

**5th Annual Skate Memphis Figure Skating Competition**  
**June 23-25, 2017**



Sponsored by  
**The Figure Skating Club of Memphis**  
[www.fscmemphis.org](http://www.fscmemphis.org)

Chief Referee: Sandy Bowen  
Competition Chairs: Carla Bressler, Gina McGath, Susie Sadler

**ONLINE REGISTRATION ONLY**

**Entry Deadline: June 4, 2017**

Secure online registration and credit card payment will be available at  
2017 Skate Memphis on [www.entryeeze.com](http://www.entryeeze.com)

**\*\*\*SPECIAL EVENTS\*\*\***

- \*\*\* Juvenile-Senior Championship Combine FreeSkate/Short Program(IJS) \*\*\*
- \*\*\* Critique Event for All Levels (No Test – Senior) \*\*\*
- \*\*\* Technical Element Challenge (IJS) \*\*\*
- \*\*\* Spins Event (IJS) Pre-Juvenile thru Senior \*\*\*
- \*\*\* Pre-Juvenile FreeSkate (IJS) \*\*\*

**A USFS Test Session will be held Friday, June 23, 2017**  
The FSC Memphis Test Form is located on [www.fscmemphis.org/forms](http://www.fscmemphis.org/forms)  
**Postmark deadline for Test Forms is June 4, 2017**

Sanctioned by:



## ELIGIBILITY RULES FOR PARTICIPANTS

The Skate Memphis 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.

The 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.

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 division 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 the entries.

Introductory Levels through Pre-Juvenile will be grouped by birth date. Male and Female entrants may be grouped together by level if there are insufficient numbers to separate genders. Juvenile/Open Juvenile through Senior Well Balanced events and Championship events will be grouped by level and gender.

## ENTRIES AND FEES

Online entry must be completed by midnight on **June 4, 2017**. Only online registration will be accepted. Online entry with secure credit card payment is available at [www.entryeeze.com](http://www.entryeeze.com). Notification of competition and practice times will NOT be available by phone, mail, or email. Any late entry, if accepted by the competition committee, must be accompanied by a \$25.00 late fee.

|  |       |  |
|--|-------|--|
| Juvenile - Senior Championship/Combined ( <b>IJS</b> )   | \$145 | <b>FIRST event</b> (championship/combined short program and free skate program)                          |
| Pre-Juvenile – Senior WB ( <b>IJS</b> )  | \$110 | <b>FIRST event</b> (non-championship events includes CRITIQUE EVENT, and/or TECHNICAL ELEMENT CHALLENGE) |
| Introductory Levels – Pre-Juvenile ( <b>Well-Balanced &amp; Test Track</b> )<br>****6.0 Judging System**** | \$95  | <b>FIRST event</b>   |
| Juvenile -Senior (Test Track)<br>****6.0 Judging System****  | \$95  | <b>FIRST event</b>   |
| Additional Events  | \$35  | per event (includes CRITIQUE EVENT and TECHNICAL ELEMENT CHALLENGE Event as <b>SECOND</b> event)         |
| Basic Skills Events  | \$40  | <b>FIRST event</b>   |
| Additional Basic Skills Events   | \$20  | per event  |
| Partnered Events   | \$45  | per person as <b>FIRST event</b>   |
| Additional Partnered Events  | \$35  | per person as additional event   |
| Team Events  | \$75  | per team and then \$5 per skater   |

Full refunds, minus the online processing fee, are available if withdrawal is prior to June 4, 2017. After the registration closing date of June 4, 2017, there will be no refunds under any circumstances (including medical) unless the event is cancelled for lack of participation. The online processing fees are not refundable. There will be a \$25.00 change fee for change of each event or level after June 4, 2017. In the event of a single entrant for an event, the skater will be contacted and offered the choice of a refund or skating. Events may be combined at the referee's discretion.

## **AWARDS**

All events will be final rounds. Everyone will receive an award except for skaters entered in the CRITIQUE EVENT. Medals will be awarded to first, second, and third places. ALL other places will receive ribbons. ALL awards will be presented at appropriate times throughout the competition at the Registration/Awards table as soon as possible after each event is posted.

## **COACH REGISTRATION**

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 the 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.

## **SCHEDULE OF EVENTS**

A tentative schedule of events will be available on or about **June 18, 2017**. The schedule will be posted on The Figure Skating Club of Memphis website ([www.fscmemphis.org](http://www.fscmemphis.org)) and on the 2017 Skate Memphis entryeze website ([www.entryeeze.com](http://www.entryeeze.com))

## **PRACTICE ICE**

Practice ice for individual skaters will be available on Friday evening and Saturday morning. Practice ice will be available to reserve online two weeks prior to competition. The pre-paid rate for practice ice is \$15 for 30 minutes per skater. Skaters may also purchase practice ice at a walk-on rate of \$20 per 30 minutes if space is still available. Skaters will be able to choose their own practice ice sessions online after the schedule is posted. Additional practice ice will be available for sale online after those that pre-register for their sessions have chosen them. Skaters may turn an extra copy of their music in to play, however it is not guaranteed that all skaters will be able to run through their program.

## **MUSIC**

All competition music must be turned in at the time of registration. Each CD must have only one music track. No CD-RWs will be accepted due to compatibility reasons. CDs must be clearly marked with the skater's name and event. Competitors must have suitable emergency backup music at rink side. Skaters should remember to pick up their music at the registration desk after their event. No CDs, once registered, will be returned to the skater until the end of the event.

## **VIDEO TAPING AND PHOTOGRAPHS**

There will be an official competition photographer and videographer. The photographer will be available for making award photos. The competition committee restricts personal videotaping/photography to your child only. **No flash photography is allowed while skaters are on the ice.** No other recording will be permitted without committee approval. Videotaping/photography of any event for personal profit is not allowed. No video equipment may be plugged into arena outlets.

## **EVENT PROGRAM, T-SHIRT, AND SOUVENIR**

An official Skate Memphis Event Program will be provided to each competitor. "Good Luck" and Business Ads may be ordered via [entryeeze.com](http://entryeeze.com). Please note that late entries may not appear in the official program or on the T-Shirt. Competition T-Shirts will also be available online for \$20. Souvenir Tumblers are available for purchase on [entryeeze.com](http://entryeeze.com) for \$15.

## **DRESSING ROOMS**

There are locker rooms (including bathrooms and stalls) available for changing into skating costumes. No changing should be done in the public restrooms.

## **FACILITY**

The competition will be held at Mid-South Ice House, 10705 Ridgeway Industrial Drive, Olive Branch, MS 38654. The Mid-South Ice House ice surface measures 85' x 200'. The facility has a snack bar and asks that no outside food be brought inside. Locker rooms will be available for competitors. The facility also has a pro-shop with skating equipment and accessories.

U.S. Figure Skating, The Figure Skating Club of Memphis, and Mid-South Ice House 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**

**IJS Well Balanced system** of accounting for all Short Programs and WB FreeSkate events Pre-Juvenile and above including **Adult Gold** events. The **6.0** Majority System will be used for all other events (including 6.0 Pre-Juvenile freeskate event). All competitors skating in the IJS FreeSkate and Short Program single events as well as the Championship Combined event need to submit the planned program content form online at [www.entryeeze.com](http://www.entryeeze.com). This form is found in the Member's Only section at [www.usfigureskating.org](http://www.usfigureskating.org). **The deadline to submit this form is June 11, 2017.**

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

- Well Balanced Program free skate events, Pre-Juvenile(IJS) – Senior, including Open Juvenile
- Short program events, Juvenile – Senior
- Critique Event
- Technical Element Challenge Event
- Spins Element Challenge, Juvenile-Senior

**NOTE:** Pre-Juvenile skaters will have the option to skate under either the IJS system or the 6.0 system.

The 6.0 Majority Judging System will be used for:

- Well Balanced Program free skate events, pre-preliminary – pre-juvenile(6.0)
- Introductory free skate events (beginner, high beginner, no-test)
- All Test Track events
- All specialty singles events (spins, jumps, compulsory moves, etc.)
- All Adult events

## **REGISTRATION**

The registration table will be open during one to two hours before the first scheduled practice ice and run through the last event of the day. The registration table will be located in the lobby of the Mid-South Ice House. Please register promptly upon arrival.

