



SkateFest 2017



June 9 & 10, 2017

West Valley Acord Ice Center
5353 West 3100 South
West Valley City, Utah 84120

ENTRY DEADLINE: May 1, 2017
Chief Referee: Reed Hastings/Mary Ann Wilcox
Accountant: Rebecca Oniki
Hosted by Centennial Park Figure Skating Club

The 2017 SkateFest Competition hosted by Centennial Park Figure Skating Club 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 (Rule 3060) for non-U.S. Citizens. This competition has not applied for Skate Canada sanction.

ELIGIBILITY/TEST LEVEL:

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

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

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

ENTRIES:

Entries will be accepted online only through www.entryeeze.com. **Online entry will close at midnight May 1, 2017.** Late entries and event/level changes after the entry deadline may be accepted at the discretion of the chief referees and competition committee. A late fee of \$25.00 will be charged. All fees must be paid in full before the skater will be allowed to participate in practice ice or events.

Event Type	First Event	Second Event	Each Additional Event
<u>Free Skate</u> -Basic Skills through Juvenile -Adult Pre-Bronze-Silver <u>Showcase Events</u> <u>Test Track Events</u> <u>Jumps and Spins</u> <u>Dance Events (per Skater)</u>	\$45	\$40	\$35

Free Skate -Intermediate-Senior -Adult Gold & Masters Short Program	\$50	\$40	\$35
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CRITIQUES:

Critiques will be offered for \$25 for Pre-Juvenile through Senior Well Balanced Free Skate, Solo Dance, Partnered Dance and all Adult Free Skate and Dance events. Skaters must sign up during registration period. Requests for critiques after the close of registration or at the registration desk may be accepted at the discretion of the chief referees and competition committee.

REFUND POLICY:

Entry fees will not be refunded after May 1, 2017 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online convenience fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$35.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by www.centennialparkfsc.org and through EntryEeze.

FACILITIES: The competition will be held at the West Valley Acord Ice Center, official practice venue of the 2002 Winter Olympics, located at 5353 West 3100 South, West Valley City, Utah 84120. The enclosed ice surface is 200' by 100', Olympic size. The building is maintained at a comfortable 63-65 degrees. Locker rooms will be available to competitors but will be unattended. Neither Centennial Park Figure Skating Club nor Acord Ice Center will be responsible for lost or stolen items. Concessions are available at the snack bar. There is no charge to watch the competition events.

MUSIC:

For the (*event name*), online music submission is the ONLY acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can log out of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment. Be careful, for example, not to mix up your short program and your free skate!

Deadline for uploading is: May 15, 2017

The uploaded program music MUST conform to the following specifications:

- Programs per file: One [1] - Only one piece of competition program music (e.g. short program, free skate, short dance, free dance, etc.) per file is allowed.
- File Format: mp3 - The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III). Simply changing the file extension to "mp3" from another file format is not acceptable.
- Bit Rate: 192 kbps is requested (bit rates between 128 and 320 kbps will be accepted).
- Maximum file size: 10 MB
- Maximum run time: Five [5 minutes]
- ID3 Metadata [tags]: None - The Chief Music Coordinator strongly recommends that mp3 files DO NOT contain any ID3 metadata, commonly called tags. This is especially true of any embedded images such as album cover art, picture of the skater, etc. Please, NO EMBEDDED IMAGES!

Maximum leader: Two [2] seconds] - The leader is the silence between the start of the track and the actual start of the program music. The Chief Music Coordinator recommends that there be NO leader.

Maximum trailer: Two [2] seconds] - The trailer is the silence between the end of the program music and the end of the actual track. The Chief Music Coordinator recommends that there be NO trailer.

Backup Music at Event [CDs]

In addition to submitting the music online, all competitors/teams must also have at least one [1] backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event or official practice. CDs must meet the following requirements:

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are NOT acceptable.
- Clearly marked with a permanent marker (e.g. Sharpie, do NOT use a label or tape) as follows: First Name, Last Name, (Club – Optional but requested), Event, Event Segment and Music Length (e.g. Jane Smith, Acme FSC, Novice Ladies, Free Skate, 3:10 or Synchro Team, Widget FSC, Preliminary, Free Skate, 1:59)
- Each CD may have only ONE [1] music track on it. In the case where a skater competes in both a short program/dance and a free skate/free dance, two [2] separate discs must be available. Any disc with more than one [1] track is NOT acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two [2] seconds.
- Due to the compatibility and reliability reasons, music may NOT be submitted on re-recordable “CD-RW” discs. PLEASE, not CD-RWs!!

