \_\_\_\_\_ Level C
- \_\_\_\_\_ Level D

Solo Ice Dance

- \_\_\_\_\_ Preliminary
- \_\_\_\_\_ Pre-Bronze

Partnered Ice Dance

- \_\_\_\_\_ Preliminary
- \_\_\_\_\_ Pre-Bronze

Practice Ice

- \_\_\_\_\_ Before Compulsories
- \_\_\_\_\_ Before Freeskate

Hockey Elements

- \_\_\_\_\_ Hockey 1
- \_\_\_\_\_ Hockey 2
- \_\_\_\_\_ Hockey 3
- \_\_\_\_\_ Hockey 4

**Choose your method of payment and fill out.**

Check # \_\_\_\_\_  
\$ \_\_\_\_\_

**Credit Card**

Visa or MasterCard (please circle)

Discover (please circle)

\$ \_\_\_\_\_

CC # \_\_\_\_\_

Name on card \_\_\_\_\_

Exp. Date \_\_\_\_\_

First Event (\$60.00)	\$
Second Event and beyond (\$15.00 each)	\$
Group Events (\$25.00/team, \$5.00/skater)	\$
Hockey Events (\$25.00)	\$
Practice Ice (\$10.00 each)	\$
Fan Mail (\$5.00)	\$
USFS Membership (\$17.25)	\$
<b>TOTAL AMOUNT DUE</b>	<b>\$</b>

All registrations must be post marked by SEPTEMBER 3, 2017. Please mail registrations to:  
Ice Valley Centre Ice Arena Attn: Angela Pace-Tousignant 1601 River Road Kankakee, IL 60901

*All checks must be made out to KVPD!*