## **LODGING**

Whispering Woods Hotel and Conference Center

662-895-2941 / 7300 Hacks Cross Road, Olive Branch, MS 38654

Fairfield Inn & Suites

662-892-4469 / 7044 Hacks Cross Road, Olive Branch, MS 38654

Hampton Inn Olive Branch

662.893.7600 / 6830 Crumpler Boulevard, Olive Branch, MS 38654

Hampton Inn Southwind

901-754-8454 / 3579 Hacks Cross Road, Memphis, TN 38125

## **FOR MORE INFORMATION**

|                   |                |              |  |
|-------------------|----------------|--------------|--|
| Chief Referee     | Sandy Bowen    | 501-231-4375 | <a href="mailto:bowensk@att.net">bowensk@att.net</a>               |
| Competition Chair | Gina McGath    | 901-488-9845 | <a href="mailto:gina_mac@yahoo.com">gina_mac@yahoo.com</a>         |
| Co-Chair          | Carla Bressler | 901-674-6878 | <a href="mailto:cjbressler@hotmail.com">cjbressler@hotmail.com</a> |
| Co-Chair          | Susie Sadler   | 901-230-5484 | <a href="mailto:sadler310@aol.com">sadler310@aol.com</a>           |

## **Directions from Birmingham**

Take I-20 W/I-59 S

Merge I-65 N via exit 124B toward Huntsville

Take exit 264, Daniel Payne Dr

Turn left onto 41<sup>st</sup> Ave N.

Turn right onto Coalburg Rd.

Merge onto US-78 E toward Jasper

Take exit 6, Bethel Rd toward Hacks Cross

Merge right onto Bethel Rd

Turn left on Ridgeway Industrial Drive

## **Directions from Decatur/Huntsville**

Take US-72-ALT W/AL-20 W

Turn right onto Wilson St NE/US-72-ALT/AL-20

Continue to follow US-72-ALT W/AL-20 W

US-72-ALT W/AL-20 W becomes US-72 W

Merge onto MS-302 W toward Olive Branch/Southaven

Turn right onto Hacks Cross Rd

Turn left onto Ridgeway Industrial Dr.

## **Directions from Little Rock**

Take I-40 E toward Jacksonville/Memphis

Keep right to take I-55 S toward Memphis/Jackson MS

Merge onto I-240 E via exit 6A on the left toward Airport/Nashville

Merge onto Bill Morris Pky/TN-385 E via exit 16

Merge right at the Hacks Cross exit

Turn right onto Ridgeway Industrial Drive

## **Directions from Nashville**

Take I-40 W towards Memphis/Louisville

Merge I-240 W via exit 10A toward Airport/Jackson Miss.

Merge onto Bill Morris Pky/TN-385 E via exit 16 toward Collierville

Take a right at the Hacks Cross exit

Turn right onto Ridgeway Industrial Dr.



# U.S. Figure Skating Nonqualifying Competitions

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

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

**LEARN TO SKATE USA PROGRAM**

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

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



Beginner

High Beginner

}

**INTRODUCTORY LEVELS**

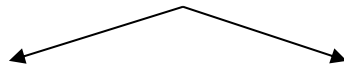
Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the "Test Track Free Skate" or "Well Balanced Free Skate" program. Test requirements for both categories are the same, it is completely the choice of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

**TEST TRACK FREE SKATE**

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

**WELL BALANCED PROGRAM FREE SKATE**

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



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



## U.S. Figure Skating Nonqualifying Competitions

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

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



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

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

### EVENT: Adult 1-6 Compulsory Moves Event

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

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

| Level   | Time             | Elements  |
|---------|------------------|---|
| Adult 1 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> <li>• Falling and Recovery</li> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>  |
| Adult 2 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>   |
| Adult 3 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chases on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul> |
| Adult 4 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>   |
| Adult 5 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>   |
| Adult 6 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin</li> </ul>   |



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Adult 1-6 Free Skate Program Event

General event parameters:

The skating order of the required elements is optional. The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated.

Connecting moves and steps should be demonstrated throughout the program.

- Vocal music is allowed
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.

| Level   | Time             | Elements  |
|---------|------------------|---|
| Adult 1 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> <li>• Falling and Recovery</li> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>  |
| Adult 2 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>   |
| Adult 3 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chases on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul> |
| Adult 4 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>   |
| Adult 5 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>   |
| Adult 6 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin</li> </ul>   |



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: COMPULSORY MOVES: Introductory - Novice

General event parameters:

- Basic Skills – Juvenile: Elements skated on ½ ice; Intermediate – Senior: Elements skated on full-ice
- The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Music is not allowed

| Level                | Time      | Skating rules/standards  |
|----------------------|-----------|--|
| Beginner             | 1:15 max. | <ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• ½ jump of choice</li> <li>• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)</li> <li>• Forward or backward spiral</li> </ul>   |
| High Beginner        | 1:15 max. | <ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• Forward scratch spin - minimum three revolutions</li> <li>• Forward or backward spiral</li> </ul>  |
| No-Test              | 1:15 max. | <ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li> <li>• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ul> |
| Pre-Preliminary      | 1:15 max. | <ul style="list-style-type: none"> <li>• Toe Loop jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Sit spin or camel spin - minimum three revolutions</li> <li>• Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ul>   |
| Preliminary          | 1:15 max. | <ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Back upright spin - minimum three revolutions</li> <li>• Forward inside spiral</li> </ul>  |
| Pre – Juvenile       | 1:15 max. | <ul style="list-style-type: none"> <li>• Single jump (may include Axel)</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Layback spin or camel spin - minimum three revolutions</li> <li>• Step sequence - circular</li> </ul>   |
| Juvenile & Open Juv. | 1:15 max. | <ul style="list-style-type: none"> <li>• Single Axel</li> <li>• Jump combination: single/single or double/single</li> <li>• Layback spin or camel spin - minimum three revolutions</li> <li>• Step sequence – circular</li> </ul>  |
| Intermediate         | 1:30 max. | <ul style="list-style-type: none"> <li>• Double Salchow or double toe loop</li> <li>• Jump combination: single/single or double/single</li> <li>• Flying spin, minimum five revolutions</li> <li>• Step sequence – straight line</li> </ul>  |
| Novice               | 1:30 max. | <ul style="list-style-type: none"> <li>• Double loop</li> <li>• Jump combination: double/single or double/double</li> <li>• Flying spin - minimum five revolutions</li> <li>• Step sequence – straight line</li> </ul>   |

### EVENT: Adult Compulsory Moves

General event parameters:

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

| Level                       | Time | Elements  |
|-----------------------------|------|---|
| Adult Beginner              | 1:15 | <ul style="list-style-type: none"> <li>• Forward crossovers (Min. 5 consecutive)</li> <li>• Waltz jump</li> <li>• Two foot upright spin</li> <li>• Forward spiral (any edge)</li> </ul>   |
| Adult Pre-Bronze            | 1:15 | <ul style="list-style-type: none"> <li>• Backward crossovers (Min. 5 consecutive)</li> <li>• Waltz jump</li> <li>• Forward upright spin (Min. 3 revolutions)</li> <li>• Forward outside spiral</li> </ul>   |
| Adult Bronze                | 1:15 | <ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• Waltz jump – toe loop combination jump</li> <li>• Sit spin (Min. 3 revolutions)</li> <li>• Spiral sequence (Min. 2 spirals)</li> </ul>   |
| Adult Silver                | 1:30 | <ul style="list-style-type: none"> <li>• Single loop</li> <li>• Single/single jump combination</li> <li>• Sit spin (Min. 3 revolutions)</li> <li>• Straight line step sequence</li> </ul>   |
| Adult Gold                  | 1:30 | <ul style="list-style-type: none"> <li>• Single Lutz or Axel</li> <li>• Single/single or single/double jump combination</li> <li>• Camel spin (Min. 4 revolutions)</li> <li>• Straight line step sequence</li> </ul>  |
| Masters Intermediate/Novice | 2:00 | <ul style="list-style-type: none"> <li>• Axel, double Salchow , double toe loop or double loop</li> <li>• 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</li> <li>• Solo spin of skater's choice (Min. 6 revolutions)</li> <li>• Straight line step sequence</li> </ul> |
| Masters Junior/Senior       | 2:00 | <ul style="list-style-type: none"> <li>• Choice of any double jump</li> <li>• Jump combination that may include any double jump</li> <li>• Solo spin of skater's choice (Min. 8 revolutions)</li> <li>• Straight line step sequence</li> </ul>  |

## EVENT: Singles Short Program

General event parameters:

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. The short program may be skated as a single event and/or as a combined event. An opportunity to skate this program twice.

