

17th Annual Wagon Wheel FSC

Basic Skills Competition

March 12, 2017

Entry Deadline: February 28, 2017

Compulsory • Freeskate • Well Balanced • Test Track
Ice Show • Interpretive • Special Olympics • Theatre on Ice
Synchronized Skating



Crystal Ice House
320 E. Prairie Street
Crystal Lake, IL 60014
www.crystalicehouse.com
815-356-8500

LEARN TO
SKATE
USA

**9th Annual U.S. Figure Skating Illinois Learn To Skate USA Series
July 1, 2016- June 30, 2017**



2017 Illinois Learn To Skate USA Series Mission Statement

“To provide a fun and positive experience that will instill a lifelong love of skating”

During the season, skaters will have the chance to compete at different competitions and earn points for a final standing. An awards ceremony will take place where the TOP 3 skaters from each level for compulsory and free skate will be awarded a medal. You need not be present at the season end ceremony to receive your award. The final award announcement will be emailed to all qualifying skaters on July 18, 2017 for the location, date, and time of ceremony.

Series Point System

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

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

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

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

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

The following events will be offered:

July 1, 2016- August 31, 2016

Snowplow Sam
Basic 1 through Basic 8
Free skate 1 through Free Skate 6,
Introductory Levels: Beginner through No Test
Pre-Preliminary Test Track through Preliminary Test Track
Pre-Preliminary Well Balanced through Preliminary Well Balanced

September 1, 2016- June 30, 2017

Snowplow Sam
Basic 1 through Basic 6
Pre-Free skate, Free skate 1 through Free Skate 6
Introductory Levels: Beginner through No Test
Pre-Preliminary Test Track through Preliminary Test Track
Pre-Preliminary Well Balanced through Preliminary Well Balanced

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

Chicago Basic Skills Challenge
July 10, 2016
Robert Crown, Evanston, IL
Shannon Lamaster: slamaster@cityofevanston.org

Arctic Heatwave
July 16, 2016
Artic Ice Arena, Orland Park, IL
Deb Swanson: kramerswanson@att.net

DuPage Open
August 7, 2016
DuPage FSC, Vernon Hills, IL
Jan Serafine: sk8judgj@aol.com

Summer's Last Hurrah
August 13, 2016
Pepsi Ice Center, Bloomington, IL
Lindsay Danner: ldanner@cityblm.org

Rocket Ice Classic
August 21, 2016
Rocket Ice Arena, Bolingbrook, IL
Michelle Tepkasetkul Martineau: michelle@rocketice.com

Skate the Lake
August 26-28, 2016
Cutting Edge FSC, Pleasant Prairie, WI
Joseph Zons: joezons@gmail.com

2016 Springfield Skating Invitational
September 17, 2016
The Nelson Center, Springfield, IL
Lori Hedges: lhedges@sps186.org

7th Annual Kankakee Valley Open
October 9, 2016
Ice Valley Centre, Kankakee, IL
Angela Tousignant: atousignant@kvpd.com

Great Pumpkin Blast
October 29, 2016
All Seasons Ice Rinks, Naperville, IL
Vicki Revere: skateallseasons@gmail.com

Snowflake Classic
October 30, 2016
Southwest Ice Arena, Crestwood, IL
May Wiza: mayfsc@aol.com

13th Annual Cranberry Classic
November 6, 2016
Rockford SC, Loves Park, IL
Kathi Ferrero: kferrero55@hotmail.com

Autumn Classic
November 12-13, 2016
Ice Plex: Pleasant Prairie, WI
Katie Kerley: kkerley@plprairiewi.com

North Shore Winter Classic
December 3-4, 2016
Centennial Ice Arena, Highland Park, IL
Inga Fedorova: ifedorova@pdhp.org

Winter Blizzard
January 14-15, 2017
Skokie Skatium, Skokie, IL
Kerry Murphy: KMMurphy@skokieparks.org

