



Figure Skating Championships

January 15, 2017

**USFS Well Balanced and Basic Skills
With ISI Combined Events**

***The Dr Pepper Star Center - Frisco
Frisco, Texas***

**Hosted By:
*Dallas Figure Skating Club***

Registration due via **EntryEeze** no later than **December 17, 2016**

Entry Page: www.dallasfsc.org

Payment via secured credit card transaction

Sanctioned by:



2017 TAAF Winter Games of Texas

January 15, 2017

Hosted by
The Dallas Figure Skating Club

The 2017 Winter Games of Texas Figure Skating Championships is a merged U.S. Figure Skating sanctioned event endorsed by the ISI. For skaters in the ISI program, a conversion chart is provide to help determine your appropriate competition level.

This 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 foundation of this announcement follows the U.S. Figure Skating Non-Qualifying Competition format with minor modifications to support the addition of ISI skaters.

Participants must be a resident of the State of Texas.

ELIGIBILITY/TEST LEVEL:

The Winter Games of Texas Figure Skating Championships is a U.S. Figure Skating sanctioned event endorsed by the ISI but membership in U.S. Figure Skating and/or ISI is NOT required. Registered members of U.S. Figure Skating and ISI must be in good standing, and USFS and ISI members must include their USFS or ISI number at registration time.

Test level and Grouping: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Where noted, entrants may skate one level above that for which they qualify, but they may not skate down in any event.

All SNOWPLOW SAM, and BASIC 1-8 skaters must skate at highest level passed, and NO official U.S. Figure Skating tests may have been passed including Moves in the Field or individual dances. The same applies to ISI equivalent levels as noted in the Conversion Chart.

For FREE SKATE 1-6, eligibility will be based only upon highest Basic Skills Free Skate test level passed (Moves in the Field test 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 competition.

Skaters entering beginner-pre-juvenile, Basic 1-8, Free Skate 1-6, and SNOWPLOW SAM events will be divided as closely as possible by age should the number of entries warrant more than one group.

Eligibility for all age-restricted events is determined by the skater's age as of entry deadline date.

Adults 19 years and older will compete in separate events in most divisions unless they chose to compete with skaters under 19 years of age. Showcase will not be separate by age. Synchronized teams will be separated according to the rules as specified. Adult events may be combined due to limited entries.

ENTRIES: Entries will be limited, so register early. Only online entries with secure credit card payment through EntryEeze will be taken, and Teams must complete the team roster section. See event site at www.DallasFSC.org for more information. Note that electronic entries must be paid with a successful credit card transaction to be considered valid and **must be completed by midnight, December 18, 2015**. Late entries will be accepted at the discretion of the competition committee, and only if accompanied by a \$30 late fee.

There will be a \$30 change fee for each change of event or level after the entry deadline date.

Introductory, Snowplow Sam, Basic 1-6, pre free skate thru Free Skate 6	\$75 for first event, \$30 for each additional event
Test Track, Well Balanced, Compulsory, Showcase	\$90 for first event, \$30 for each additional event
Synchronized Team Entry	\$90 for the team plus \$15 per skater
Pairs	\$90
Theater on Ice Team Entry	\$75 for the team plus \$10 per skater

***Note** – Limited Pre-Preliminary and Open Pre-Juvenile are not considered part of the standard competition series but past demand has warranted us to continue to offer them.

REFUND POLICY: Entry fees will not be refunded after entry deadline unless no competition exists or the event 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 issued a \$25 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events

Full refunds, **minus the online processing fee**, are available if withdrawal is prior to the entry deadline.

FACILITIES: The Dr Pepper StarCenter is located in Frisco, Texas, at 2601 Avenue of the Stars, Frisco, TX which is 85' x 100' with rounded corners.