- Juvenile (IJS) – Same as Intermediate Short Program. Rule 4230. Skater may not exceed 14 years of age before **6/04/17**. (2:00) Max 2 min.
- Open Juvenile (IJS) – Same as Intermediate Short Program. Rule 4230. Skater must be between 14 and 21 years of age by **6/04/17**. (2:00) Max 2 min.
- Intermediate short program – Rule 4230
- Novice short program – Rule 4220
- Junior short program- Rule 4210
- Senior short program – Rule 4200

### COMBINED SHORT PROGRAM & WELL BALANCED FREE SKATE EVENTS

- 1) Skaters may choose to enter the Short and Free Skating single events separately OR
- 2) Skaters may skate **a combined CHAMPIONSHIP event** (both short program and long program must skate **at the same level for both**) for all Free Skating levels that have multiple segments: Juvenile, Intermediate, Novice, Junior, and Senior. Skaters will skate both programs and final placements will be determined according to USFS rules which will combine results from both the Short Program and the Free Skating program. There **MAY** be final rounds for championship events **ONLY** depending upon the number of entries in each event. The Final Rounds will consist of **ONLY** the Free Skating program. Skaters must choose between the Well Balanced Track or Test Track for FREE SKATE events only.

**NOTE: The JUVENILE/OPEN JUVENILE Combined CHAMPIONSHIP** event is intended for those Juvenile level skaters who are in between the Juvenile and Intermediate levels. We've combined both Juvenile and Open Juvenile for this event simply because of the number of participants. This event includes an Intermediate Short Program and a Juvenile Free Skate component.

### INITIAL / FINAL ROUND FOR FREE SKATE EVENTS

All free skating events will be divided into flights. **The TOP FOUR in each CHAMPIONSHIP COMBINED Initial Round flight will qualify for a final round skate- FINAL ROUND is offered for CHAMPIONSHIP COMBINED EVENT Only.**



## U.S. Figure Skating Nonqualifying Competitions

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

#### General event parameters:

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

| Level                            | Jumps  | Spins   | Step Sequences   | Qualifications  |
|----------------------------------|--|---|--|---|
| Beginner<br>1:40 maximum         | <b>Maximum of 5 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>   | <b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>   | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests   |
| High Beginner<br>1:40 maximum    | <b>Maximum of 5 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>       | <b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>   | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests   |
| Pre-Preliminary<br>1:40 maximum  | <b>Maximum of 5 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul> | <b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>   | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test   |
| Preliminary<br>1:30 +/- 10 sec.  | <b>Maximum of 5 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>  | <b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul> | Connecting moves and steps should be demonstrated throughout the program | Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test |
| Pre-Juvenile<br>2:00 +/- 10 sec. | <b>Maximum of 5 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>  | <b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>• One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>               | One step sequence fully utilizing ice surface                            | Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test        |



|   |   |  |   |   |
|---|---|--|---|---|
| Juvenile<br>2:15 +/- 10 sec.  | <b>Maximum of 5 jump elements:</b> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>  | <b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>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)</li> <li>Only solo spin may fly</li> </ul> | One step sequence fully utilizing ice surface   | Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test |
| Intermediate<br>2:40 +/- 10 sec.  | <b>Maximum of 6 jump elements:</b> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>  | <b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>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).</li> </ul>   | One step sequence fully utilizing ice surface   | Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test |
| Novice<br><br>Ladies:<br>3:00 +/- 10 sec.<br><br>Men:<br>3:30 +/- 10 sec. | <b>Maximum of 7 jump elements for men and 6 for ladies:</b> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>  | <b>Maximum of 3 spins, of a different nature:</b> <ul style="list-style-type: none"> <li>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)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li>All spins may fly</li> </ul>                | One step sequence or spiral sequence fully utilizing ice surface<br><br>(see rule 4104 & 4105 for remarks)  | 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   |
| Junior<br><br>Ladies:<br>3:30 +/- 10 sec.<br><br>Men:<br>4:00 +/- 10 sec. | <b>Maximum of 8 jump elements for men and 7 for ladies:</b> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>                                  | <b>Maximum of 3 spins of a different nature:</b> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>                  | One step sequence fully utilizing ice surface<br><br>(See rule 4105 for remarks)  | 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         |
| Senior<br><br>Ladies:<br>4:00 +/- 10 sec.<br><br>Men:<br>4:30 +/- 10 sec. | <b>Maximum of 8 jump elements for men and 7 for ladies:</b> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Must include at least four different double jumps, one must be a double Lutz.</li> <li>Triple jumps are not permitted</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul> | <b>Maximum of 3 spins of a different nature:</b> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>             | <b>Men:</b><br>Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface.<br>(See rule 4105 for remarks)<br><br><b>Ladies:</b><br>One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.) | Skaters must have passed at least the U.S. Figure Skating junior free skate test  |



# U.S. Figure Skating Nonqualifying Competitions

## EVENT: 2016-17 Well Balanced Program Free Skate

### General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. **Vocal music is permitted at all levels.**
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- **IJS or the 6.0 judging system may be used for this event (Skaters may choose EITHER the 6.0 or IJS for Pre-Juv FreeSkate event but not both).**
- 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](http://www.usfigureskating.org), under "Technical Information," then "Singles/Pairs"

| Level  | Jumps   | Spins  | Step Sequences   | Qualifications  |
|--|---|--|--|---|
| <b>NO TEST</b><br><br><b><u>1:40 maximum</u></b><br><br>*means element is required         | <b><u>Max 5 Jump Elements:</u></b> <ul style="list-style-type: none"> <li>• All single jumps allowed except for the single Axel               <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> <li>○ Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination.</li> </ul> </li> </ul> | <b><u>Max 2 Spins:</u></b> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.               <ul style="list-style-type: none"> <li>○ These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</li> </ul> </li> </ul>        | <b><u>Max 1 Sequence:</u></b> <ul style="list-style-type: none"> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul> <b>If IJS is used, then:<br/>ChSt</b>               | Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests |
| <b>Pre-Preliminary</b><br><br><b><u>1:40 maximum</u></b><br><br>*means element is required | <b><u>Maximum of 5 jump elements:</u></b><br><b><u>All single jumps, including the single Axel, allowed</u></b> <ul style="list-style-type: none"> <li>• No double, triple or quadruple jumps allowed</li> <li>• Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <b><u>Max 2 jump combinations or jump sequences</u></b> <ul style="list-style-type: none"> <li>• Jump combinations limited to 2 jumps <b><u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u></b></li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> </ul>   | <b><u>Maximum of 2 spins:</u></b> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.               <ul style="list-style-type: none"> <li>○ These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</li> </ul> </li> </ul> | <b><u>Max 1 Sequence:</u></b> <ul style="list-style-type: none"> <li>• Step Sequence must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul> <b>If IJS is used, then:<br/>ChSt</b> | Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test       |

