



2017 Skate La Grande, San Diego

June 30 - July 2, 2017

at the

San Diego Ice Arena

11048 Ice Skate Place
San Diego, CA 92126



Sponsored by
San Diego
Figure Skating Club



Sanctioned by
**US FIGURE
SKATING**

Close of Entries: May 29, 2017

San Diego Figure Skating Club welcomes you to our annual Skate La Grande!

San Diego Figure Skating Club's (SDFSC) Skate La Grande 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.

It is IMPARATIVE that all skaters renew/apply for your Club/USFSA or Learn-To-Skate (LTS) 2017-18 memberships before close of entries or as close thereafter as possible, because the dates of this year's competition cross over the 2016-17 USFS & LTS membership expiration date of June 30, 2017. You will NOT be able to compete without a current 2016-17 and 2017-18 season membership!

This year we are pleased to announce 2017 Skate La Grande has been selected as an **Icemen Designated Competition for 2017!** This Skate La Grande competition will continue offering the International Judging System (**IJS**) **scoring for the Pre-Preliminary and above Free Skate**, as well as for **Adult Bronze and above Free Skate** levels. We are adding "Specialty Singles" Events that include: **Interpreive, Jumps and Spins** events. Also, please note that the **Basic Skills program** has been renamed to the "Learn to Skate USA, Compete USA" program and will be referred to in this document simply as **Compete USA** program.

SERIES INFORMATION:

So-Cal Interclub Invitational Series - Skate La Grande has been approved as part of the Southern California Inter-Club Invitational Series. Top point scorers in specific levels at the end of the season will be invited to the Invitational Final. Please see the Southern California Inter-Club Association website at <http://www.socalinterclub.org> for more information.

Icemen Designated Competition Series - Skate La Grande has been approved as part of the Icemen Designated Competition Series. Please see the USFSA website <http://www.usfsa.org/story?id=89983> for more information about the competition series. Please note: There will be a **planned Icemen social activity on Friday, June 30, 2017 at 6:00pm** for participating Icemen. More information on the activity will be available as the date gets closer.

ELIGIBILITY/TEST LEVEL:

Eligibility: Skaters will NOT be eligible to compete without a current **2017-18 season USFSA or Learn-To-Skate membership**. Most memberships are renewed/applied for through a home figure skating club. Please contact your club's membership chair for any questions or concerns.

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

AGE RESTRICTIONS/REQUIRMENTS:

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

ENTRIES:

Entries must be completed online via Entryeze **before Midnight on, Monday, May 29, 2017**. Late entries, if accepted, will be charged a **\$35 late fee**. All age requirements are effective as of the close of entries. A convenience fee will be charged by the club to help offset the costs to use the online registration tool. Convenience fees are not refundable, even if the event is canceled or skater withdraws before close of entries. Visit www.skatelaGrande.org for online entry information.

THE ENTRY FEES:

Event	Level	Fee
Compete USA (First event)	All levels	\$60
Compete USA (Additional events)	All levels	\$35
Free Skate Program (6.0)	Beginner (Los Niños, Las Niñas), High Beginner (Los Muchachos, Las Muchachas), No Test (Los Chicos, Las Chicas), Adult Pre-Bronze.	\$85
Free Skate (IJS)	Pre-Preliminary through Juvenile/Open-Juv Adult Bronze, Adult Silver, Adult Gold, Masters Intermediate through Senior.	\$100
Short Program	Juvenile, Open Juvenile.	\$50
Combined (Short & Free Skate)	Intermediate, Novice, Junior, Senior.	\$150
Pair Events *	All levels (*per person)	\$50
Specialty Singles events** (First event)	All levels	\$85
Showcase (First event)	Beginner (Los Niños, Las Niñas), High Beginner (Los Muchachos, Las Muchachas), No Test (Los Chicos, Las Chicas).	\$60
	Pre-Preliminary through Senior, Adult Pre-Bronze through Gold.	\$85
Additional events	All levels	\$50

**Specialty Singles events (Compulsory, Jumps, Spins, Interpretive)

REFUND POLICY: In accordance with USFSA Rule 3047, entry fees will not be refunded after May 29, 2017 unless no competition exists or the event is cancelled. There will be no refunds for medical withdrawals. The online processing fees are never refundable. 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 through Entryeeze and the Skate La Grande website at www.skatelaGrande.org.