MUSIC: MUSIC UPLOAD/SUBMISSION

Online music submission is the ONLY acceptable method to submit program music. The uploaded program MUST conform to the following specifications:

- Only one piece of competition program music (e.g. Short Program, Free Skate, etc.) per file is allowed.
- The uploaded file must be an **MP3** File. Simply changing the file extension to "mp3" from another file format is not acceptable.
- **Bit Rate of 192 kbps** or higher is requested.
- The file should not contain any ID3 metadata (tags). Especially NO embedded images such as album cover art, picture of the skater, etc.
- Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be **NO leaders or trailers** at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

See EntryEeze announcements on the main page for music submission deadline date and time.

After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "competition" tab and then selecting "my music".

BACKUP MUSIC AT EVENTS (CDs)

Competitors must submit their music online. In addition, all competitors MUST have at least one (1) backup CD rink side at practice sessions, where program music will be played, and during the actual competition event. CDs must meet the following requirements:

- Clearly marked with a permanent marker with the skater's first and last name, event, and music length.
- Only one (1) music track. Any disk with more than one track is NOT acceptable.
- Lead in time on CDs may not exceed two (2) seconds.
- Music may NOT be submitted on re-recordable CDRW disks.

The LOC is not responsible for damage to or loss of CDs. CDs not picked up by the end of the competition are not the responsibility of the LOC and will be destroyed.

PENALTY FOR INCORRECT MUSIC OR FAILURE TO UPLOAD MUSIC

The LOC may assess each competitor an additional charge of \$25 per event if the competitor 1) fails to submit their music prior to the close of online music submission, 2) submits files that do not correspond to the specifications above, or 3) submits either the incorrect music or needs to make changes to their music after the close of online music submission. Competitors may NOT receive their credentials at registration until they pay the \$25 per event charge and turn in their music on CD, conforming to the requirements above.

LIABILITY: U.S. Figure Skating, ISI, Dallas Figure Skating Club, and Dr Pepper StarCenters 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: U.S. Figure Skating 6.0 ordinal scoring method will be used for all events and judging will be by official US Figure Skating Judges. Judging panels for Basic Skills events may also include qualified US Figure Skating members.

REGISTRATION: See the event site located at www.dallasfsc.org for registration begin and end day and time. Registration will be open from one to two hours before the first event and run through the last event of the day. The registration table will be located at ice level by the Skate Rental counter. Please register promptly upon arrival and remember to bring you official music CD(s).

PRACTICE ICE: Official practice ice sessions may begin on Sunday, January 15, 2017. When all requests for official practice ice have been assigned, and depending upon the competition schedule, additional practice ice may be made available at registration, which will be sold on a first-come, first-serve basis.

A practice ice session is 20 minutes and fees are as follows – Singles: online for \$15 and \$20 at the competition. Pairs: online for \$20 and \$25 at the competition. Exclusive Team practice ice may be chosen online for \$90 for each 20 minute session. **Pre-paid practice ice is non-refundable and may not be sold to other skaters.** Practice ice can only be purchased through Entryyeeze until the desk opens at the event.

Once the desk opens at the event, all remaining practice ice sessions will be sold only in person at the practice ice desk for \$20 for singles and \$25 for pairs for each 20 minute session.

Competitor's music will **not** be played during practice ice sessions.

PHOTOGRAPHY/VIDEOGRAPHY: Action photos by Cristobal Photography. Awards photos on request. The competition committee reserves the right to restrict personal videotaping to your skater only. Personal cameras will be permitted in the bleachers only and may not be plugged into arena outlets. Videotaping for personal profit is not allowed.

AWARDS: Medals will be awarded to first, second, and third place winners in all events. Event will consist of a qualifying round and a final round if there are more than 15 skaters in the event. The qualifying rounds will entitle the top three places to a medal. The championship round will entitle the top three places to medals. Synchro Teams will be grouped by Division if there are at least two teams entered in the same division, otherwise all teams will be considered an exhibition and will be given a critique (upon request).

All awards will be presented off-ice at the photographer's stand following each event.

ALL MEDALISTS FROM THE TAAF WINTER GAMES OF TEXAS WILL QUALIFY TO ADVANCE TO THE STATE GAMES OF AMERICA NATIONAL COMPETITION.

The 2017 State Games of America are being held August 3 – August 6, 2017 in Grand Rapids, MI.