|  |   |  |   |  |
|--|---|--|---|--|
| <p>Preliminary</p> <p><b><u>1:30 +/- 10 sec</u></b></p> <p>*means element is required</p>  | <p><b>Max 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel or a waltz jump-type jump*</li> <li>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"> <li>Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps <u>except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</u></li> <li>Jump sequences limited to a maximum of 3 single or double jumps.</li> </ul> </li> </ul> | <p><b>Max 2 spins:</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs. <ul style="list-style-type: none"> <li>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</li> </ul> </li> </ul>  | <p><b>Max 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>Step Sequence must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> <p><b>If IJS is used, then:<br/>ChSt</b></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</p> <p><b><u>2:00 +/- 10 sec</u></b></p> <p>*means element is required</p> <p>(used for IJS and 6.0 judging systems)</p> | <p><b>Maximum of 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> <li>No triple or quadruple jumps allowed</li> <li>An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</u></li> <li>Jump sequences limited to a maximum of 3 single or double jumps</li> </ul> </li> </ul>  | <p><b>Maximum of 2 spins:</b></p> <p><u>1 spin combination, with or without change of foot*</u></p> <ul style="list-style-type: none"> <li>May start with a flying entry</li> <li>Min 6 revs</li> </ul> <p><u>1 spin with only 1 position*</u></p> <ul style="list-style-type: none"> <li>No change of foot</li> <li>May start with a flying entry</li> <li>Min 4 revs <ul style="list-style-type: none"> <li>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</li> </ul> </li> </ul> | <p><b>Max 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>Step Sequence must <u>fully</u> utilize the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> <p><b>If IJS is used, then:<br/>ChSt</b></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 and Open Juvenile</p> <p><b>2:15 +/- 10 sec</b></p> <p>*means element is required</p>  | <p><b>Maximum of 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> <li>No triple or quadruple jumps allowed</li> <li>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</li> <li>***If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li><u>No double jump included more than twice</u></li> <li>Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps <u>except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</u></li> <li>Number of jumps in jump sequence is <u>not limited</u></li> </ul> </li> </ul>  | <p><b>Maximum of 2 spins:</b></p> <p><u>1 spin combination; with or without change of foot*</u></p> <ul style="list-style-type: none"> <li>Min 8 revs</li> <li>Min 2 revs in each position</li> <li>Must have all 3 basic positions to receive full value</li> </ul> <p><u>1 spin with only 1 position; no change of foot*</u></p> <ul style="list-style-type: none"> <li>Min 5 revs <ul style="list-style-type: none"> <li>Both spins may start with a flying entry</li> <li>Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</li> </ul> </li> </ul>   | <p><b>Max 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>One choreographic step sequence* <ul style="list-style-type: none"> <li>Must <u>fully</u> utilize the ice surface</li> </ul> </li> </ul>  | <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</p> <p><b>2:40 +/- 10 sec</b></p> <p>*means element is required</p>  | <p><b>Maximum of 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single, double and triple jumps allowed <ul style="list-style-type: none"> <li><u>No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</u></li> <li><u>If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</u></li> <li>***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</li> </ul> </li> <li><u>No double or triple jump can be included more than twice</u></li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations are limited to 2 jumps</li> <li><u>One 3-jump combination is permitted</u></li> <li>Number of jumps in jump sequence is <u>not limited</u></li> </ul> </li> </ul>   | <p><b>Maximum of 2 spins:</b></p> <p><u>1 spin combination; with or without change of foot*</u></p> <ul style="list-style-type: none"> <li>Min 8 revs</li> <li>Min 2 revs in each position</li> <li>Must have all 3 basic positions to receive full value</li> </ul> <p><u>1 spin with only 1 position; no change of foot*</u></p> <ul style="list-style-type: none"> <li>Min 5 revs <ul style="list-style-type: none"> <li>Both spins may start with a flying entry</li> <li>Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</li> </ul> </li> </ul>   | <p><b>Max 1 Sequence:</b></p> <p>One <b>leveled</b> step sequence*</p> <ul style="list-style-type: none"> <li><b>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.*</b> <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul> | <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><b>Ladies:</b><br/><b>3:00 +/- 10 sec</b></p> <p><b>Men:</b><br/><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p> | <p><b>Maximum of 7 jump elements for men and 6 for ladies:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li><u>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.</u></li> <li>***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</li> <li>There is no limit to the number of different double jumps that can be repeated, <u>but no double or triple jump can be included more than twice</u></li> </ul> </li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li><u>One 3-jump combination is permitted</u></li> <li>Number of jumps in jump sequence is <u>not limited</u></li> </ul> </li> </ul> | <p><b>Maximum of 3 spins:</b></p> <p><u>1 spin combination; with or without change of foot*</u></p> <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> <li>Must have all 3 basic positions to receive full value</li> </ul> <p><u>1 flying spin with no change of foot or position*</u></p> <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> <p><u>3rd spin is option of skater</u></p> <ul style="list-style-type: none"> <li>All spins may start with a flying entry</li> <li>Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</li> </ul> | <p><b>Max 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>   | <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><b>Ladies:</b><br/><b>3:30 +/- 10 sec</b></p> <p><b>Men:</b><br/><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p> | <p><b>Maximum of 8 jump elements for men and 7 for ladies:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>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</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li><u>One 3-jump combination is permitted</u></li> <li>Number of jumps in jump sequence is <u>not limited</u></li> </ul> </li> </ul> | <p><b>Maximum of 3 spins:</b></p> <p><u>1 spin combination; with or without change of foot*</u></p> <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> <li>Must have all 3 basic positions to receive full value</li> </ul> <p><u>1 spin with a flying entry*</u></p> <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> <p><u>1 spin with only 1 position*</u></p> <ul style="list-style-type: none"> <li>Min 6 revs <ul style="list-style-type: none"> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</li> </ul> </li> </ul> | <p><b>Max 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>  | <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><b>Ladies:</b><br/><b>4:00 +/- 10 sec</b></p> <p><b>Men:</b><br/><b>4:30 +/- 10 sec</b></p> <p>*means element is required</p> | <p><b>Maximum of 8 jump elements for men and 7 for ladies:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>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</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li><u>One 3-jump combination is permitted</u></li> <li>Number of jumps in jump sequence is <u>not limited</u></li> </ul> </li> </ul> | <p><b>Maximum of 3 spins:</b></p> <p><u>1 spin combination; with or without change of foot*</u></p> <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> <li>Must have all 3 basic positions to receive full value</li> </ul> <p><u>1 spin with a flying entry*</u></p> <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> <p><u>1 spin with only 1 position*</u></p> <ul style="list-style-type: none"> <li>Min 6 revs <ul style="list-style-type: none"> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</li> </ul> </li> </ul> | <p><b>Max 2 Sequences:</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> <li>One choreographic sequence* <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul> | <p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>  |



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Adult Free Skate

#### General event parameters:

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

| Level   | Jumps  | Spins  | Step Sequences   |
|---|--|--|--|
| <b>ADULT PRE BRONZE</b><br><br><b>1:40 maximum</b><br>* means element is required                           | <b>Maximum of 4 jump elements:</b> <ul style="list-style-type: none"> <li>• Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</li> <li>• 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps.</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are allowed</li> <li>• No Lutz, Axel or double jumps are allowed</li> </ul>  | <b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> </ul>   | <b>Max 1 Sequence:</b> <ul style="list-style-type: none"> <li>• Connecting steps throughout the program are required</li> </ul>  |
| <b>ADULT BRONZE</b><br><br><b>1:50 maximum</b><br>* means element is required                               | <b>Maximum of 4 jump elements:</b> <ul style="list-style-type: none"> <li>• Min 1*, max 2 combinations or sequences;</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except Axel)</li> <li>• No Axel, double or triple jumps are permitted</li> </ul>  | <b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul> | <b>Max 1 Sequence:</b><br>To be chosen from: <ul style="list-style-type: none"> <li>• Step sequence<br/>or</li> <li>• Spiral sequence (any pattern)               <ul style="list-style-type: none"> <li>○ Must use at least ½ ice surface</li> </ul> </li> <li>• 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.</li> </ul> |
| <b>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</b><br><br><b>2:10 maximum</b><br>* means element is required | <b>Maximum of 5 jump elements:</b> <ul style="list-style-type: none"> <li>• Min 1*, max 2 combinations or sequences</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• 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</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted, including an Axel-type jump.</li> <li>• No double or triple jumps are permitted</li> </ul> | <b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>  | <b>Max 1 Sequence:</b><br>To be chosen from: <ul style="list-style-type: none"> <li>• Step sequence<br/>or</li> <li>• Spiral sequence (any pattern)               <ul style="list-style-type: none"> <li>○ Must use at least ½ ice surface</li> </ul> </li> <li>• 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.</li> </ul> |

|   |   |  |   |
|---|---|--|---|
| <p><b>CHAMPIONSHIP GOLD &amp; ADULT GOLD</b></p> <p><b>2:40 maximum</b><br/>* means element is required</p>   | <p><b>Maximum of 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• Min 1*, max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow.</li> <li>• No double-double jump combinations or sequences are permitted</li> <li>• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>   | <p><b>Maximum of 3 spins:</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> </ul> <p>Min 4 revs total if no change of foot<br/>Min 4 revs each foot if change of foot<br/>Min 2 revs in each position</p> | <p><b>Max 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u></li> <li>• <u>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.</u></li> </ul> |
| <p><b>CHAMPIONSHIP MASTERS INTERMEDIATE/NOVICE &amp; MASTERS INTERMEDIATE &amp; MASTERS NOVICE</b></p> <p><b>3:10 maximum</b><br/>* means element is required</p> | <p><b>Maximum of 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Min 1*, max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</li> <li>• May perform only one double-double combination or sequence</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>• Only one double-double jump combination or sequence is permitted</li> <li>• Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul> | <p><b>Maximum of 3 spins:</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> </ul> <p>Min 5 revs total if no change of foot<br/>Min 4 revs each foot if change of foot<br/>Min 2 revs in each position</p> | <p><b>Max 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u></li> <li>• 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.</li> </ul>        |
| <p><b>CHAMPIONSHIP MASTERS JUNIOR-SENIOR &amp; MASTERS JUNIOR-SENIOR</b></p> <p><b>3:40 maximum</b><br/>* means element is required</p>                           | <p><b>Maximum of 7 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Min 1*, max 3 combinations or sequences</li> <li>• 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps</li> <li>• Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted</li> <li>• No Axels or multi-rotation jumps may be repeated more than once, and if rrepeated, those jumps must be in combination or sequence</li> </ul>   | <p><b>Maximum of 3 spins:</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> </ul> <p>Min 5 revs total if no change of foot<br/>Min 4 revs each foot if change of foot<br/>Min 2 revs in each position</p> | <p><b>Max 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u></li> <li>• 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.</li> </ul>        |



