



**Sugar Skate – Compete USA
April 1st and 2nd 2017
Hosted by Texas Gulf Coast Figure Skating Club**

The Sugar Skate – Compete USA will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

ELIGIBILITY/TEST LEVEL: The competition is open to ALL skaters who are currently eligible (ER 1.00) members of either the Learn to Skate USA program and those who are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member of a club. There will be no more than six competitor's maximum in an event and all six should receive an award. If you are not a member of US Figure Skating you may join through US Figure Skating, through your skate school, or through Texas Gulf Coast FSC by visiting our membership page (<http://texasgulfcoastfsc.org/membership/>).

Eligibility and Test Requirements:

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

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

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

ENTRIES: Registrations will be processed using EntryEeze online registration. To access EntryEeze, please visit www.texasgulfcoastfsc.org. No paper entries will be permitted. Online registrations



will be accepted through **March 3rd, 2017**. Only complete entries, including all signatures and US Figure Skating number will be accepted (if number is pending, please write PENDING). Late entries may be accepted at the discretion of the competition committee and chief referee, but must include a late fee of \$25 for Basic Skills. The competition committee reserves the right to limit entries to any event or to cancel an event based upon time restrictions. Any entry form changes made after the closing date will be assessed at \$25 fee and must be approved by the competition referee.

ENTRY FEES:

Basic Skills 1 st event (including Basic Adult).....	\$50.00
Each additional event.....	\$35.00
Critiques for Pre-Juvenile and up levels (short or free skate programs)	\$35.00
Critiques for Adult events bronze/silver/gold and Adult Masters.....	\$35.00

REFUND POLICY: Entry fees will not be refunded **after entry deadline** unless no competition exists or is canceled. There will be no refunds for medical withdrawals. **The online processing fees are not refundable.** Checks returned for non-sufficient funds and contested credit card charges will be assessed a \$35 fee. Payment of the fee will be required before skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by email and on the club/EntryEeze website. There will be no refund for prepaid practice ice sessions that are not used.

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

JUDGING SYSTEM: All Compete USA events will utilize the **6.0** system of judging

FACILITIES: Sugar Skate – Compete USA will be held at the dual ice surface, Sugar Land Ice & Sports Center, 16225 Lexington Blvd., Sugar Land, TX 77479. Each ice surface is 200' X 85' with rounded corners. The Sugar Land Ice & Sports Center contains a pro shop and locker rooms for changing skating outfits. The Sugar Land Ice & Sports Center is a free-standing facility and can be chilly. Please be sure to dress accordingly.

MUSIC: Regular sized Audio CD's only (**CD-R not CD-RW**) will be used. MP3s cannot be used. Discs must be clearly marked with the skater's name, event, and running time of the music. The official competition CD, recorded at an adequate volume, must be turned in at the Registration Table at the time of check-in. A duplicate CD will be needed for use during practice ice sessions and should be readily available at event time. CD's may be picked up at the Music Table following each event. Every reasonable care will be taken, but the Texas Gulf Coast Figure Skating Club cannot accept responsibility for CD's. An individual competition CD must be submitted for each event requiring music.

REGISTRATION: The registration table will be located in the lobby. It will open for Compete USA Registration will be starting on Saturday, April 1, 2017 at 7:00 am. We encourage early registration.

PRACTICE ICE: A limited amount of practice ice will be available in the mornings before competition begins. Depending on the size of the competition we may offer Friday evening sessions. Skaters may only pre-purchase one session of practice ice. Rates are \$12.00 per 20-



minute session for Compete USA competitors. To reserve practice ice, purchase sessions online with your EntryEeze registration. If available, additional 20 minute practice ice sessions may be purchased when practice ice sales open. Any additional open slots will be sold on a first-come, first-serve basis at the Practice Ice Table at a rate of \$15.00 for Compete USA competitors. Using the online registration system you may pay for your practice ice at time of registration. Once the competition schedule has been finalized you will receive an e-mail notifying you that it is time to select your specific practice ice days and times. As stated, additional practice ice sessions may become available for purchase at a later date or at the event. This will depend on a variety of factors including number of events, ice availability, and schedule constraints. **NO MUSIC** is played during the Compete USA practice ice sessions.

Critiques – Practice ice: A 20 min practice ice session will be offered for those skaters signing up to participate in the critiques. The schedule of these sessions will be based upon final entries for the competition and available ice time. Once the final schedule is released, the competition committee has the authority to assign your practice ice for the critique sessions. Skaters will be able to pre-purchase practice ice for each critique (short program and freeskate) that they sign up for (max. of 2). The cost for the critique practice ice will be \$12.00 at time of registration. Any additional open slots will be sold on a first-come, first-serve basis at the practice ice table at the rate of \$15 per session. **NO MUSIC** will be played during the critique practice ice session(s).