JUDGING SYSTEMS:

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

- Well Balanced Program Free Skate events, Pre-Preliminary – Senior
- Well Balanced Pairs events
- Well Balanced Program Free Skate events, Adult Bronze - Adult Gold and higher
- Short program events, Juvenile - Senior

Per rule 1235(C) in the U.S. Figure Skating Rulebook, for more information on IJS for Pre-Preliminary, Preliminary and Pre-Juvenile level Free Skating, please review USFS Technical Notification 151.

All competitors skating in these IJS events need to submit a planned program content form online for each event segment. The **Planned Program Content form must be filled out in Entryeeze before Midnight on Monday, May 29, 2017.**

The 6.0 System will be used for the following events:

- All Compete USA events
- Introductory Free Skate events (Beginner, High Beginner, No-Test)
- Well Balanced Free Skate events, Adult Pre-Bronze
- All Showcase Light & Dramatic Programs
- All **Specialty Singles events (Compulsory, Jumps, Spins, Interpretive)

TENTATIVE SCHEDULE:

Subject to change based on number of entries.

Friday – Compete USA events

Saturday – Introductory level freeskate, IJS events and short programs

Sunday – Additional events and long programs

GROUPS:

Skaters entering Compete USA Events as well as Beginner–Pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

Depending on the number of entries, boys & girls may compete against each other in Compulsory or Showcase events.

FACILITIES: The competition will be held at the *San Diego Ice Arena*, 11048 Ice Skate Place, San Diego, CA 92126. Ice size is 200 x 85.

MUSIC:

Music will be played by CD. Skaters should have an extra copy of their music (on CD) with them in the arena. The CD must have only one track. **Multi-track CDs will not be accepted.** The CD must be labeled with the competitor's name and event. We are able to play CD-R. The official competition music must be turned in at the registration table at the time of check-in. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the San Diego Figure Skating Club cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

LIABILITY:

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

REGISTRATION:

A Registration Desk will be located in the lobby of the San Diego Ice Arena on the days of the competition. All competitors are **required to register** upon arrival at the arena, **no later than 1 hour before** the scheduled start of their event.

PRACTICE ICE:

Practice ice schedules will be announced and available for purchase on Entryeeze after the close of entries. Music may be allowed during the practice ice at the discretion of the Skate La Grande LOC. For regular freestyle sessions at the San Diego Ice Arena visit their website at www.sdice.com.

ACCESS VIA THE INTERNET:

The San Diego Figure Skating Club maintains a competition web page located

www.skatelaGrande.org

Please find a list of frequently asked questions regarding the competition posted there and updated on a regular basis. The tentative schedule of events and groups as well as the practice ice schedule will be posted after the close of entries.

PHOTOGRAPHY/VIDEOGRAPHY:

Photography and Videography will be available for purchase at the rink during the competition. Due to contractual agreement with our videographer, videotaping is limited to taping of your own skater. No photography or videotaping, except by the official photographer or videographer, without the express permission of the person being photographed or videotaped is allowed. Photography or videotaping for any commercial purpose is strictly prohibited. Additionally, for the safety of the skaters, Flash photography is prohibited at all times during the competition.

AWARDS:

Medals will be given for *First, Second, Third* and *Fourth* places for all events. For events divided into groups, **no final rounds** will be skated, and awards will be given for First, Second, Third and Fourth places for each group.

SPECIAL AWARDS:

The William O. Smythe Perpetual Memorial Trophy

will be awarded to the skater judged as having performed the most entertaining program during the Showcase Events, regardless of level. One award will be made for skaters ages 11 and younger, and a second award will be made for skaters ages 12 and older. The trophy is awarded to honor the memory of William Otis Smythe and his many years of devoted service to the sport of figure skating. William was a US Figure Skating figure and dance judge and a longtime member of the San Diego Figure Skating Club. The perpetual trophy, with the winners' names engraved, will remain on display at the San Diego Figure Skating Club. A suitable engraved personal keepsake will be presented to the two winners.