H-F Basic Skills
February 12, 2017
Homewood Flossmoor Ice Arena, Homewood, IL
Deb Swanson: kramerswanson@att.net

The Freeze
February 17-18, 2017
Glenview Ice Center, Glenview, IL
Dorie Cascio: dorie.cascio@glenviewparks.org

17th Annual Wagon Wheel Basic Skills
March 12, 2017
Crystal Ice House, Crystal Lake, IL
Lanny Nelson: Lannyww@sbcglobal.net

12th Annual Shamrock Open
March 5, 2017
Rockford Skating Club, Loves Park, IL
Kathi Ferrero: kferrero55@hotmail.com

Greater Chicagoland Basic Skills Championships
March 18-19, 2017
Chicago FSC, All Seasons Ice Arena, Naperville, IL
Kerry Murphy: KMMurphy@skokieparks.org

Riverbend Spring Classic
TBA
East Alton Skating Academy, East Alton, IL
Kathryn McKeon: krhsk8@gmail.com

6th Annual Southport Spring Classic
April 9, 2017
Rink Side Sports & Family Entertainment Center
Southport Skating Club, Gurnee, IL
Elaine Johnson: elainejohnson67@sbcglobal.net

Heart of Illinois Basic Skills
TBA
Heart of Illinois Skating Club, Peoria IL
Amy Barney: abarneycpa@yahoo.com

Oak Lawn Basic Skills
May 21, 2017
Oak Lawn Ice Arena, Oak Lawn, IL
Deb Swanson: kramerswanson@att.net

Quad Cities Championships
June 9-11, 2017
FSC of Quad Cities, Davenport, IA
Sue Schwaegler: SDSCHWAEG@aol.com

2017 Southport Summer Classic
June 15-17, 2017
Southport SC, Rec Plex Ice Arena: Pleasant Prairie, WI
Val Berger: Valarie.L.Berger@gmail.com

2017 Rockford Open Basic Skills & Beyond
June 25, 2017
Rockford Skating Club, Loves Park, IL
Kathi Ferrero: kferrero55@hotmail.com

Contact: Brigitte Roquet: brigitteroquet811@gmail.com
Illinois Learn to Skate USA Series Director

17th ANNUAL WAGON WHEEL FSC LEARN TO SKATE BASIC SKILLS COMPETITION

MARCH 12, 2017

The 17th Annual Wagon Wheel Figure Skating Club Learn To Skate Basic Skills Competition will be held at the Crystal Ice House at 320 E. Prairie, Crystal Lake, IL 60014 on Sunday, March 12, 2017. This competition is sanctioned by the USFS and conducted in accordance with the rules of the 2016 – 2017 USFSA Rulebook. The rink surface is 200 x 85 feet.

This is a fun, introductory competition for skaters of all ages. Its purpose is to encourage and reward skaters as they become proficient in the basics of figure skating and better prepare them for learning advanced skating elements.

Qualification Requirements: This basic skills competition is open to all skaters in any USFS Learn-to-Skate Program. Skaters do not need to belong to a USFS Club to compete at the Basic Skills or beginner level but they must be registered with USFS through a Learn-to-Skate program. Eligibility will be based on skill level as of closing date of entries (February 28, 2017). Skaters must be members of the USFS or a member club. Compulsory and Free Skate events will be offered. Special Olympics and Synchronized Skating will also be offered as well as Ice Show Solo & Group event, and Interpretive event.* Compulsory moves will be skated without music in a “short program” format.

All events will be divided into groups of Approximately 6 – 8 skates grouped according to age. Age groups will be combined at the discretion of the Referee and the competition chair.

Entry Fees: The entry fee is \$55.00 for the first event and \$20.00 for each additional event. Synchro Team entry is \$55.00 per team plus \$5.00 per team skater. Application will be done via EntryEeze. **Entry deadline will be February 28, 2017.** Late applications will be accepted only at the discretion of the competition Chair and must be accompanied by a \$10.00 late fee. Entry fees are not refundable.