OFFICIAL NOTICES: An official bulletin board will be maintained at the Dr Pepper StarCenter - Frisco. 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 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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

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

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

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

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

For more information regarding Coach Compliance, please refer to:

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

CONTACT INFORMATION:

Chief Referee
Carolyn Haman
cjhjudge@verizon.net

Competition Chair
Rose Varner
972-849-5879
dallasfsccompetitionchair@gmail.com

Event Registrar and Practice Ice
Holly Abshire and Megan Toohey
practiceice@dallasfigureskating.org

SCHEDULE: Competition and practice ice schedules will be adjusted to accommodate registrations. When ready, schedules will be posted within Entryeze at www.dallasfsc.org

PROGRAM ADVERTISEMENTS: Treat your favorite skater or coach to a special recognition by putting an advertisement in the program. Complete the Program Advertisement form found on the event site located at www.dallasfsc.org. Payment is to be made through EntryEeze.

HOTEL ACCOMMODATIONS:**Hilton Garden Inn**

7550 Gaylord Parkway

Frisco, TX (469)362-8485

Rate \$119 Ask for Winter Games Rate

Link to book rooms for Winter Games:

<http://embassysuites.hilton.com/en/es/groups/personalized/D/DALFSES-TAF-20160114/index.jhtml>

TRANSPORTATION

There are a couple of options for flying into the Dallas area. The most convenient is DFW Airport. Another nearby airport is Love Field in Dallas.

ISI Program Members: If you are in an ISI program, please use the below conversion chart to determine your appropriate competition level.

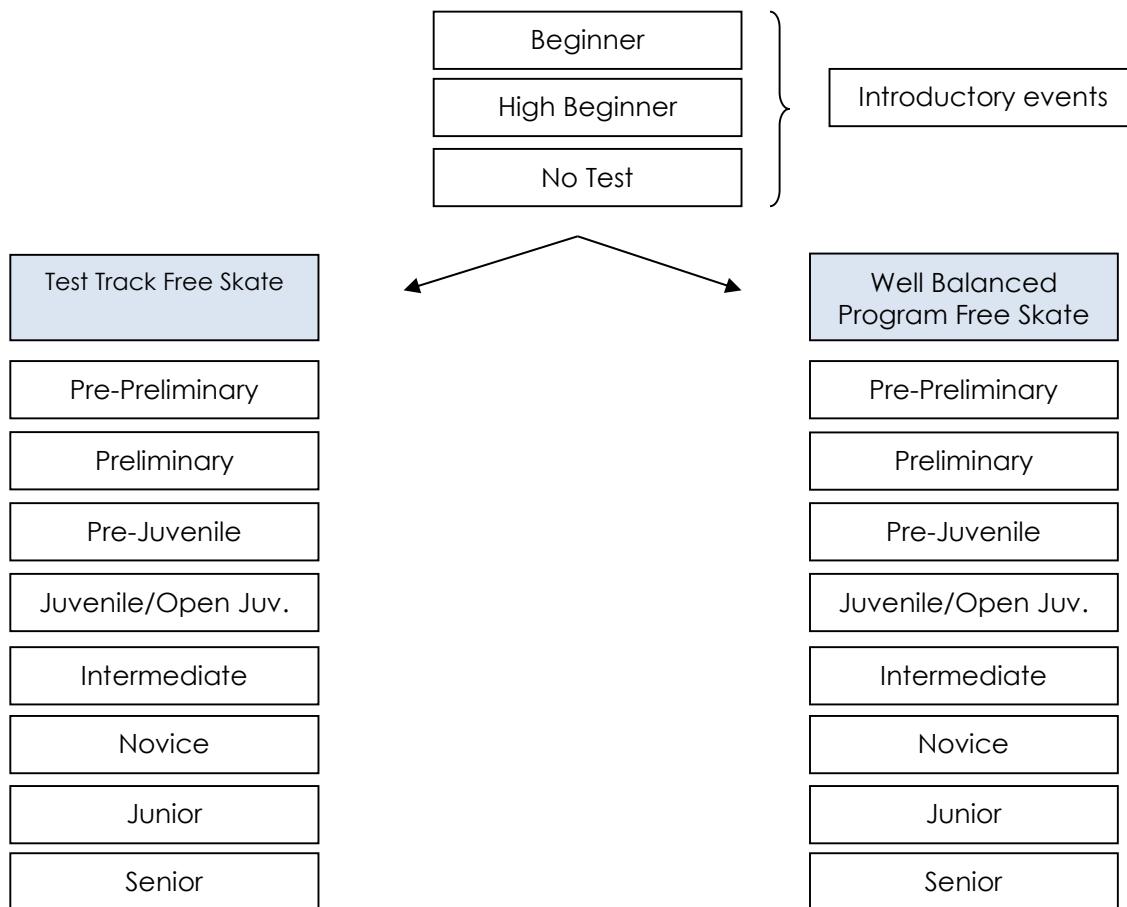
ISI members can enter either Test Track or Well Balanced Free Skate events but NOT both.