The Buzz Stark Perpetual Memorial Trophy

will be awarded to the skater in the Beginner/Los Niños or Las Niñas event judged as having performed the most outstanding program. The trophy is being awarded to honor the memory of Buzz Stark and his many years of devoted service to the sport of figure skating. Buzz was a member of the San Diego Figure Skating Club for over 50 years and served in many positions including President, Board Member, Committee Chair, and as a US Figure Skating Judge and Accountant. The perpetual trophy, with winner's name engraved will remain on display at the San Diego Figure Skating Club. A suitable engraved personal keepsake will be presented to the winner.

The 2017 Junior Board Trophy

will be awarded to the skater with the highest technical score in the Intermediate Free skate event. This trophy was donated by the 2017 Junior Board members of the San Diego Figure Skating Club. The perpetual trophy, with winner's name engraved will remain on display at the San Diego Figure Skating Club. A suitable engraved personal keepsake will be presented to the winner.

SPECIAL AWARDS PREVIOUS WINNERS: Competitors are not eligible to win the William O. Smythe Trophy in consecutive years in the same age category. Competitors are not eligible to win the Buzz Stark Trophy or 2017 Junior Board Trophy in consecutive years. However, this does not preclude the previous year's winners from entering these respective events.

OFFICIAL NOTICES:

An official bulletin board will be maintained at Registration and at www.skatelaGrande.org. It is the responsibility of each competitor, parent and coach to check in with Registration 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. The posting of notices at Registration shall be considered sufficient advance notice to all competitors.

CONTACT INFO:

Questions concerning Skate La Grande San Diego may be directed to:

Chair:

Jami Macleod
Chair@SkateLaGrande.org

Information:

Breanne Bonilla
Info@SkateLaGrande.org

Registrar:

Registrar@SkateLaGrande.org

Referee: Cary Landt

Referee@SkateLaGrande.org

ADMISSION:

There is no admission fee to watch the competition. Each skater will receive his/her own Competitor's Credential. Only those with credentials will be allowed in the skater warm-up area.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule 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 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

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>

ACCOMODATIONS:

The official hotel for this competition is:

Residence Inn Marriott – San Diego/Scripps Poway
12011 Scripps Highlands Drive
San Diego, CA 92131

To make a reservation click on this link:

[Residence Inn Marriott-Scripps Poway San Diego FSC](#)

Or call (858) 635-5724 and mention they belong to the "Skate La Grande." Hotel accommodations are available at a discounted rate if booked on or before May 31, 2017.

Reservation Dates for discount: June 30-July 2, 2017

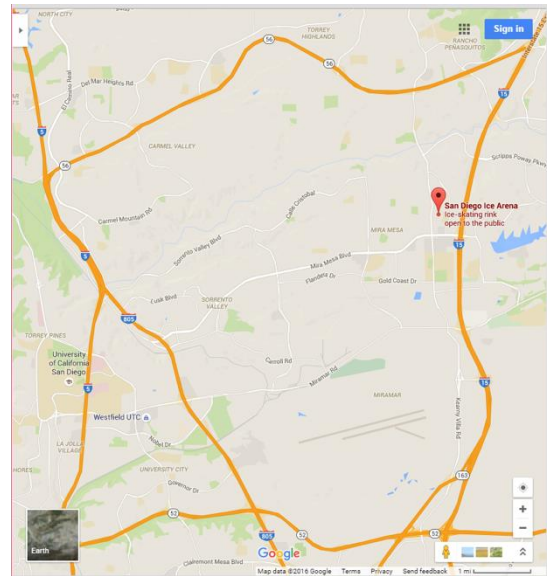
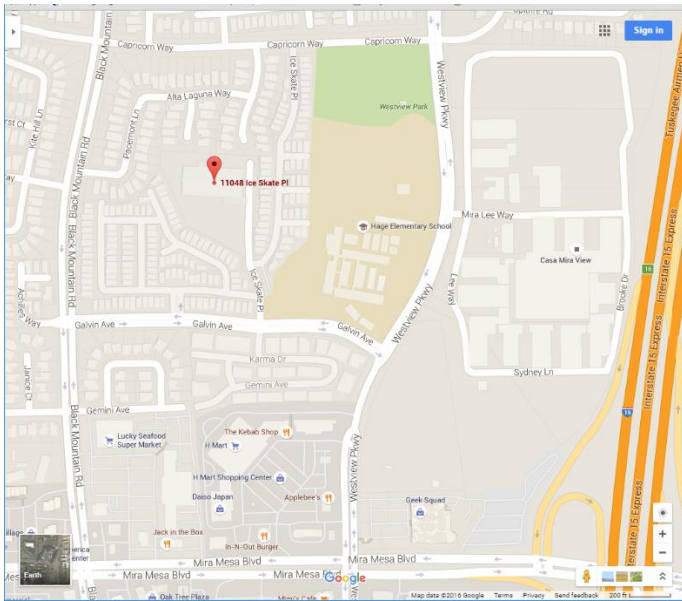
Cancellations OR Reservation Changes: MUST be made more than 24 hours prior to the arrival date