Awards: All skaters will receive an award immediately following the completion of their event and posting of the results.

Music: Music will be played from CDs and should be turned over to the registration desk upon arrival. Music should be clearly labeled with the skater’s name and event information. Skaters should have a spare CD readily available. CDs should contain only one (1) track. Please remember to pick up your music following your competition event. Unfortunately, forgotten CDs will not be mailed after the competition.

Schedule of Events: Schedules will be available online at www.wwfsc.com, www.crystalicehouse.com and EntryEeze approximately one (1) week prior to the competition.

Registration Desk: The registration desk will be located in the lobby and will be open one hour before the start of competition. All skaters are required to register at least one hour prior to their scheduled program event and turn in their program CD. Coaches must check in at the event registration desk and show USFS/PSA issued ID to be issued credentials.

Inquires: Inquiries may be made to Kim Johnson at 815/356-8500 or kim.johnson@crystaicehouse.com and WWFSC at 815/455-6403 or lannyww@sbcglobal.net.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER1.00) members of either the Basic Skills Program and /or are full members of U.S. Figure Skating. To be eligible skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate USA Program/club or any Learn To Skate USA Basic Skills Program/Club.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 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 MIF or individual dances.

For the Free Skate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level) Skaters may skate at highest level passed OR one level higher. But not both levels in the same event during the same competition.



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

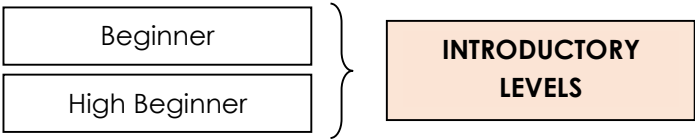
Singles athletes begin with the Learn to Skate USA program, then progress to the "introductory levels," and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.

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

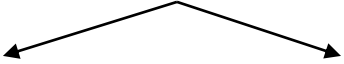
Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the "Test Track Free Skate" or "Well Balanced Free Skate" program. Test requirements for both categories are the same, it is completely the choice of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

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



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: 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: 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 <u>or</u> 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	Time	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 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.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>



CONTINUED: EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

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

Level	Time	Jumps	Spins	Step Sequences
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.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>



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 (<i>front to back or back to front including half-loop</i>) • 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.



INTERPRETIVE PROGRAM:

Competition Format

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Levels:

Levels should be broken by ability with ages divided appropriately.

Judging Rules:

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

Time:

Music Duration: Pre-Free Skate - No Test: 1:00 Max

Pre-Preliminary - Preliminary: 1:00 Max

Coaching: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.



LEARN TO SKATE USA SYNCHRO SKILLS 1 – 3

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating. (See program requirements.)

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA Synchronized Skating teams must be registered with U.S. Figure Skating and have a team number.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skaters' test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

Age/Number of Skaters: Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each team may have between 8-16 skaters. Teams may have a total of four athletes on their roster in addition to the maximum number permitted on the ice for their respective level.

Costume Rules: Learn to Skate USA synchronized skating teams should follow **Rule 7022 Clothing and Equipment** (U.S. Figure Skating Rulebook) when selecting their clothing for competition.

Coach Compliance: Coaches bringing their Learn to Skate USA synchronized skating team to a Compete USA competition should have, at a minimum, the Learn to Skate USA Instructor Membership, background check and complete the Learn to Skate USA Instructor Certification.



LEARN TO SKATE USA SYNCHRO SKILLS 1-3

The synchronized competition program is also part of the Learn to Skate USA program. The Compete USA competition program is for Learn to Skate USA level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Synchro Skills teams compete at Learn to Skate USA competitions and nonqualifying synchronized skating competitions around the country.