If You Passed ISI level	Enter USFS level		If You Passed ISI level	Enter USFS level
Tot or Pre-Alpha (age 7 and older) Alpha	Basic 1		Freestyle 8 / Open Platinum	Junior or Senior
Advanced Pre-Alpha	Basic 2		Freestyle 9 / Open Platinum	Senior
Advanced Pre-Alpha	Basic 3		Freestyle 10 / Open Platinum	Senior
Alpha/Gamma	Basic 4		Freestyle 2 / Open Bronze	Adult Pre-Bronze
Beta	Basic 5		Freestyle 3 / Open Bronze	Adult Bronze
Delta	Basic 6		Freestyle 4 / Open Silver	Adult Silver
Gamma	Basic 7		Freestyle 5 / Open Gold	Adult Gold
Delta-Freestyle 1	Basic 8			
Freestyle 2 or 3 / Open Bronze	Pre-Preliminary			
Freestyle 4 / Open Silver	Preliminary			
Freestyle 5 / Open Silver	Pre-Juvenile			
Freestyle 6 / Open Gold	Juvenile or Intermediate			
Freestyle 7 / Open Platinum	Novice			

STANDARD SINGLES FREE SKATING EVENTS

See current rulebook or click [here](#) for current rules and requirements.

Illustration of Singles Free Skating Events:





U.S. Figure Skating Nonqualifying Competitions

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



U.S. Figure Skating Nonqualifying Competitions

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

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate or Introductory Level event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. 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.
4. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
5. 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 maximum	<p><i>Maximum of 5 jump elements:</i></p> <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. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	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 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	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 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	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 2:00 – 2:30	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One solo spin in one position, no change of foot (Min. 4 revolutions). One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) Only solo spin may fly 	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 2: - 2:30	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	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 3:00 – 4:30	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) All spins may fly 	One step sequence or spiral sequence fully utilizing ice surface (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 3:30 – 4:30	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	One step sequence fully utilizing ice surface (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 4:00 – 4:30	<i>Maximum of 8 jump elements for men and 7 for ladies:</i> <ul style="list-style-type: none"> • Any single jumps. • Must include at least four different double jumps, one must be a double Lutz. • Triple jumps are not permitted • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 3 spins of a different nature:</i> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks) Ladies: 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
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Well Balanced Program Free Skate

General event parameters:

1. Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. See the Rule noted below for each level for test qualifications and age requirements. 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. **ISI members**, see Conversion Chart listed earlier in document for level.
4. Time range adjusted to cover both USFS and ISI requirements +/- 10 seconds.
5. Genders may be combined in all Adult events.
6. Free Skate Events.
 - Pre-Preliminary Free Skate program – Rule 4270 **1:30 – 2:00**
 - ***Limited** Pre-Preliminary Free Skate program – Rule 4270 minus the Axel jump 1:30 – 2:00
 - Preliminary Free Skate program – Rule 4260 **1:30 – 2:00**
 - Pre-Juvenile Free Skate program – Rule 4250 **2:00**
 - ***Open** Pre-Juvenile Free Skate program – Rule 4250 with age requirement of 14 years or older **2:00**
 - Open Juvenile Free Skate program – Rule 4240 **2:00 – 2:30**
 - Juvenile Free Skate Program – Rule 4240 **2: - 2:30**
 - Intermediate Free Skate program – Rule 4230 **2:00 – 2:30**
 - Novice Free Skate program – Rule 4220 **3:00 – 4:30**
 - Junior Free Skate program – Rule 4210 **3:30 – 4:30**
 - Senior Free Skate program – Rule 4200 **4:00 – 4:30**
 - Adult Pre-Bronze Free Skate program – Rule 4600 **1:30 – 2:00**
 - Adult Bronze Free Skate program – Rule 4590 **1:50 – 2:00**
 - Adult Silver Free Skate program – Rule 4580 **2:00 – 2:10**
 - Adult Gold Free Skate program – Rule 4570 **2:40 – 3:00**

***Note** – Limited Pre-Preliminary and Open Pre-Juvenile are not considered part of the standard competition series but past demand has warranted us to continue to offer them.

SINGLES SHORT PROGRAM

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. See the Rule noted below for each level for test qualifications and age requirements. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. Short Program Events.
 - o Juvenile/Open Juvenile Short program – Rule 4230 (same as Intermediate)
 - o Intermediate short program – Rule 4230
 - o Novice short program – Rule 4220
 - o Junior short program – Rule 4210 (2016 requirements)
 - o Senior short program – Rule 4200

INITIAL / FINAL ROUND FOR FREE SKATE EVENTS

If entries warrant, a final round free skate will be held for Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, and Senior events.

SINGLES COMPULSORY MOVES

INTRODUCTORY LEVELS COMPULSORY EVENTS

In simple program form using a limited number of connecting steps, and 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.



U.S. Figure Skating Nonqualifying Competitions

EVENT: Introductory Levels Compulsory 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.
- *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

This event is a standard U.S. Figure Skating Nonqualifying Competition



EVENT: NO TEST – PRELIMINARY 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

STANDATRD LEVELS COMPULSORY EVENTS

General event parameters:

In simple program form using a limited number of connecting steps, and the skating order of the required elements is optional. **ISI members**, see Conversion Chart earlier in document for level.

- Pre-Preliminary – Juvenile: Elements skated on ½ ice.
- Intermediate – Senior: Elements skated on full-ice.
- Elements may be performed only once.
- Music is not allowed.

This event is a standard U.S. Figure Skating Nonqualifying Competition



U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

6. Basic Skills – Juvenile: Elements skated on ½ ice
7. Intermediate – Senior: Elements skated on full-ice
8. Elements may be performed only once
9. Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip (for competitions held before December 31, 2014) Single Toe Loop (for competitions held after January 1, 2015) 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence – straight line
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence – straight line
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line

Adult COMPULSORY EVENTS

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.

This event is a standard U.S. Figure Skating Nonqualifying Competition



EVENT: Adult 1-6 Free Skate, Adult Pre-Bronze and Adult Bronze Compulsory 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.

- 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"> • 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 2	1:30 +/- :10 sec	<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 3	1:30 +/- :10 sec	<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 chases on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left
Adult 4	1:30 +/- :10 sec	<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 5	1:30 +/- :10 sec	<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 6	1:30 +/- :10 sec	<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	1:40 max	Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.
Adult Bronze	1:50 max	Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.

PAIRS FREE SKATING EVENTS

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted for Intermediate.
2. See the Rule noted below for each level for test qualifications and age requirements. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. The IJS judging system will be used.
4. All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under "Technical Information," then "Singles/Pairs".
5. Free Skate and Short programs are combined events.
6. Free Skate Program Events.
 - o Pre-Juvenile Free Skate program – Rule 5250
 - o Juvenile Free Skate program – Rule 5340
 - o Intermediate Free Skate program – Rule 5230
 - o Novice Free Skate program – Rule 5220
 - o Junior Free Skate program – Rule 5210
 - o Senior Free Skate program – Rule 5200

SHOWCASE EVENTS

Format: Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description. **ISI members**, still Conversion Chart listed earlier in document for level.