Cut-Off Date for Booking Reservations at discounted rate is May 31, 2017.

DIRECTIONS: Skate La Grande
at **San Diego Ice Arena (SDIA)**
11048 Ice Skate Place,
San Diego, CA 92126

Ice Skate Place is a small one-block street located off of Galvin Ave that ends at the parking lot driveway of SDIA. You can get to Galvin Ave from either Westview Parkway or Black Mountain Road. **(Please Note: there is NO ACCESS from Capricorn Way)**

- **From I-15** take Mira Mesa Exit going west, turn north on Westview Parkway, then turn west on Galvin Avenue, then turn north on Ice Skate Place
- **From I-5** take Hwy-56 going east, follow **Hwy-56** about 7.7 miles
- **From Hwy-56** take Black Mountain Road Exit going south, follow Black Mountain Road for about 2.4 miles, then turn east on Galvin, then turn north on Ice Skate Place





COMPETE USA

ELIGIBILITY RULES FOR PARTICIPANTS IN COMPETE USA EVENTS:

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

Eligibility will be based on skill level as of closing date of entries. All SNOWFLOW SAM and LEARN TO SKATE SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MITF or Individual dances.

For the Free skate 1-6 Well Balanced levels, eligibility will be based only upon the 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.

GENERAL RULES:

Please see the General Rules section starting on page 2 of the announcement for all other information including information on facilities, judging, music, awards, schedule, videotaping, photography, and admission.

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

EVENT: 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

EVENT: PRE-FREE SKATE – FREE SKATE 6 COMPULSORY

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- 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 • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Backward outside three-turns, right and left • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Backward inside three-turns, right and left • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, clockwise and counterclockwise • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, right and left • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump

EVENT: PRE-FREE SKATE – FREE SKATE 6 PROGRAM

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

EVENT: COMPETE USA SHOWCASE

Showcase events are offered for all levels including Learn to Skate. Skaters must enter at the same level as their free skate event. 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. Skaters will be judged on musical interpretation and feeling, expression, and how the skating relates to the music. Show costumes are permitted, as long as they do not touch or drag on the ice. Props are allowed in Showcase events. Props and scenery must be placed and removed by single and duet contestants within one minute of the start of their program. No assistance is allowed; violations will be penalized .2 for each 5 seconds excess time or assistance. The 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Categories include:

- Light entertainment
- Dramatic entertainment

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time 1:00 max
Pre-Free skate -Free skate 6	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

EVENT: COMPETE USA INTERPRETIVE PROGRAM

Format: Music will be pre-selected for these events by the Skate La Grande Local Organizing Committee. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Levels: *Snowplow Sam-Basic 6*

Pre-Free skate –Free skate 6

Introductory free skate levels (Beginner, High Beginner, No Test)

- Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.
- Spins and jumps performed must be appropriate to competition level.
- Coaching: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

Music Duration: Snowplow Sam-Basic 6: 1:00 Max
Pre-Free skate – Free skate 6: 1:00 Max
Introductory levels (Beginner, High Beginner, No Test) : 1:00 Max



Well Balanced Events

EVENT: SINGLES SHORT PROGRAM

The short program events are listed below. The Intermediate through Senior Short Programs will be combined with the Free Skating Program. Juvenile and Open Juvenile Short Programs will be separate events from the Free Skating Programs. Short Programs will be judged using the IJS Judging Systems. Required elements for the 2017 Short Programs will be those specified online at the US Figure Skating website: <http://www.usfigureskating.org>.