The LOC, competition officials, and volunteers exercise reasonable care when handling CDs. However, they are not responsible for damage to or loss of any CDs. The LOC is not responsible for CDs not picked up by the end of the competition. Those CDs will be destroyed.

Penalty for Incorrect Music or Failure to Upload Music

The LOC may assess each competitor/team an additional charge, up to \$25.00 per event segment, if the competitor/team: 1) fails to submit their music prior to the close of online music submission, 2) submits files that do not follow the specifications above, or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate). In the event the LOC decides to assess a penalty, the competitor/teams will not receive their credentials at registration until they pay the penalty fee and turn in their music on CD, conforming to the requirements above.

LIABILITY:

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

JUDGING SYSTEM:

The 6.0 Majority Judging System will be used for all events.

GROUPING OF EVENTS:

Two entries in any event constitute a competition. Where there is only one skater entered in an event, and no opportunity to combine events, an exhibition will be skated at the discretion of the Chief Referee or a refund will be made. Note: The withdrawal of competitor(s) in an event within 48 hours of the event start will not change the status of an event as long as one skater remains. Short Program and Free Skate are offered as separate events. In any event, groups may be divided or combined by age, sex (excluding singles Well Balanced Program Free Skate and Short Program events), or numbers at the discretion of the Chief Referee. In the event of multiple groups, there will be no final round. If there are insufficient entries in Showcase events, levels may be combined.

REGISTRATION: Registration will be open one to two hours before the first event and run through the last event of the day. The registration table will be located in the lobby of the Acord Ice Center. Please register promptly upon arrival.

PRACTICE ICE:

Practice ice sessions will be 20 minute sessions and may be purchased for \$12 each session. Reservations for practice ice must be made and paid for on the Entryeze website. Skaters may sign up for a maximum of 2 sessions per event entered. No refunds will be given for those who do not appear for their reserved session. Music will not be played during practice ice. A practice ice schedule will be posted online at www.entryeze.com as soon as it is available.

If you do not reserve in advance, you may still sign up for practice ice sessions if space is available at a cost of \$15.00 per 20 minute session at the registration desk on the day of competition.

PHOTOGRAPHY/VIDEOGRAPHY: Professional action photographs and video services will be available for purchase. A podium will be available for individual or group photographs. For the safety of the skaters **NO flash photography is allowed** within view of any ice surface when skaters are on the ice. The competition committee reserves the right to remove anyone from the rink who ignores requests and warnings regarding this policy. You may take photographs and video of your skater for personal use only.

AWARDS: Awards will be presented immediately following the posting of the official results for each event. Medals will be given to all participants competing in Basic skills through Pre-Juvenile; for Juvenile level and above the top three finishers will receive medals.

OFFICIAL NOTICES: An official bulletin board will be maintained in the lobby of the Acord Ice Center. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 1 hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition. *If warranted, the referee may elect to start an event earlier than the posted time, or if the last event of the day, when all competitors are present and ready to skate.* A tentative schedule of events will be posted prior to the competition.

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 of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:
<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

CONTACT INFO: If you have questions, please contact the appropriate individual below. Inquiries are by email only. Competition info can also be found at www.centennialparkfsc.org Schedules and other info will be posted as it becomes available.

Shauna Dalton	Competition Co-Chair	Centennialparkfsc@gmail.com
Heather Morrow	Competition Co-Chair	Centennialparkfsc@yahoo.com
Reed Hastings	Chief Referee	reed@reedhastings.com
Mary Ann Wilcox	Chief Referee	wilcoxmh@aol.com
Rebecca Oniki	Chief Accountant	r_oniki@yahoo.com

TENTATIVE SCHEDULE:

Skaters should be prepared to compete and practice any time from Friday, June 9 to Saturday, June 10.

LODGING INFORMATION: The following hotels are within 5 miles of the competition ice rink:

TownePlace Suites by Marriott

801-307-3300
5473 W High Market Dr
West Valley City, UT 84120

Home2 Suites by Hilton

801-679-8222
4028 Parkway Blvd
West Valley City, UT 84120

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 Program Event

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.

- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • 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

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EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice.

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

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

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:

4. 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.
5. All events are skated on ½ ice.
6. 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)

EVENT: Adult Jumps Challenge

General event parameters:

7. Each jump may be attempted twice; the best attempt will be counted.
8. Adult silver and lower will be skated $\frac{1}{2}$ ice; adult gold – masters junior/senior will be skated on full ice
9. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none"> 1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"> 1. Waltz or toe loop jump 2. $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop

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

EVENT: Adult 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. On required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Adult Beginner	1:15	<ol style="list-style-type: none"> 1. Pivot 2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (3) 2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4) 3. Combination spin with at least one change of position, no change of foot (3 in each position)

Adult Gold	1:30	<ol style="list-style-type: none"> 1. Solo spin, no change of foot (4) 2. Second solo spin, different from the first; change of foot optional (4) 3. Combination spin with only one change of foot and at least one change of position (4 each foot)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 6 revolutions) 2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 8 revolutions) 2. Solo spin with a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry

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

General event parameters:

4. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
5. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
6. 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.
7. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
8. 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
Beginner 1:40 maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Sk free skating badge tests

<p>High Beginner 1:40 maximum</p>	<p><i>Max. 5 jump elements:</i></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><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than the U.S. Figure Skating Basic Sk free skating badge tests</p>
<p>Pre-Preliminary 1:40 maximum</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than the U.S. Figure Skating pre-preliminary free skate test</p>
<p>Preliminary 1:30 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>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</p>

<p>Pre-Juvenile 2:00 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre juvenile free skate test</p>
<p>Juvenile 2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • <i>Only solo spin may fly</i> 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p>Intermediate 2:40 +/- 10 sec. Effective February 1, 2017, an additional ten seconds was added to match program length. Program length is 2:40 +/- 10 seconds,</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow and double toe loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions), • One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>

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

<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Must include at least four different double jumps, one must be a double Lutz. • Triple jumps are not permitted • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p><i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p><i>Ladies:</i> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>
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EVENT: Singles Well Balanced Free Skate

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted.
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. All relevant and appropriate 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”

- A. No Test - Rule 4280
- B. Pre-Preliminary - Rule 4270
- C. Preliminary - Rule 4260
- D. Pre-Juvenile - Rule 4250
- E. Juvenile/Open Juvenile - Rule 4240
- F. Intermediate – Rule 4230
- G. Novice – Rule 4220
- H. Junior – Rule 4210
- I. Senior – Rule 4200

EVENT: Singles Short Program

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted.
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. All relevant and appropriate 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”

- A. Intermediate – Rule 4230
- B. Novice – Rule 4220
- C. Junior – Rule 4210
- D. Senior – Rule 4200

EVENT: Adult Free Skate

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted.
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. All relevant and appropriate 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”

- A. Adult Pre-Bronze - Rule 4600
- B. Adult Bronze - Rule 4590
- C. Adult Silver - Rule 4580
- D. Adult Gold - Rule 4570
- E. Masters Intermediate-Novice - Rule 4540
- F. Masters Junior-Senior - Rule 4510

EVENT: Standard Solo Pattern Dance

General event parameters:

1. Levels are based upon the skaters' highest pattern dance test passed.
2. A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
3. 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.
4. All relevant and appropriate rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org
5. Music is skater choice but must be given to registration at least 30 minutes prior to the event start. If no music is provided by skater, standard music will be used. (See Rule 6030 for music requirements)
6. No music will be played during warmup.

Level	Dances
Preliminary	1. Rhythm Blues 2. Dutch Waltz
Pre-bronze	1. Fiesta Tango 2. Swing
Bronze	1. Ten Fox 2. Hickory Hoedown
Pre-silver	1. Foxtrot 2. Fourteenstep
Silver	1. Rocker Foxtrot 2. American Waltz
Pre-gold	1. Paso Doble 2. Starlight Waltz
Gold	1. Westminster Waltz 2. Quickstep

EVENT: Adult Solo Pattern Dance

General event parameters:

1. A solo pattern dance competition event will consist of the skater performing two solo pattern dances (for 2016-2017 season).
2. 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.
3. All relevant and appropriate rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org
4. Music is skater choice but must be given to registration at least 30 minutes prior to the event start. If no music is provided by skater, standard music will be used. (See Rule 6030 for music requirements)
5. No music will be played during warmup.