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
SYNCHRO SKILLS 1 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3 spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
SYNCHRO SKILLS 2 8-16 skaters , majority under 12 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide.	One line, which must cover full ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team’s choice with backward pumps and chasses.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 3 8-16 skaters, majority at least 12 years old Maximum 2 minutes 40 seconds Minimum of two different hand holds	One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide.	Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 different configurations.	Wheel element of the team’s choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:

- Unison of body alignment, and learning to guide with the head.
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity.
- Incorporating skills from Basic 1-6, Pre-Free Skate and Free Skate 1 to strengthen skating skills.
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.

CONTINUED: LEARN TO SKATE USA SYNCHRO SKILLS 1-3

Restrictions in Synchro Skills 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
 - Lines may not pivot.
- Synchro Skills 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Synchro Skills 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

Restrictions in Synchro Skills 3:

- No traveling within elements (change of configuration and rotational direction are allowed).

Restrictions in all levels: All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating Rulebook.

Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules



SNOWPLOW SAM SYNCHRO

We are piloting this competitive event at Compete USA competitions. This will not be offered at synchronized skating nonqualifying competitions this season.

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
Snowplow Sam Synchro 5-12 skaters, majority under 7 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward inside or outside edge 1 foot glide. May have backwards skating.	One line, skated forward, which must cover half ice to full ice.	One block, skated forward, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, skated forward, in any shape.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.

Backwards skating is allowed, but not required, in the circle and is not permitted in any other elements or transitions. No additional elements are allowed.

7270 Preliminary Synchronized Skating

- A. Test qualifications as of the closing date for entries: None
- B. Requirements as of the preceding July 1: 8-16 skaters who are under age 12 with the majority of skaters under age 10

PRELIMINARY SYNCHRONIZED WELL-BALANCED FREE SKATE 2:00 +/- 10 seconds Must contain the following five elements in any order	
BLOCK	One block element
CIRCLE	One circle element
INTERSECTION	One intersection element (forward only)
LINE	One line element
WHEEL	One wheel element
STANDARDS <ul style="list-style-type: none"> • <u>A minimum of two different clearly recognizable holds are required. These holds may be done in elements or transitions and must be shown by the whole team for three seconds or more.</u> • All elements must meet general criteria and basic requirements in order to be counted (see rule 7150). • Other elements may be incorporated into the free skate and will be judged in the program component mark. • Creative innovations and variations are permitted in the transitions and required elements, and will be reflected in the program component mark. • The team must predominantly act as one unit. Division of the team into several units is allowed during the creative element and transitions. Additionally, several units can be used as short transitions if the element following the transition so requires, such as preparation for an intersection or the beginning of a creative element. Excessive division into small groups without the reasons mentioned above is not according to the requirements. • Features and additional features are optional. Step sequences are permitted in non-step sequence elements and may also be used during transitions. • <u>Turns and linking steps may be used during elements.</u> • Mirror image pattern is permitted in elements and transitions. • Syncopated choreography may be used. • For illegal and non-permitted elements, see rules 7160 and 7170. • Definitions of general terms, steps and turns, features and requirements and additional features/extra features can be found in rules 7110-7140. 	



Theatre On Ice

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating. (See program requirements.) Props, scenery and theatrical makeup are not allowed.

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Learn to Skate USA Program. It is strongly suggested that teams register with U.S. Figure Skating, but this is not required.

Members of other organizations are eligible to compete, but must be registered with a Learn to Skate USA program or as full members of U.S. Figure Skating.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than the pre-preliminary Moves in the Field or adult pre-bronze test in any discipline.

Age/Number of Skaters: Skaters may not have reached 18 years of age as of September 1 of the current skating season. Teams should be comprised of 8 – 16 skaters.

Program Duration: Teams will skate a program to music of their choice (vocals are allowed) 1 ½ min. +/- 10 sec. There are no restrictions or requirements on music choice but each level has a different THEME, CHOREOGRAPHIC PROCESS and MOVEMENT or GESTURE (see program requirements).