Age restriction and test qualifications for these events shall be as set forth for the 2017 Skating Season US Figure Skating Rulebook, except as otherwise specified.

Register your planned elements online at Entryeeze.

Event	Requirement	Program
Juvenile Short	Open to skaters who have not passed the Intermediate Free Skating test and are under 14 years of age as of May 29, 2017.	The Short Program is to be skated in accordance Rule 4240 , except no triple jumps are permitted, and will be judged and scored using the International Judging System. - Program Time: 2:10 Max
Open Juvenile Short	Open to skaters who have not passed the Intermediate Free Skating test and are 14 years of age or older as of May 29, 2017.	The Short Program is to be skated in accordance Rule 4240 , except no triple jumps are permitted, and will be judged and scored using the International Judging System. - Program Time: 2:00 Max
Intermediate Short	Open to skaters who have not passed the Novice Free Skating Test and are under 18 years of age as of May 29, 2017.	The Short Program is to be skated in accordance Rule 4230 and will be judged and scored using the International Judging System - Program Time: 2:10 Max
Novice Short	Open to skaters who have not passed the Junior Free Skating test.	The Short Program is to be skated in accordance Rule 4220 and will be judged and scored using the International Judging System - Program Time: 2:30 Max
Junior Short	Open to skaters who have not passed the Senior Free Skating test.	The Short Program is to be skated in accordance Rule 4210 and will be judged and scored using the International Judging System - Program Time: 2:50 Max
Senior Short	Open to skaters who have passed the Junior Free Skating test.	The Short Program is to be skated in accordance Rule 4200 and will be judged and scored using the International Judging System - Program Time: 2:50 Max

EVENT: SINGLES FREE SKATING

The Intermediate through Senior Free Skating Programs will be combined with the Short Program. Juvenile and Open Juvenile Free Skating Programs will be separate events from the Short Programs. The No Test, High Beginner and Beginner events will be judged using the 6.0 Majority System and **Pre-Preliminary through Senior Free Skating events** will be judged using the IJS Judging System. Required elements for the 2017 Short Programs will be those specified online at the US Figure Skating website: <http://www.usfigureskating.org>. Register your planned elements online at Entryeze.

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. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. Either IJS or the 6.0 judging system may be used for this event.
4. All relevant and appropriate IJS 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 "Singles/Pairs"
5. Age restriction and test qualifications for these events shall be as set forth for the current US Figure Skating Rulebook, except as otherwise specified.

EVENT: SINGLES FREE SKATING

WARNING: The following charts for Free Skate Programs highlight the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should any of these charts disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>Beginner (Los Niños -Boys & Las Niñas-Girls)</p> <p>1:40 maximum May not have passed tests higher than USFSA Basic Skills free skating badge tests USFS: Rule 4280</p>	<p>Max 5 Jump Elements</p> <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 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>
<p>High Beginner (Boys-Los Muchachos & Girls Las Muchachas)</p> <p>1:40 maximum May not have passed tests higher than USFSA Basic Skills free skating badge tests USFS: Rule 4280</p>	<p>Max 5 Jump Elements</p> <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 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>

	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST (Los Chicos - Boys & Las Chicas-Girls)</p> <p>1:40 maximum</p> <p>*means element is required</p> <p>USFS: Rule 4280</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps allowed except for the single Axel <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence
<p>PRE-PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p> <p>USFS: Rule 4270</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p> <p>USFS: Rule 4260</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel or a waltz jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted Jump sequences limited to a maximum of 3 single or double jumps. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p> <p>USFS: Rule 4250</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> No triple or quadruple jumps allowed An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> May start with a flying entry Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot May start with a flying entry Min 4 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUVENILE</p> <p>2:15 +/- 10 sec</p> <p>*means element is required</p> <p>under 14 years of age as of May 29, 2017.</p> <p>USFS: Rule 4240</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> No triple or quadruple jumps allowed No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump can be included more than twice Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>OPEN JUVENILE</p> <p>2:15 +/- 10 sec</p> <p>*means element is required</p> <p>14 years of age or older as of May 29, 2017.</p> <p>USFS: Rule 4240</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> No triple or quadruple jumps allowed No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump can be included more than twice Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface

	JUMP ELEMENTS	SPINS	STEP SEQUENCES
INTERMEDIATE 2:40 +/- 10 sec *means element is required under 18 years of age as of May 29, 2017. USFS: Rule 4230	Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps allowed <ul style="list-style-type: none"> No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value No double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations are limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Maximum of Level 2. Only Simple Variety (seven turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Must fully utilize the ice surface
NOVICE LADIES 3:00 +/- 10 sec *means element is required USFS: Rule 4220	Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed <ul style="list-style-type: none"> No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 6 revs 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
NOVICE MEN 3:30 +/- 10 sec *means element is required USFS: Rule 4220	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed <ul style="list-style-type: none"> No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 6 revs 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
JUNIOR LADIES 3:30 +/- 10 sec *means element is required USFS: Rule 4210	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface

	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p> <p>USFS: Rule 4210</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p> <p>USFS: Rule 4200</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
<p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p> <p>USFS: Rule 4200</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible

EVENT: PAIRS SHORT PROGRAM

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

Event	Requirement	Program
Intermediate Pairs Short	Both partners must have passed the intermediate moves in the field test or higher and the intermediate pair test. (See note in rulebook)	The Short Program is to be skated in accordance Rule 5230 , except no triple jumps are permitted, and will be judged and scored using the International Judging System. - Program Time: 2:30 Max
Novice Pairs Short	Both partners must have passed the novice moves in the field test or higher and novice pair test. (See note in rulebook)	The Short Program is to be skated in accordance Rule 5220 and will be judged and scored using the International Judging System - Program Time: 2:50 Max
Junior Pairs Short	Both partners must have passed the junior moves in the field test and junior pair test. (See note in rulebook)	The Short Program is to be skated in accordance Rule 5210 and will be judged and scored using the International Judging System - Program Time: 2:40 +/- 10 seconds
Senior Pairs Short	Both partners must have passed the senior moves in the field and senior pair test.	The Short Program is to be skated in accordance Rule 5200 and will be judged and scored using the International Judging System - Program Time: 2:40 +/- 10 seconds

EVENT: PAIRS FREE SKATING

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

EVENTS: ADULT FREE SKATING

The Adult Gold, **Silver, Bronze** and Masters Intermediate through Senior Free Skating events will be judged **using the IJS Judging System**. The Adult Pre-Bronze Free Skating event will be judged using the 6.0 Majority System. Required elements for the 2016 Free Skating Programs will be those specified online at the US Figure Skating website: <http://www.usfigureskating.org>.

Age restriction and test qualifications for these events shall be as set forth for the 2017 Skating Season US Figure Skating Rulebook, except as otherwise specified. Register your planned elements online at Entryeeze. All Adult events are open to adults age 21 and older. Events must contain the follow listed elements in any order:

	JUMP ELEMENTS	SPINS	STEP or SPIRAL SEQUENCE
<p>ADULT PRE-BRONZE</p> <p>1:40 maximum</p> <p>USFSA: Rule 4600</p> <p>REMARKS: Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are allowed No single Lutz, single Axel or double jumps are allowed 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Min 3 revs Spins with a flying entry are not permitted 	<ul style="list-style-type: none"> Connecting steps throughout the program are required
<p>ADULT BRONZE</p> <p>1:50 maximum</p> <p>USFSA: Rule 4590</p> <p>REMARKS: Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> Max 2 combinations or sequences; 1 combination/sequence may consist of three jumps, and the other may have only two jumps Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted 	<p>Max 1 Sequence</p> <p>To be chosen from: Step sequence or Spiral sequence (any pattern)</p> <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. If IJS is used, then: ChSt</p>
<p>ADULT SILVER</p> <p>2:10 maximum</p> <p>USFSA: Rule 4580</p> <p>REMARKS: Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> Max 2 combinations or sequences 1 combination/sequence may consist of three jumps, and the other may have only two jumps Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted, including single Axel. No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position 	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> Step sequence or Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. If IJS is used, then: ChSt</p>

