



August 20, 2017

*Pineville Ice House  
400 Towne Centre Drive  
Pineville, NC 28134*



The Figure Skating Club of Charlotte will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as well as any pertinent updates which have been posted on the U.S. Figure Skating website. This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the eligibility rules, and is currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens. This event is sanctioned by U.S. Figure Skating and conducted in association with Learn to Skate USA rules governing non-qualifying competitions as set forth in the 2016/2017 edition of the Rulebook.

#### **ELIGIBILITY/TEST REQUIREMENTS:**

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

For the **Pre-free skate, 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. Skaters may not compete at more than one level in the same type event at the same competition.

#### **ENTRY FEES:**

|                                    |      |                               |      |
|------------------------------------|------|-------------------------------|------|
| 1 <sup>st</sup> Compete USA Event: | \$65 | 1 <sup>st</sup> non IJS Event | \$80 |
| Each additional Event              | \$30 | Each additional Event         | \$40 |

**\*Price includes one DVD of skater's program: additional DVD's will be available for purchase.**

Entries must be completed via **EntryEeze** at [www.entryeeze.com](http://www.entryeeze.com) or by visiting [www.fcscarlotte.org](http://www.fcscarlotte.org) to access the link. Late entries will NOT be accepted.

**Club permissions and Coach Approval** will be processed through Entryeeze. After the completion of the skater's registration, emails will automatically be sent to the skaters club and coach for approval.

**PLEASE NOTE: Once a skater's event(s) have been approved, any entry change (event, level) are subject to referee approval and a \$20 change fee. No change will be processed until fee is paid.**

Figure Skating Club of Charlotte reserves the right to limit entries by event based on entries received prior to the deadline, if estimated skating time exceeds available ice time. Further, Figure Skating Club of Charlotte reserves the right to divide or combine any event if necessary and to cancel any events (with full refund of entry fees). Entry deadline is July 15, 2017.

#### **GROUPS**

A large number of entries in some events will be divided into groups as follows: Introductory Levels through Pre-Juvenile will be grouped by birth date. Male and Female entrants may be grouped together by level if there are insufficient numbers to separate genders.

#### **REFUND POLICY:**

**No refunds will be granted under any circumstances.** The FSC of Charlotte reserves the right to divide an event, limit the number of entries, hold an event with only one entry and cancel an event (with refund) with only one entry. There will be no refunds for medical withdrawals. The online processing fees are not refundable.

**NON-SUFFICIENT FUNDS:** Contested credit card charges will be assessed a \$25.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

**FACILITIES:** The Pineville Ice House is located at 400 Towne Centre Drive, Pineville, NC 28134. The ice surface measures 85' X 200". The ice has rounded corners.

**MUSIC:**

Music must be uploaded into Entryeze competition website. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Music upload must be completed by August 7<sup>th</sup>, 2016.

**LIABILITY:**

U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition and its officers; and their entries shall be accepted only on such condition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**CONCUSSION POLICY:**

*Participation in this event indicates your acceptance of the Figure Skating Club of Charlotte's concussion policy. A copy of the concussion policy is available at <https://drive.google.com/file/d/0B9hsRA-Tf1YFeHIOMXB5czZiLUU/view?usp=sharing>*

**JUDGING SYSTEM:**

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

**REGISTRATION:** Registration will begin on Sunday, August 20, 2017 at 7:00 am. The registration table will be located In front of the skate counter in the ice rink lobby area. Please register promptly upon arrival. No skater may compete in any event without registering first.

**PRACTICE ICE:**

Practice ice will be available during the designated times throughout the competition. The cost of reserved practice ice (available at the time of registration through Entryeze) is \$12.00 per 20-minute session. Those skaters who purchase reserve practice ice will have a selection period of one week in which to choose their sessions. This will then be followed by open sales for any remaining practices at a cost of \$15.00 for walk-up sessions.

**PHOTOGRAPHY/VIDEOGRAPHY:**

Commercial video and photography will be provided during the competition.

For the safety and welfare of the skater, photography and videography will be permitted in the stands only and is restricted to hand-held/battery operated equipment (no tripods). **Flash photography is strictly prohibited while the competitors are skating.** No one will be permitted to obstruct the view of other seated spectators by standing in front of or hanging over the Plexiglas barriers or to film at alternative ice entrances. In order to comply with local fire safety codes, all aisles within the stands must also remain clear. Non-compliance with this policy or refusal to comply immediately with requests from event officials will result in the violator being escorted out of the rink.

**AWARDS:**

Medals will be presented to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place winners in each competition event.