Judging Notes: The main emphasis of each level is mastering the Learn to Skate USA of Theatre On Ice and showing control in the skating skills from the badge levels required. The focus is not difficulty, but the performance and expression of the three required elements.

When possible, judges should be selected from those who have participated in a U.S. Figure Skating or PSA seminar where Theatre On Ice has been discussed, or have some familiarity with the discipline of Theatre On Ice.



EVENT: Theatre On Ice (TOI) Events

Format: The competitive programs shall create a story based on the theme while demonstrating the choreographic process and gesture or movement.

- Programs should contain skating skills from the Learn to Skate USA program levels listed.
- Elements from higher levels are not allowed.
- Elements from lower levels are encouraged.
- Coaches should refer to the U.S. Figure Skating Learn to Skate USA Instructor’s Manual for further details on the elements.
- Props, scenery and theatrical makeup are not allowed.

Please refer to the Learn to Skate USA Instructor’s Manual for more detailed information on Theatre On Ice 1-4.

Learn to Skate USA Theatre On Ice Levels

Level	Program Length	Test, Team Size and Age Requirements
TOI/CE 1	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Joy (emotion) • Choreographic process: Repetition • Movement or gesture: Allegro (fast movement) <p>Skaters should demonstrate elements from the Learn to Skate USA program levels 1 through 4.</p> <p>Elements from higher levels are not allowed.</p>
TOI/CE 2	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Body as an instrument • Choreographic process: Canon • Movement or gesture: Soft movement (fluid and light) <p>Skaters should demonstrate elements from the Learn to Skate USA program levels 5 through 6</p> <p>Elements from higher levels are not allowed.</p>

CONTINUED: EVENT: Theatre On Ice (TOI) Events

Level	Program Length	Test, Team Size and Age Requirements
TOI/CE 3	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Traveling through space • Choreographic process: Mirroring • Movement or gesture: Unison <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 1 through 3.</p> <p>Elements from higher levels are not allowed.</p>
TOI/CE 4	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Rhythm • Choreographic process: Call and response • Movement or gesture: Percussive (sharp, fast movement) <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 4 through 6.</p> <p>Elements from higher levels are not allowed.</p>



EVENT: SPECIAL OLYMPICS BADGE PROGRAM

Below is the skills for the Special Olympics program event. Music can be used and will be 1:10 max.

Badge 1

- A. Stand unassisted for five seconds
- B. Sit on ice or fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

Badge 2

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of bod

Badge 3

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: left and right

Badge 4

- A. Backward two-foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: left and right
- D. Forward one foot glide covering at least length of body: left and right

Badge 5

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two-foot curves left and right across rink
- D. Two-foot turn front to back, on the spot

Badge 6

- A. Gliding forward to backward two-foot turn
- B. Five consecutive forward one-foot swizzles on circle: left and right
- C. Backward one foot glide length of body: left and right
- D. Forward pivot

Badge 7

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop left or right
- D. Forward two foot turn on a circle: left and right

Badge 8

- A. Five consecutive forward crossovers: left and right
- B. Forward outside edge: left and right
- C. Five consecutive backward $\frac{1}{2}$ swizzles on a circle: left and right
- D. Two-foot spin

Badge 9

- A. Forward outside 3 turn: left and right
- B. Forward inside edge: left and right
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

Badge 10

- A. Forward inside three-turn: left and right
- B. Five consecutive backward crossovers: left and right
- C. Hockey stop
- D. Forward spiral three times length of body

Badge 11

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: left and right
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

Badge 12

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12

ICE SHOW GROUP EVENT

Compete with your ice show group number from last year or create your own with 6 or more skaters

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM TIME
Basic 3 – 5	Individual Level A	Majority of skaters must be between Basic 3 - 5	Maximum 2:45
Basic 6 - 8	Individual Level A	Majority of skaters must be between Basic 6 – 8	Maximum 2:45
Free Skate 1 - 6	Individual B	Majority of skaters must be between FS 1 - 6	Maximum 2:45