	JUMP ELEMENTS	SPINS	STEP or SPIRAL SEQUENCE
<p>ADULT GOLD</p> <p>2:40 maximum</p> <p>USFSA: Rule 4570</p> <p>REMARKS: Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences • 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps, including the single Axel, are permitted, as are the following double jumps: double toe loop, double Salchow. • No double-double jump combinations or sequences are permitted • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 4 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>MASTERS INTERMEDIATE-NOVICE</p> <p>3:10 maximum</p> <p>USFSA: Rule 4540</p> <p>REMARKS: Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 combinations or sequences • 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Only one double-double jump combination or sequence is permitted • Double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum</p> <p>USFSA: Rule 4510</p> <p>REMARKS: Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 combinations or sequences • 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps • Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted <ul style="list-style-type: none"> • No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

EVENT: SINGLES COMPULSORY PROGRAMS

In the Compulsory Programs, Men and Ladies may enter the same events. If there are sufficient entries, Men and Ladies may be separated.

General segment parameters:

- Beginner (Los Niños -Boys and Las Niñas -Girls) – Juvenile: Elements skated on ½ ice
- Music is not allowed
- 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.
- Skaters may not enter two compulsory events at different levels.

Format:

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

Level	Time	Skating rules/standards
Beginner (Los Niños -Boys & Las Niñas -Girls) Compulsory	1:15 max.	1. Waltz jump 2. ½ jump of choice 3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral
High Beginner (Los Muchachos -Boys & Las Muchachas -Girls) Compulsory	1:15 max.	1. Toe loop jump 2. Salchow jump 3. Forward scratch spin - minimum three revolutions 4. Forward or backward spiral
No-Test (Los Chicos -Boys & Las Chicas -Girls) Compulsory	1:15 max.	1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin - sit or camel spin - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre – Preliminary Compulsory	1:00 max.	1. Single flip 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary Compulsory	1:00 max.	1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile Compulsory	1:15 max.	1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile & Open Juvenile Compulsory	1:15 max.	1. Single Axel 2. Jump combination: single/single or double/double 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular

EVENT: JUMPS CHALLENGE

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. 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)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)

EVENT: SPINS CHALLENGE

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 4. Upright one-foot spin (3) 5. Upright back scratch spin (3) 6. Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 4. Forward scratch to back scratch spin (3) 5. Combination spin with no change of foot (4) 6. Sit spin (3)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 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.	<ol style="list-style-type: none"> 4. Sit spin (4) 5. Combination spin – with change of foot; optional change of position (4 per foot) 6. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 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.	<ol style="list-style-type: none"> 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.	<ol style="list-style-type: none"> 4. Flying sit spin or flying reverse sit spin (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)
Senior	1:30 max.	<ol style="list-style-type: none"> 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)

SHOWCASE

GENERAL RULES REGARDING SHOWCASE:

The Showcase program is one in which the skating moves are selected for their value in enhancing the skater's artistry and interpretation of the music, rather than for technical difficulty. The program should be an integrated exploration of the music; it should not be merely a collection of pleasing or spectacular moves. This event will be judged on the skater's interpretation of the music. Skaters must provide their own music. Vocal music is acceptable. One mark using the 6.0 judging system will be given by each judge for each performance. No technical skating mark will be used.

Props are allowed in Showcase events. The Showcase events will be divided into two categories: Dramatic and Light Entertainment. The level and/or categories may be combined at the discretion of the referee, depending on the number of entries.

Men and Ladies may enter the same events; if there are sufficient entries, may be separated.

SPECIFICS:

1. There is no minimum time requirement for any event.
2. Showcase events may not be segregated by gender.
3. The highest test level of a Duet member will determine the Duet Competition level.
4. Where the number of entrants requires the separation into groups, awards will be given to each group. There will be no final rounds for any Showcase event.
5. There will be a 0.2 deduction for each 5 seconds in excess of the maximum performance and prop placement time.
6. Timing starts with the first motion of the body and ends when motion stops. Props and scenery must be placed and removed by single and duet contestants within one minute. No assistance is allowed; violations will be penalized .2 for each 5 seconds excess time or assistance. Posted results will indicate any such deductions.
7. Preliminary and above Singles competitors who have passed the Preliminary Free Skate test or higher and placed 1st through 4th in a showcase category qualify for National Showcase. Duets need not qualify by placement for National Showcase.
8. Groups for High Beginner (Los Muchachos -Boys and Las Muchachas -Girls) Showcase and No Test (Los Chicos -Boys and Las Chicas -Girls) Showcase will be divided by age.
- 9.