General event parameters:

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

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

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

Basic Skills Showcase Events and Levels

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Free skate 1-6/ Limited beginner/ Beginner/Adult 1-4	3 jump maximum, ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 Max
No-test/ Pre-preliminary/ Adult pre-bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating pre-preliminary or adult pre-bronze free skate test.	Time: 1:30 Max
Preliminary/ Adult bronze Adult Silver	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

This event is a standard U.S. Figure Skating Nonqualifying Competition

Additional Adult Showcase Events and Levels

Event	Must have passed	Must not have passed	Age	Time
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Adult Duet	Open	Open	21 and older	1:40 max

SYNCHRONIZED SKATING EVENTS

General event parameters:

1. Teams will skate to the music of their choice. Vocal music is permitted.
2. All age restrictions are as of the preceding July 1st.
3. Teams may have a maximum of four alternates, in addition to the maximum number of skaters allowed per level.
4. See the current U.S. Figure Skating Rulebook, technical notification and/or ISU communication for skating requirements.
5. Moves in the field test level requirement is not needed for this non-qualifying event.
6. The 6.0 Majority judging system will be used.
7. Reference <http://usfsa.org/Programs.asp?id=338> for Beginner level skating rules.
8. The following rules apply to teams of all levels excluding Beginner 1-3:
 - Rule 7020 - Clothing
 - Rule 7120 – Definitions of Steps and Turns
 - Rule 7130, 7140 – Definitions of Features and Requirements
 - Rule 7150 – General Criteria for Basic Requirements for Elements
 - Rule 7160 – Illegal Elements/Features/Additional Features/Movements

Level	Time	Roster	Age	Test level	Rules
Beginner 1	1.5 to 2:00 +/- 10 sec	8 – 16 skaters	Majority under 9 years	None	See USFS URL above
Beginner 2	1.5 to 2:00 +/- 10 sec	8 – 16 skaters	Majority 9 – 11 years	None	See USFS URL above
Beginner 3	1.5 to 2:00 +/- 10 sec	8 – 16 skaters	Majority at least 12 years	None	See USFS URL above
Preliminary	2:00 +/- 10 sec.	8 – 16 skaters	All under age 12 Majority under age 10	None	Well balanced program: Rule 7270
Pre-Juvenile	2:00 +/- 10 sec.	8 – 16 skaters	Majority under age 12	None	Well balanced program: Rule 7260
Open Juvenile	2:30 +/- 10 sec.	8 – 16 skaters	Majority under age 19	Pre-preliminary moves in the field	Well balanced program: Rule 7250
Juvenile	3:00 +/- 10 sec.	12 – 20 skaters	Under age 13	Preliminary moves in the field	Well balanced program: Rule 7240
Intermediate	3:30 +/- 10 sec.	12 – 20 skaters	Under age 18	Pre-Juvenile moves in the field	Well balanced program: Rule 7230
Novice	3:30 +/- 10 sec.	12 – 20 skaters	Under age 16, with the exception of up to 4 skaters who may be 16 or 17.	Juvenile moves in the field	Well balanced program: Rule 7220
Junior	FS: 4:00 +/- 10 sec. SP: max 2:50	12 – 16 skaters	Under age 19	Intermediate moves in the field	WBP & Short Program: Rule 7210
Senior	FS: 4:30 +/- 10 sec. SP: max 2:50	16 skaters	At least age 14	Novice moves in the field	WBP & Short Program: Rule 7200
Adult	3:30 +/- 10 sec.	12 – 20 skaters	At least age 21, with the exception of up to 4 skaters who may be 18 – 20.	Preliminary moves in the field, dance or figure	Well balanced program: Rule 7500
Masters	3:00 +/- 10 sec.	12 – 20 skaters	At least age 25, with the majority of the team at least 30	None	Well balanced program: Rule 7510
Open Adult 1	2:30 +/- 10 sec.	8 – 16 skaters	Majority at least age 19; Recommend majority at least 40.	None	Well balanced program: Rule 7510
Open Adult 2	2:30 +/- 10 sec.	8 – 16 skaters	Majority at least age 19	None	Well balanced program: Rule 7510

Theatre On Ice (TOI) Events – Choreographic Exercise (CE) and Free Skate

Format: Theatre On Ice consists of two programs the free skate and the Choreographic Exercise (CE), which is similar to a short program in singles skating. These two events are judged separately. All levels will be judged on both programs for a combined score at the Theatre On Ice National competition and Nation's Cup.