## U.S. Figure Skating Nonqualifying Competitions

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### **\* \* \* NEW EVENT: Critique Exhibition**

General event parameters:

The goal of this event is to provide skaters an opportunity to be **evaluated/judged through the IJS system without having the stress of competing** the event for a medal or trophy. Skaters may register for this event as the only event, or may treat this event as a "second" event at the \$35 rate. **Endless possibilities for both skaters and coaches:**

- Skaters who normally compete in 6.0 Well Balanced levels (No-Test and up)/Test Track events will be able to be judged through IJS without competing with other skaters thus having the opportunity to gain valuable program information from a member of the Technical Panel.
- Skaters who already skate under IJS may want to use this opportunity to introduce a new program, etc. or simply have the opportunity to skate an additional time during the weekend.

The skater benefits from the information provided by the IJS system of judging. In addition, after each Critique event, a member of the Technical Panel will be available for a scheduled input session. This will be a group critique and allow skaters who normally don't skate under IJS to ask questions, etc. It will be in a group environment. Skaters and coaches will be available to attend. Skaters will be divided into small groups and will be scheduled into groups based on level.

Again, there will be **NO WINNER**. This is an opportunity to gain valuable information about your program.





## U.S. Figure Skating Nonqualifying Competitions

### \*\*\* NEW EVENT: TECHNICAL ELEMENT CHALLENGE

This is a unique opportunity for skaters to challenge themselves and try out more difficult elements and only elements under the IJS system. **Skaters may skate this as their only event or consider it a second event at \$35.**

1. Elements may be skated in any order
2. Connecting steps are allowed but will not be taken into consideration
3. **Spins and jumps will be judged using the IJS system of judging** – follow the level requirements as stated in the ISU Technical Handbook and accompanying US Technical Notifications from NO Level to Level 4.
4. Geared toward the competitive skater who is expected to go beyond the basic requirements of their skating level
5. All events will use **full** ice
6. NO music
7. **SKATERS WHO PARTICIPATE IN THIS EVENT MAY ALSO COMPETE IN THE STANDARD COMPULSORY EVENTS**

| Level                         | Time      | Required elements  |
|-------------------------------|-----------|--|
| Pre Juvenile                  | 1:30 MAX  | <ol style="list-style-type: none"> <li>1. Solo Jump: Single or Double Jump (Single Axel allowed) <ul style="list-style-type: none"> <li>• Double Axel or Triple jumps NOT ALLOWED</li> </ul> </li> <li>2. Jump Combo: Double/Single or Double/Double (Single Axel allowed) <ul style="list-style-type: none"> <li>• Double Axel or Triple jumps NOT ALLOWED</li> <li>• May NOT repeat solo jump</li> </ul> </li> <li>3. Leveled combination spin with change of foot and <u>at least one</u> change of position</li> </ol> |
| Juvenile/<br>Open<br>Juvenile | 1:30 MAX  | <ol style="list-style-type: none"> <li>1. Solo Jump: Double Jump (Double Axel allowed) <ul style="list-style-type: none"> <li>• Triple jumps NOT ALLOWED</li> </ul> </li> <li>2. Jump Combo: Double/Double <ul style="list-style-type: none"> <li>• Double Axel or Triple jumps NOT ALLOWED</li> <li>• May NOT repeat solo jump</li> </ul> </li> <li>3. Leveled combination spin with change of foot and <u>at least one</u> change of position</li> </ol>   |
| Intermediate                  | 1:30 MAX  | <ol style="list-style-type: none"> <li>1. Solo Jump: Double or Triple Jump (Double Axel allowed)</li> <li>2. Jump Combo: Double/Double or Triple/Double (Double Axel allowed) <ul style="list-style-type: none"> <li>• May NOT repeat solo jump</li> </ul> </li> <li>3. Leveled combination spin with change of foot and <u>at least one</u> change of position</li> </ol>   |
| Novice                        | 1:30 max. | <ol style="list-style-type: none"> <li>1. Solo Jump: Double or Triple Jump (Double Axel allowed)</li> <li>2. Jump Combo: Double/Double or Triple/Double or Triple/Triple <ul style="list-style-type: none"> <li>• Double Axel allowed</li> <li>• May NOT repeat solo jump</li> </ul> </li> <li>3. Leveled combination spin with change of foot and <u>at least one</u> change of position</li> </ol>   |
| Junior                        | 1:30 max. | <ol style="list-style-type: none"> <li>1. Solo Jump: Double or Triple Jump (Double Axel allowed)</li> <li>2. Jump Combo: Double/Double or Triple/Double or Triple/Triple <ul style="list-style-type: none"> <li>• Double Axel allowed</li> <li>• May NOT repeat single jump</li> </ul> </li> <li>3. Leveled combination spin with change of foot and at least one change of position</li> </ol>  |
| Senior                        | 1:30 MAX  | <ol style="list-style-type: none"> <li>1. Solo Jump: Double or Triple Jump (Double Axel allowed)</li> <li>2. Jump Combo: Double/Double or Triple/Double or Triple/Triple <ul style="list-style-type: none"> <li>• Double Axel allowed</li> <li>• May NOT repeat single jump</li> </ul> </li> <li>3. Leveled combination spin with change of foot and <u>at least one</u> change of position</li> </ol>   |

### EVENT: Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Beginner - Pre-juvenile will be skated on ½ ice; Juvenile – Senior will be skated on full ice
- Jumps with an “\*” must be preceded with connecting steps (Intermediate – Senior)
- **Judged on 6.0 System**

| Level                | Time     | Skating rules / standards   |
|----------------------|----------|---|
| Beginner             | 1:15 max | <ul style="list-style-type: none"> <li>• Waltz jump (from backward crossovers)</li> <li>• ½ flip or ½ Lutz</li> <li>• Single Salchow</li> </ul>   |
| High Beginner        | 1:15 max | <ul style="list-style-type: none"> <li>• Waltz jump (from backward crossovers)</li> <li>• Single Salchow</li> <li>• Jump combination – waltz jump-toe loop</li> </ul>                                   |
| No-Test              | 1:15 max | <ul style="list-style-type: none"> <li>• Single toe loop</li> <li>• Single loop</li> <li>• Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ul>                                 |
| Pre – Preliminary    | 1:15 max | <ul style="list-style-type: none"> <li>• Single toe loop</li> <li>• Single flip</li> <li>• Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ul>                                 |
| Preliminary          | 1:15 max | <ul style="list-style-type: none"> <li>• Single flip</li> <li>• Single Lutz</li> <li>• Jump combination – Any single jump + single loop (may be Axel)</li> </ul>  |
| Pre – Juvenile       | 1:15 max | <ul style="list-style-type: none"> <li>• Single Axel</li> <li>• Single or double jump</li> <li>• Jump combination – single/single (no Axel)</li> </ul>  |
| Juvenile & Open Juv. | 1:15 max | <ul style="list-style-type: none"> <li>• Single Axel</li> <li>• Double Salchow</li> <li>• Jump combination – single/single or double/single (no Axel)</li> </ul>  |
| Intermediate         | 1:30 max | <ul style="list-style-type: none"> <li>• Single Axel</li> <li>• Double loop*</li> <li>• Jump combination – double/single (no Axel)</li> </ul>   |
| Novice               | 1:30 max | <ul style="list-style-type: none"> <li>• Double loop</li> <li>• Double flip*</li> <li>• Jump combination – double/double (may be double Axel)</li> </ul>  |
| Junior               | 1:30 max | <ul style="list-style-type: none"> <li>• Choice of double or triple jump</li> <li>• Double or triple flip*</li> <li>• Jump combination – double/double (may be double Axel)</li> </ul>                  |
| Senior               | 1:30 max | <ul style="list-style-type: none"> <li>• Choice of double or triple jump</li> <li>• Double or triple Lutz*</li> <li>• Jump combination – double/double or triple/double (may be double Axel)</li> </ul> |