The **William O. Smythe Trophy** for best Showcase program, regardless of skating level, will be awarded after the conclusion of the last Showcase event of the competition. This award is determined by a separate panel of Showcase judges who watch all the Showcase programs during the competition. There will be 2 awards: an award made for skaters aged 11 and younger, and an award made for skaters aged 12 and older. Competitors are not eligible to win the trophy in consecutive years in the same age category.

EVENTS: DRAMATIC and LIGHT ENTERTAINMENT SHOWCASE

Event	Must have passed the Free Skating Test	Must NOT have passed the Free Skating Test	Age	Time
Adult Pre-Bronze Showcase	*No requirement	Adult Pre-Bronze <u>or</u> Standard Pre-Preliminary	21 years and older	1:40 max
Adult Bronze Showcase	*Adult Pre-Bronze	Adult Bronze <u>or</u> Standard Preliminary	21 years and older	1:40 max
Adult Silver Showcase	Adult Bronze	Adult Silver <u>or</u> Standard Juvenile	21 years and older	1:40 max
Adult Gold Showcase	Adult Silver	Adult Gold <u>or</u> Standard Intermediate	21 years and older	1:40 max
Masters Showcase	Masters Pre-Gold <u>or</u> Standard Intermediate		21 years and older	1:40 max
Beginner (Los Niños -Boys and Las Niñas -Girls) Showcase	*No requirement	Pre-Preliminary	No age restrictions	1:30 max
High Beginner (Los Muchachos -Boys and Las Muchachas -Girls) Showcase	*No requirement	Pre-Preliminary	No age restrictions	1:30 max
Pre-Preliminary Showcase	*No requirement	Preliminary	No age restrictions	1:30 max
Preliminary Showcase	Pre-Preliminary	Pre-Juvenile	No age restrictions	1:40 max
No Test (Los Chicos -Boys and Las Chicas -Girls) Showcase	*No requirement	Pre-Preliminary	No age restrictions	1:30 max
Pre-Juvenile Showcase	Preliminary	Juvenile	No age restrictions	1:40 max
Juvenile Showcase	Pre-Juvenile	Intermediate	13 years and under	2:10 max
Teen (Open Juvenile) Showcase	Pre-Juvenile	Intermediate	14-17 years	2:10 max
Intermediate Showcase	Juvenile	Novice	17 years and under	2:10 max
Novice Showcase	Intermediate	Junior	No age restrictions	2:10 max
Junior Showcase	Novice	Senior	No age restrictions	2:40 max
Senior Showcase	Junior		No age restrictions	2:40 max

* skater is not eligible to qualify for National Showcase (see requirements below)

Important Note for Showcase Skaters: National Showcase 2016 is a Competition in Theatrical Skating. Singles competitors who place 1st through 4th in a singles Showcase event may qualify for National Showcase 2016. Eligible skaters will have placed 1st through 4th as previously described and will have passed the Preliminary Free Skating test or above OR Adult Bronze Free Skating or above. For more information, Please contact **Melissa Bowman (email: patinage.tx@gmail.com) National Vice Chair for National Showcase.**

EVENT: SHOWCASE INTERPRETIVE EVENTS

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- The music will be played continuously during a 30-minute off-ice session in a room and twice during an on-ice warm-up prior to the performance.
 - The room will be attended only by the adult monitor assigned to play the music and the competing skaters.
- **After the warm up, skaters will go back to a room, with no music being played.**
- Skaters will be brought to the ice when the previous skater finishes.
- All competitors in an event will interpret the same music.
- Props are permitted but must be brought into the room prior to listening to the music, and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

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

Interpretative Events and Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify

Level	Program Duration	Test Requirements (Free Skate or Free Dance)
Pre-Preliminary – Pre-Juvenile	1:00 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Juvenile - Novice	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Junior and Senior	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Teen and Young Adult	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
All Adult events	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.



The San Diego Figure Skating Club
thanks you for participating in Skate La Grande