Theatre On Ice teams may have no fewer than eight members, all of whom must skate at some point during the number. A team may have an unlimited number of alternates but no more than 24 may skate in a competition. Open-level teams are limited to a maximum of 20 skaters on a team. Curtain: There will not be any curtain used for the Theatre On Ice events, except at the National Theatre On Ice competition.

THEATRE ON ICE CHOREOGRAPHIC EXERCISE (CE)

All team members must wear all black. The focus must be on the three elements described.

Current guidelines and procedures for Theatre On Ice Choreographic Exercise (CE) and Free Skate can be found at www.usfigureskating.org, under "Programs" on the Theatre On Ice page.

Theatre On Ice Events and Levels Offered For Competition

Level	Program Duration	Test, Team Size and Age Requirements
Senior	CE 2:30 +/- 10 seconds Free skate 6:00 +/- 15 seconds	Maximum test qualifications as of December 1st Minimum test qualifications as of 30 days prior to the close of entries. Minimum of 8- maximum of 24 skaters on team 100% must have must have passed the preliminary or adult pre-bronze moves in the field test More than 50% of the team must have passed the juvenile or adult gold free skate test or higher No age restrictions
Junior	CE 2:30 +/- 10 seconds Free skate 6:00 +/- 15 seconds	Maximum test qualifications as of December 1st Minimum test qualifications as of 30 days prior to the close of entries. Minimum of 8- maximum of 24 skaters on team 100% must have must have passed the preliminary or adult pre-bronze moves in the field test No more than 50% of the team may have passed the juvenile or adult gold free skate test or higher No age restrictions
Novice	CE 2:30 +/- 10 seconds Free skate 5:00 +/- 15 seconds	Test qualifications as of December 1st Minimum test qualifications as of 30 days prior to the close of entries. Minimum of 8- maximum of 24 skaters on team 100% must have must have passed the pre-preliminary moves in the field test No one on the team may have passed the juvenile or adult gold free skate test 80% of the team must be under age 15 as of December 1st of the competition year No skater may have reached the age of 19 as of December 1st of the competition year
Adult	CE 2:30 +/- 10 seconds	Minimum test qualifications as of 30 days prior to the close of entries. Minimum of 8- maximum of 24 skaters on team 100% of the team must have passed at least one U.S. Figure

This event is a standard U.S. Figure Skating Nonqualifying Competition

Level	Program Duration	Test, Team Size and Age Requirements
	Free skate 6:00 +/- 15 seconds	Skating moves in the field, freestyle, ice dance or pairs test (not including Basic Skills) 100% of the team must have reached the age of 18 years as of the December 1st preceding the competition
Preliminary	CE 2:00 +/- 10 seconds Free skate 2:30 +/- 10 seconds	Maximum test qualifications as of December 1st Minimum of 8- maximum of 24 skaters on team 100% of the team must have mastered the skills of the Basic Skills Free Skate 1 badge test and may not have passed any test higher than pre-preliminary moves in the field test. All skaters must be full members of U.S. Figure Skating. Age requirement as of December 1st of the preceding year: Skaters must be 17 years of age or under.
Open	CE 2:30 +/- 10 seconds Free skate 5:00 +/- 15 seconds	Test qualifications as of 30 days prior to the close of entries Minimum of 8 skaters and maximum of 20 skaters on a team 100% of the team must have passed at least one U.S. Figure Skating moves in the field, freestyle, ice dance or pairs test (not including Basic Skills) No age restrictions

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 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.
- 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 (Right and Left) • 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 Event

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

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

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