### EVENT: Adult Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Adult Beginner - Silver will be skated on ½ ice; Adult Gold – Masters Jr/Sr will be skated on full ice
- Judged on 6.0 System

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



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Spins Challenge

General event parameters:

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

\*Pre-Juvenile through Senior will be judged as IJS events: Tech Panel will assign levels and judges will assign GOE's.

| Level                 | Time        | Skating rules / standards   |
|-----------------------|-------------|---|
| Beginner              | 1:30<br>max | <ul style="list-style-type: none"> <li>• Upright one-foot spin (3)</li> <li>• Upright two-foot spin (3)</li> <li>• Sit spin (3)</li> </ul>  |
| High Beginner         | 1:30<br>max | <ul style="list-style-type: none"> <li>• Upright one-foot spin (3)</li> <li>• Upright two-foot spin (3)</li> <li>• Sit spin (3)</li> </ul>  |
| No-Test               | 1:30<br>max | <ul style="list-style-type: none"> <li>• Upright one-foot spin (3)</li> <li>• Upright two-foot spin (3)</li> <li>• Sit spin (3)</li> </ul>  |
| Pre – Preliminary     | 1:30<br>max | <ul style="list-style-type: none"> <li>• Upright one-foot spin (3)</li> <li>• Upright two-foot spin (3)</li> <li>• Sit spin (3)</li> </ul>  |
| Preliminary           | 1:30<br>max | <ul style="list-style-type: none"> <li>• Backward upright spin (3)</li> <li>• Combination spin with no of foot (4)</li> <li>• Sit spin (3)</li> </ul>   |
| *Pre – Juvenile       | 1:30<br>max | <ul style="list-style-type: none"> <li>• Spin combination, w/without change of foot, may start with a fly – min 6 revs</li> <li>• Spin with only 1 position no change of foot– may start with a fly min 4 revs</li> <li>• Spin of skaters choice</li> </ul>   |
| *Juvenile & Open Juv. | 1:30<br>max | <ul style="list-style-type: none"> <li>• Spin combination, w/without change of foot, may start with a fly – min 6 revs</li> <li>• Spin with only 1 position no change of foot– may start with a fly min 4 revs</li> <li>• Spin of skaters choice</li> </ul>   |
| *Intermediate         | 1:30<br>max | <ul style="list-style-type: none"> <li>• Spin combination, w/without change of foot, may start with a fly – min 6 revs</li> <li>• Spin with only 1 position no change of foot– may start with a fly min 4 revs</li> <li>• Spin of skaters choice</li> </ul>   |
| *Novice               | 1:30<br>max | <ul style="list-style-type: none"> <li>• Flying spin no change of foot or position – min 8 revs in position</li> <li>• Spin Combination; w/without change of foot</li> <li>• Spin of skaters choice – min 10 revs All spins may change feet and start with a fly Spins must be of different character</li> </ul>        |
| *Junior               | 1:30<br>max | <ul style="list-style-type: none"> <li>• Flying spin – min 8 revs in position</li> <li>• Spin with only 1 position – min 6 revs</li> <li>• Spin combo w/without change of foot – min 10 revs</li> <li>• ***All spins may change feet and start with a fly</li> <li>• ***Spins must be of different character</li> </ul> |
| *Senior               | 1:30<br>max | <ul style="list-style-type: none"> <li>• Flying spin – min 8 revs in position</li> <li>• Spin with only 1 position – min 6 revs</li> <li>• Spin combo w/without change of foot – min 10 revs</li> <li>• ***All spins may change feet and start with a fly</li> <li>• ***Spins must be of different character</li> </ul> |



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Adult Spins Challenge

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. **Spins may not be repeated.** Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.
- **Judged on 6.0 System**

| Level                       | Time        | Skating rules / standards   |
|-----------------------------|-------------|---|
| Adult Beginner              | 1:15<br>max | <ul style="list-style-type: none"> <li>• Pivot</li> <li>• Two-foot upright spin (2)</li> </ul>  |
| Adult Pre-Bronze            | 1:15<br>max | <ul style="list-style-type: none"> <li>• One-foot upright spin (3)</li> <li>• Two-foot upright spin (3)</li> </ul>  |
| Adult Bronze                | 1:00<br>max | <ul style="list-style-type: none"> <li>• One-foot upright spin (4)</li> <li>• One-foot back spin (3)</li> <li>• Sit spin (3)</li> </ul>   |
| Adult Silver                | 1:30<br>max | <ul style="list-style-type: none"> <li>• Camel spin (3)</li> <li>• Layback, sideways leaning or sit spin (4)</li> <li>• Combination spin with at least one change of position, no change of foot (3 in each position)</li> </ul>  |
| Adult Gold                  | 1:30<br>max | <ul style="list-style-type: none"> <li>• Solo spin, no change of foot (4)</li> <li>• Second solo spin, different from the first; change of foot optional (4)</li> <li>• Combination spin with only one change of foot and at least one change of position (4 each foot)</li> </ul>  |
| Masters Intermediate/Novice | 1:30<br>max | <ul style="list-style-type: none"> <li>• Solo spin of skater's choice (Min. 6 revolutions)</li> <li>• Second solo spin, different from the first; change of foot optional (4) May have a flying entry</li> <li>• Combination spin that may have more than one change of foot and at least one change of position (4 each foot)</li> </ul> |
| Masters Junior/Senior       | 1:30<br>max | <ul style="list-style-type: none"> <li>• Solo spin of skater's choice (Min. 8 revolutions)</li> <li>• Solo spin with a flying entry</li> <li>• 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</li> </ul>  |

## EVENT: Step Sequences

General event parameters:

- Levels are based on the skaters' highest Moves in the Field test passed.
- **Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine).**
- Skaters perform two different step sequences of their choice; any shape or pattern is permitted; however, skaters must make it clear when their first step sequence ends, and their second begins.
- Each of the step sequences must include the required steps and/or turns listed for each level.
- Each step sequence may, and is encouraged to, include additional steps or turns.
- Each step sequence must utilize the full ice surface.
- Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating.

| Level                | Time     | Required elements   |
|----------------------|----------|---|
| Pre-Preliminary      | 1:00 max | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Forward outside 3-turn</li> <li>2. Inside mohawk</li> <li>3. Demonstration of forward outside &amp; forward inside edges</li> </ol>  |
| Preliminary          | 1:00 max | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least two consecutive forward outside power 3-turns</li> <li>2. Forward inside 3-turn</li> <li>3. At least one set of alternating 3-turns (outside or inside)</li> </ol>  |
| Pre-Juvenile         | 1:00 max | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Backward inside 3-turns on each foot</li> <li>2. Backward outside 3-turns on each foot</li> <li>3. At least 2 consecutive power pulls (backward or forward)</li> </ol>   |
| Juvenile & Open Juv. | 1:30 max | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Forward outside double 3 (either foot)</li> <li>2. Forward inside double 3 (either foot)</li> <li>3. At least 2 consecutive cross strokes (backward or forward)</li> </ol>   |
| Intermediate         | 1:30 max | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Choice of backward double 3</li> <li>2. At least 2 different brackets with clear entry &amp; exit edges</li> <li>3. Forward inside 1 ½ twizzle</li> <li>4. Forward outside 1 ½ twizzle</li> </ol>  |
| Novice               | 2:00 max | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 2 different counters with clear entry &amp; exit edges</li> <li>2. Forward outside &amp; forward inside loop (either foot)</li> <li>3. Backward outside double twizzle</li> <li>4. Backward inside double twizzle</li> </ol>  |
| Junior               | 2:00 max | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 2 different rockers with clear entry &amp; exit edges</li> <li>2. At least 2 different choctaws</li> <li>3. Backward outside &amp; backward inside loop (either foot)</li> <li>4. A combination of at least 3 different turns done on one foot</li> </ol>   |
| Senior               | 2:00 max | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle.</li> <li>2. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot.</li> <li>3. An upper body movement. (Any movements of the arms, head and torso that have an effect on the balance of the main body core.)</li> </ol> <p><i>Note: If necessary, skaters may combine items 1 &amp; 2. For example, performing 3 different consecutive turns on one foot may also count towards the requirement of demonstrating all seven of the listed turns/steps.</i></p> |



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Moves in the field

General event parameters:

- Levels are based on the skaters' highest Moves in the field test passed.
- A moves in the field competition event will consist of the skater performing two moves in the field patterns.
- The patterns to be skated depend on which quarter of the year the competition is held. The skater will perform the two patterns listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30<sup>th</sup> – July 2<sup>nd</sup>), the moves will be selected based on the start date of the competition listed in the announcement (in this example, the 2<sup>nd</sup> quarter).
- Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between.
- The host club may choose to play background music, at a low volume, at their discretion.

| Level           | April 1 <sup>st</sup> – June 30 <sup>th</sup>  |
|-----------------|--|
| Pre-Preliminary | <ul style="list-style-type: none"> <li>• Forward perimeter stroking (1/2 rink only).</li> <li>• Waltz eight (2 patterns/foot)</li> </ul>                       |
| Preliminary     | <ul style="list-style-type: none"> <li>• Forward &amp; backward crossovers</li> <li>• Consecutive outside &amp; inside spirals</li> </ul>                      |
| Pre-Juvenile    | <ul style="list-style-type: none"> <li>• Forward &amp; backward power change of edge pulls.</li> <li>• Forward inside and backward outside 3-turns.</li> </ul> |
| Juvenile        | <ul style="list-style-type: none"> <li>• Backward power circle.</li> <li>• Forward double 3-turns.</li> </ul>  |
| Intermediate    | <ul style="list-style-type: none"> <li>• Brackets in the field</li> <li>• Forward twizzles (right forward outside &amp; right forward inside only)</li> </ul>  |
| Novice          | <ul style="list-style-type: none"> <li>• Forward &amp; backward outside counters.</li> <li>• Twizzles (Backward inside only)</li> </ul>                        |
| Junior          | <ul style="list-style-type: none"> <li>• Forward &amp; backward inside rockers</li> <li>• Choctaw sequence</li> </ul>  |
| Senior          | <ul style="list-style-type: none"> <li>• Spiral sequence</li> <li>• Serpentine step sequence</li> </ul>  |



## U.S. Figure Skating Nonqualifying Competitions

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### EVENT: Solo Pattern Dance

General event parameters:

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

| Level       | April 1 <sup>st</sup> – June 30 <sup>th</sup>   |
|-------------|---|
| Preliminary | <ul style="list-style-type: none"><li>• Rhythm Blues</li><li>• Dutch Waltz</li></ul>      |
| Pre-bronze  | <ul style="list-style-type: none"><li>• Fiesta Tango</li><li>• Swing</li></ul>            |
| Bronze      | <ul style="list-style-type: none"><li>• Ten Fox</li><li>• Hickory Hoedown</li></ul>       |
| Pre-silver  | <ul style="list-style-type: none"><li>• Foxtrot</li><li>• Fourteenstep</li></ul>          |
| Silver      | <ul style="list-style-type: none"><li>• Rocker Foxtrot</li><li>• American Waltz</li></ul> |
| Pre-gold    | <ul style="list-style-type: none"><li>• Paso Doble</li><li>• Starlight Waltz</li></ul>    |
| Gold        | <ul style="list-style-type: none"><li>• Westminster Waltz</li><li>• Quickstep</li></ul>   |



### EVENT: Basic Skills Pairs

**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. Vocal music is allowed.

- 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   | Program Length | Required elements  |
|---------|----------------|--|
| Pairs 1 | 1:40 max       | <ul style="list-style-type: none"> <li>• Basic hand-to-hand hold with a side-by-side position</li> <li>• Advanced forward stroking side-by-side, both directions</li> <li>• Advanced forward stroking side-by-side, both directions with a handhold</li> <li>• Advanced forward crossovers in a figure 8 with a hand-to-hand hold, both directions</li> <li>• Bunny hops side-by-side</li> </ul>   |
| Pairs 2 | 1:40 max       | <ul style="list-style-type: none"> <li>• Basic Waltz hold and position</li> <li>• Advanced backward crossovers to back outside edge, side by side, both directions</li> <li>• Advanced backward crossovers to back outside edge, side by side, both directions with a handhold</li> <li>• Advanced backward crossovers in a figure 8 with a hand-to-hand hold, both directions</li> <li>• Waltz jumps side by side – from 2-3 backward crossovers</li> </ul>                                       |
| Pairs 3 | 1:40 max       | <ul style="list-style-type: none"> <li>• Kilian and reverse Kilian hold and position</li> <li>• Continuous forward progressive chasse sequence, clockwise <u>OR</u> counterclockwise</li> <li>• Spirals: <ul style="list-style-type: none"> <li>○ One skater forward/one skater backward hand-to-hand hold</li> <li>○ Skaters in Kilian position</li> </ul> </li> <li>• Circling pairs spin</li> <li>• Two-foot spin, side by side</li> <li>• Half flip jumps, side by side</li> </ul>             |
| Pairs 4 | 1:40 max       | <ul style="list-style-type: none"> <li>• Open dance lift position with armpit grip</li> <li>• Five-step Mohawk sequence</li> <li>• Scratch spins (upright spin) side by side from backward crossovers, minimum of three revolutions</li> <li>• Toe loops, side by side</li> <li>• Waltz spin</li> <li>• Waltz lift</li> </ul>  |
| Pairs 5 | 1:40 max       | <ul style="list-style-type: none"> <li>• Waist lift position, one partner behind the other, and lift position, with hand-to-hand grip</li> <li>• Pull spiral – Male on back outside edge (back outside pivot option); Female in spiral outside or inside. One hand to one hand hold.</li> <li>• Back scratch spin, side by side</li> <li>• Flip jumps, side by side</li> <li>• Upright spin in Kilian position</li> <li>• Loop lift (waist lift position, one partner behind the other)</li> </ul> |
| Pairs 6 | 1:40 max       | <ul style="list-style-type: none"> <li>• Male on back outside edge (back outside pivot optional); Female in backward spiral outside. One hand to one hand hold.</li> <li>• Sit spins side by side from backward crossovers, minimum of three revolutions</li> <li>• Loop jumps, side by side</li> <li>• Camel spin in Kilian position</li> <li>• Lutz lift</li> </ul>  |



## U.S. Figure Skating Nonqualifying Competitions

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### EVENT: Pairs Free Skating Events

General event parameters:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Pairs test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.

**2016-17 Pairs Free Skate Requirement** – Please refer to the chart that has been updated with changes from the U.S. Figure Skating Governing Council and the ISU Congress that went into effect July 1, 2016. The chart can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Events" on the NonQualifying Competitions page; choose Pairs.

**Levels offered:** Pre-Juvenile through Senior

### EVENT: Basic Skills Showcase Events

Format: Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. 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:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- **Dramatic entertainment:** Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- **Light entertainment:** Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- **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. Theater On Ice teams are eligible as production ensembles. 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 judge's mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

### Showcase Events and Levels

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



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Showcase Events – Dramatic, Light, Duet, Ensembles

#### Format:

- **Dramatic Entertainment:** 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.
- **Light Entertainment:** 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.
- **Duets** are theatrical or artistic performances by any competitors.
- **Mini production ensembles:** Theatrical performances by three to seven competitors.
- **Production ensembles:** Theatrical performances by **eight to 30** skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.
- Props and scenery **ARE** permitted.
- Programs are performed under full arena lighting

#### General event parameters:

- Level will be determined by the highest free skate or dance (solo or partnered) test passed, as listed in the table below. 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.
- Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge’s mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.
- Performances will be judged from an entertainment standpoint, for theatrical qualities. **Technical skating skills and difficulty will not be rewarded as such;** however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant’s marks. **Jump difficulty is not rewarded in showcase;** therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

**Entertainment Levels:** Except for Adult events, skaters must compete at the highest level for which they qualify.

#### Mini Production Ensemble Events:

| Event           | Must meet requirements*<br>Must have passed Free Skating or Dance test (solo or partnered standard track) | Must not have passed<br>Must not have passed Free Skate or Dance test (solo or partnered standard track) | Age                | Program Duration |
|-----------------|---|--|--------------------|------------------|
| Mini Production | Open  | Open   | No age restriction | 3:10 max         |

#### Production Ensemble Events:

| Event               | Must meet requirements*<br>Must have passed Free Skating or Dance test (solo or partnered standard track) | Must not have passed<br>Must not have passed Free Skate or Dance test (solo or partnered) | Age                | Program Duration |
|---------------------|---|---|--------------------|------------------|
| Production Ensemble | Open  | Open  | No age restriction | 6:15 max         |