- A. Adult Bronze Solo Dance - Rule 6660
- B. Adult Pre-Silver Solo Dance - Rule 6650
- C. Adult Silver Solo Dance - Rule 6640
- D. Adult Pre-Gold Solo Dance - Rule 6630
- E. Adult Gold Solo Dance - Rule 6620

EVENT: Standard Partnered Pattern Dance

General event parameters:

1. A pattern dance competition event will consist of the couple performing two pattern dances (for 2016-2017 season).
2. Couples 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.
3. All relevant and appropriate rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org
4. Music is couples choice but must be given to registration at least 30 minutes prior to the event start. If no music is provided by couple, standard music will be used. (See Rule 6030 for music requirements)
5. No music will be played during warmup.

- A. Pre-Juvenile Pattern Dance - Rule 6250 (**Final Round dances**)
- B. Juvenile Pattern Dance - Rule 6240
- C. Intermediate Pattern Dance - Rule 6230
- D. Novice Pattern Dance - Rule 6220

EVENT: Adult Partnered Pattern Dance

General event parameters:

1. A pattern dance competition event will consist of the couple performing two pattern dances (**Initial Round dances** for 2016-2017 season).
2. Couples 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.
3. All relevant and appropriate rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org
4. Music is couples choice but must be given to registration at least 30 minutes prior to the event start. If no music is provided by couple, standard music will be used. (See Rule 6030 for music requirements)
5. No music will be played during warmup.

- A. Adult Pre-Bronze Pattern Dance - Rule 6590
- B. Adult Bronze Pattern Dance - Rule 6580
- C. Adult Pre-Silver Pattern Dance - Rule 6570
- D. Adult Silver Pattern Dance - Rule 6560
- E. Masters Open Pattern Dance - Rule 6540
- F. Adult Pre-Gold Pattern Dance - Rule 6530
- G. Adult Gold Pattern Dance - Rule 6520

EVENT: Standard Partnered Free Dance

General event parameters:

1. All relevant and appropriate rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org
2. No music will be played during warmup.

- A. Pre-Juvenile Free Dance - Rule 6250
- B. Juvenile Free Dance - Rule 6240
- C. Intermediate Free Dance - Rule 6230
- D. Novice Free Dance - Rule 6220
- E. Junior Free Dance - Rule 6210
- F. Senior Free Dance - Rule 6200

EVENT: Basic Skills Showcase Events

Format: Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles): Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters.

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

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

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

Interpretative Events and Levels

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Free skate 1-6/ Limited beginner/ Beginner/Adult 1-4	3 jump maximum, ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 Max

No-test/ Pre-preliminary/ Adult pre-bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating pre-preliminary or adult pre-bronze free skate test.	Time: 1:30 Max
Preliminary/ Adult bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze test.	Time: 1:40 Max

EVENT: Dramatic Entertainment Showcase

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness.
- Props and scenery ARE permitted

General event parameters:

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

EVENT: Light Entertainment Showcase

Format:

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

General event parameters:

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

EVENT: Duet Showcase

Format:

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

General event parameters:

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

Showcase Levels:

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time	
S i n g s & D u e t s	Beginner, High Beginner, No Test* Note: these levels do not qualify for National Championships		Pre-Preliminary Free Skate	No Age restriction	1 : 30 m	
	Pre-Preliminary* Note: this level does not qualify for National Championships	-	Preliminary Free Skate	No Age restriction	1 : 30 m	
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No	1	
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate or Complete	No	1	
	Juvenile	Juvenile Free Skate	Intermediate Free Skate	13 and	2	
	Teen	Juvenile Free Skate	Intermediate Free Skate	14-17	2	
	Intermediate	Intermediate Free Skate Complete Bronze	Novice Free Skate	17 and	2	
	Young Adult	Juvenile Free Skate	Novice Free Skate	18-20	2	
	Novice	Novice Free Skate	Junior Free Skate	No age restriction	2	
	Junior	Junior Free Skate	Senior Free Skate		2	
	Senior	Senior Free Skate			2	
		Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze	Any Pre-Silver Dance Test	21 and older	1 : .
		Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1 : .
		Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance	Complete Pre- Gold Dance Test	21 and older	1 : .
	Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the		21 and older	1 : .	

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