PHOTOGRAPHY/VIDEOGRAPHY: DVD's, awards photographs, and action photographs will be available through the official event photographer(s). A photographer will also be available to take individual photographs by appointment. Orders for DVDs, awards photographs, action photographs, and individual photographs may be placed at the video / photography tables. Hand-held personal video equipment for personal use only will be **permitted in the bleacher areas only**. Personal video equipment may not be plugged into arena outlets or extension cords. **Flash or artificial lighting is not allowed during competition events or practice sessions.** The competition committee reserves the right to restrict personal video taping to your skater's events only. Photos of skaters on the awards podium are available through the official competition photographer. **Personal photographs are not permitted to be taken while skaters are on the awards podium.**

AWARDS: In all events medals will be given to the first, second, third, and fourth place. Ribbons will be presented to fifth and sixth placements. Awards will be presented off-ice at the photographer's table after the results for the event are posted.

BL Wylie Award will be awarded to 1st place winner in Final Preliminary rounds.

OFFICIAL HOTEL:

To be announced soon:

NOTE: Hotel links can be found on the EntryEeze web site for the competition registration page.

ADMISSION: The competition is open to the general public for viewing at no charge. Absolutely NO flash photography!



OFFICIAL NOTICES: Prior to the competition, notices will be posted on the EntryEeze registration page. Please visit this site on a regular basis. An official bulletin board will be maintained in the lobby of Sugar Land Ice & Sports Center throughout the competition. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 60 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

PLUSH TOYS/PROGRAM ADVERTISEMENTS: Plush toys are allowed to be thrown on the ice. Please keep amount of toys thrown at a minimum. This is for the safety of the skater and to keep delays to the competition at a minimum. **Please do not throw live flowers on the ice. The flowers can leave pedals and leaves that can freeze on the ice causing delays.** Forms to advertise in the program are in this announcement. Don't forget to wish your skater or club good luck, or to thank a coach for all they've done!

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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

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

ELIGIBILITY RULES FOR INSTRUCTORS/COACHES

When hosting a Compete USA competition, it is important that you verify the U.S. Figure Skating credentials of each coach/instructor who plans to work on-site at the event. You can verify the status of coaches/instructors by checking the lists on the U.S. Figure Skating website. This report can be found on www.usfigureskating.org by going to the "Coaches" page and clicking on the "Information for Clubs" or "Learn to Skate USA Instructor Registration" pages.

For Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor.

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

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



U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

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

CONTACT INFO: If you have questions, please contact suaskate@texasculfcoastfsc.org and the EntryEeze registration home page for Skate Houston.



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.

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.

Beginner

High Beginner

INTRODUCTORY LEVELS

TEST TRACK FREE SKATE

Pre-Preliminary

Preliminary

Pre-Juvenile

Juvenile

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

WELL BALANCED PROGRAM FREE SKATE

No-Test

Pre-Preliminary

Preliminary

Pre-Juvenile

Juvenile/Open Juv.

Intermediate

Novice

Junior

Senior

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater..

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

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

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 6

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

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level.

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

EVENT: Pre-Free Skate – Free Skate 6 Compulsory

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

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

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

EVENT: Pre-Free Skate – Free Skate 6 Program

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

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

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

EVENT: Introductory Levels 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.
- *Skaters may have the option to skate one level higher in compulsories than their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max	<ul style="list-style-type: none">• Waltz jump• ½ jump of choice• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)• Forward or backward spiral
High Beginner	1:15 max	<ul style="list-style-type: none">• Toe loop jump• Salchow jump• Forward scratch spin - minimum three revolutions• Forward or backward spiral

EVENT: Introductory Levels Free Skate Program

General event parameters:

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

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

EVENT: Compulsory Moves

General event parameters:

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

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

EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

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

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

EVENT: Test Track Free Skate

General event parameters:

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

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

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

Adult 1-6 Free Skate, Pre-Bronze and Bronze:

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

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec unless otherwise noted

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

SHOWCASE EVENTS:

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

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

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

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org

Showcase categories 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

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

EVENT: Spins Challenge

General event parameters:

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

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

Event: Jumps Challenge

General event Parameters

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

Level	Time	Skating rules/Standards
Beginner	1:15 max.	<ol style="list-style-type: none">1. Waltz jump (from backward crossovers)2. ½ flip of ½ Lutz3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none">1. Waltz jump (from backward crossovers)2. Single Salchow3. Jump combination – Waltz jump-toe loop
No Test	1:15 max.	<ol style="list-style-type: none">1. Single toe loop2. Single Loop3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none">1. Single toe loop2. Single Flip3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none">1. Single Flip2. Single Lutz3. Jump combination – Any single jump + single loop (may be Axel)