### Solo and Duet Showcase Event Levels:

| <b>Event</b> | <b>Must meet requirements*</b><br>Must have passed Free Skating or Dance test (solo or partnered standard track) | <b>Must not have passed</b><br>Free Skate or Dance (solo or partnered) Test or higher | <b>Age</b>                            | <b>Time</b> |
|--------------|--|---|---------------------------------------|-------------|
| Preliminary  | Preliminary Free Skate   | Pre Juvenile Free Skate<br>OR<br>Juvenile Free Dance                                  | No minimum age<br><b>(max age 20)</b> | 1:40 max    |
| Pre Juvenile | Pre Juvenile Free Skate  | Juvenile Free Skate<br>OR<br>Juvenile Free Dance                                      | No minimum age<br><b>(max age 20)</b> | 1:40 max    |
| Juvenile     | Juvenile Free Skate<br>OR<br>Juvenile Free Dance   | Intermediate Free Skate<br>OR<br>Intermediate Free Dance                              | 13 and under                          | 2:10 max    |
| Teen         | Juvenile Free Skate<br>OR<br>Juvenile Free Dance   | Intermediate Free Skate<br>OR<br>Intermediate Free Dance                              | 14-17                                 | 2:10 max    |
| Intermediate | Intermediate Free Skate<br>OR<br>Intermediate Free Dance   | Novice Free Skate<br>OR<br>Novice Free Dance  | 17 and under                          | 2:10 max    |
| Young Adult  | Juvenile Free Skate<br>OR<br>Juvenile Free Dance   | Novice Free Skate<br>OR<br>Novice Free Dance  | 18-20                                 | 2:10 max    |
| Novice       | Novice Free Skate<br>OR<br>Novice Free Dance   | Junior Free Skate<br>OR<br>Junior Free Dance  |                                       | 2:10 max    |
| Junior       | Junior Free Skate<br>OR<br>Junior Free Dance   | Senior Free Skate<br>OR<br>Senior Free Dance  |                                       | 2:40 max    |
| Senior       | Senior Free Skate<br>OR<br>Senior Free Dance   |   |                                       | 2:40 max    |

**Solo and Duet Showcase Events, continued:**

| <b>Event</b> | <b>Must meet requirements*</b><br>Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)  | <b>Must not have passed</b><br>Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher  | <b>Age</b>   | <b>Time</b> |
|--------------|---|---|--------------|-------------|
| Adult Bronze | Adult Bronze Free Skate<br>Preliminary Free Skate<br>Juvenile Free Dance<br>OR<br>Pre-Bronze Dance Test (prior to 4/30/17)  | Adult Silver Free Skate<br>Pre Juvenile Free Skate<br>Adult Silver Free Dance<br>Intermediate Free Dance<br>Preliminary Free Dance (prior to 9/2/2000)<br>OR<br>3rd Figure (prior to 10/1/77)             | 21 and older | 1:40 max    |
| Adult Silver | Adult Silver Free Skate<br>Juvenile Free Skate (prior to 10/1/94)<br>Pre Juvenile Free Skate<br>Adult Silver Free Dance<br>Intermediate Free Dance<br>Preliminary Free Dance (prior to 9/2/2000)<br>OR<br>3 <sup>rd</sup> Figure (prior to 10/1/77) | Adult Gold Free Skate<br>Juvenile Free Skate (On/after 10/1/94)<br>Adult Gold Free Dance<br>Novice Free Dance<br>Bronze Free Dance (prior to 9/2/2000)<br>OR<br>4 <sup>th</sup> Figure (prior to 10/1/77) | 21 and older | 1:40 max    |
| Adult Gold   | Adult Gold Free Skate<br>Juvenile Free Skate<br>Adult Gold Free Dance<br>Novice Free Dance<br>OR<br>3 <sup>rd</sup> Figure (prior to 10/1/77)   | Intermediate FS (on/after 10/1/91)<br>Junior Free Dance<br>Silver Free Dance (Prior to 9/2/2000)<br>OR<br>5 <sup>th</sup> Figure Test (prior to 10/1/77)  | 21 and older | 1:40 max    |
| Masters      | Intermediate Free Skate<br>Adult Gold Free Dance<br>Junior Free Dance<br>Silver Free Dance (Prior to 9/2/2000)<br>3 <sup>rd</sup> Figure Test (prior to 10/1/77)<br>OR<br>8 <sup>th</sup> Figure Test (10/1/77-9/30/79)                             |   | 21 and older | 1:40 max    |

\* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply,; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition).For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Showcase Events – 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 nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://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 (Freeskate or Free Dance)   |
|------------------------|------------------|---|
| Pre-juvenile and below | 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. |

## EVENT: Special Olympics

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. Vocal music is allowed.

- Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- To be skated on full ice
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

|   |  |
|---|--|
| <p><b>Badge 1</b></p> <ul style="list-style-type: none"> <li>A. Stand unassisted for five seconds</li> <li>B. Fall and stand up unassisted</li> <li>C. Knee dip standing still unassisted</li> <li>D. March forward ten steps assisted</li> </ul>   | <p><b>Badge 7</b></p> <ul style="list-style-type: none"> <li>A. Backward stroking across the rink</li> <li>B. Gliding backward to forward two foot turn</li> <li>C. T-stop left of right</li> <li>D. Forward two foot turn on a circle: L &amp; R</li> </ul>   |
| <p><b>Badge 2</b></p> <ul style="list-style-type: none"> <li>A. March forward ten steps unassisted</li> <li>B. Swizzles, standing still: three repetitions</li> <li>C. Backward wiggle or march assisted</li> <li>D. Two foot glide forward for distance of at least length of body</li> </ul>      | <p><b>Badge 8</b></p> <ul style="list-style-type: none"> <li>A. Five consecutive forward crossovers: L &amp; R</li> <li>B. Forward outside edge: L &amp; R</li> <li>C. Five consecutive backward ½ swizzles on a circle: L &amp; R</li> </ul>  |
| <p><b>Badge 3</b></p> <ul style="list-style-type: none"> <li>A. Backward wiggle or march</li> <li>B. Five forward swizzles covering at least ten feet</li> <li>C. Forward skating across the rink</li> <li>D. Forward gliding dip covering at least length of body: L &amp; R</li> </ul>            | <p><b>Badge 9</b></p> <ul style="list-style-type: none"> <li>A. Forward outside three turn: L &amp; R</li> <li>B. Forward inside edge: L &amp; R</li> <li>C. Forward lunge or shoot the duck at any depth</li> <li>D. Bunny hop</li> </ul>   |
| <p><b>Badge 4</b></p> <ul style="list-style-type: none"> <li>A. Backward two foot glide covering at least length of body</li> <li>B. Two foot jump in place</li> <li>C. One foot snowplow stop: L &amp; R</li> <li>D. Forward one foot glide covering at least length of body: L &amp; R</li> </ul> | <p><b>Badge 10</b></p> <ul style="list-style-type: none"> <li>A. Forward inside three turn: L &amp; R</li> <li>B. Five consecutive backward crossovers: L &amp; R</li> <li>C. Hockey stop</li> <li>D. Forward spiral three times length of body</li> </ul>   |
| <p><b>Badge 5</b></p> <ul style="list-style-type: none"> <li>A. Forward stroking across rink</li> <li>B. Five backward swizzles covering at least ten feet</li> <li>C. Forward two foot curves left and right across rink</li> <li>D. Two foot curves left and right across rink</li> </ul>         | <p><b>Badge 11</b></p> <ul style="list-style-type: none"> <li>A. Consecutive forward outside edges: minimum of two on each foot</li> <li>B. Consecutive forward inside edges: minimum of two on each foot</li> <li>C. Forward inside Mohawk: L &amp; R</li> <li>D. Consecutive backward outside edges: minimum of two on each foot</li> <li>E. Consecutive backward inside edges: minimum of two on each foot</li> </ul> |
| <p><b>Badge 6</b></p> <ul style="list-style-type: none"> <li>A. Gliding forward to backward two foot turn</li> <li>B. Five consecutive forward one foot swizzles on circle: L &amp; R</li> <li>C. Backward one foot glide length of body: L &amp; R</li> <li>D. Forward pivot</li> </ul>            | <p><b>Badge 12</b></p> <ul style="list-style-type: none"> <li>A. Waltz jump</li> <li>B. One foot spin: minimum of three revolutions</li> <li>C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise</li> <li>D. Combination of three moves chosen from badges 9-12</li> </ul>   |