## **COACH REGISTRATION:**

**Coaches must provide photo ID and validation of coach credentials at the registration desk to receive the competition credential. No coach may stand with skaters without proper credentials. NO EXCEPTIONS!**

## **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>

## **ADDITIONAL INFORMATION:**

Any questions reference to the competition should be directed to the Candie Jurey (competition chair)  
E-mail: [competition@fsccharlotte.org](mailto:competition@fsccharlotte.org)

Official Hotel information can be found on our website: [www.fsccharlotte.org](http://www.fsccharlotte.org)



# Compete USA Competitions

## 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. Vocal music is allowed.

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

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



# Compete USA Competitions

## EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

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



# Compete USA Competitions

## EVENT: Pre-Free Skate 1-6 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 moves and steps should be demonstrated throughout the program. Vocal music is allowed.

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

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



# Compete USA Competitions

## EVENT: Pre- Free Skate – Free Skate 6 Compulsory

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

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

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





## Compete USA Competitions

### EVENT: Introductory Levels Free Skate Program

General event parameters:

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

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



## Compete USA Competitions

### 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"><li>● Waltz jump</li><li>● ½ jump of choice</li><li>● Forward two-foot or one-foot spin – minimum three revolutions (free leg position optional)</li><li>● Forward or backward spiral</li></ul> |
| High Beginner | 1:15 max. | <ul style="list-style-type: none"><li>● Toe loop jump</li><li>● Salchow jump</li><li>● Forward scratch spin – minimum three revolutions</li><li>● Forward or backward spiral</li></ul>  |



## Compete USA Competitions

### Event: Compulsory Moves

General event parameters:

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

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



# Compete USA Competitions

## Event: Well Balanced Program Free Skate

General event parameters:

- Skaters may not enter both 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 Max                              | <p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• No single Axels, double jumps or triple jumps</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> </ul> <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"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> </ul> <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 Max<br><br>Vocal Music permitted | <p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed</li> <li>• No double, triple or quadruple jumps allowed</li> <li>• Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels)</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> <li>• ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul> | <p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul> <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>       |

|                    |   |   |   |  |
|--------------------|---|---|---|--|
| <p>Preliminary</p> | <p>1:40 Max<br/>Vocal Music permitted</p> | <p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>● One must be an Axel or Waltz-jump type jump</li> <li>● All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>● Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed</li> <li>● An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences</li> <li>● Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>● Maximum 2 jump combinations or sequences</li> <li>● 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.</li> <li>● Jump sequences limited to a maximum of 3 single or double jumps</li> <li>● ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul> | <p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>● Spins may change feet and/or position.</li> <li>● Spins may start with a fly.</li> <li>● Minimum of 3 revolutions</li> </ul> <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.<br/>Moves in the field and spiral sequences are permitted, but will not count as elements<br/>Jumps may be included in the step sequence</p> |
|--------------------|---|---|---|--|



# Compete USA Competitions

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

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

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

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

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



# Compete USA Competitions

## EVENT: Jumps Challenge

General event parameters:

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

| Level           | Time      | Skating rules / standards   |
|-----------------|-----------|---|
| Beginner        | 1:15 max. | <ul style="list-style-type: none"> <li>• Waltz jump (from backward crossovers)</li> <li>• 2. ½ flip or ½ Lutz</li> <li>• Single Salchow</li> </ul>                      |
| High Beginner   | 1:15 max. | <ul style="list-style-type: none"> <li>• Waltz jump (from backward crossovers)</li> <li>• Single Salchow</li> <li>• Jump combination – waltz jump-toe loop</li> </ul>   |
| No Test         | 1:15 max. | <ul style="list-style-type: none"> <li>• Single toe loop</li> <li>• Single loop</li> <li>• Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ul> |
| Pre-Preliminary | 1:15 max. | <ul style="list-style-type: none"> <li>• Single toe loop</li> <li>• Single flip</li> <li>• Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ul> |
| Preliminary     | 1:15 max. | <ul style="list-style-type: none"> <li>• Single flip</li> <li>• Single Lutz</li> <li>• Jump combination – Any single jump + single loop (may be Axel)</li> </ul>        |



# Compete USA Competitions

## EVENT: Spins Challenge

General event parameters:

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

| Level           | Time      | Skate rules / standards  |
|-----------------|-----------|--|
| Beginner        | 1:30 max. | <ul style="list-style-type: none"> <li>● Upright one-foot spin (3)</li> <li>● Upright two-foot spin (3)</li> <li>● Sit spin (3)</li> </ul>                           |
| High Beginner   | 1:30 max. | <ul style="list-style-type: none"> <li>● Upright one-foot spin (3)</li> <li>● Upright two-foot spin (3)</li> <li>● Sit spin (3)</li> </ul>                           |
| No Test         | 1:30 max. | <ul style="list-style-type: none"> <li>● Upright one-foot spin (3)</li> <li>● Upright two-foot spin (3)</li> <li>● Sit spin (3)</li> </ul>                           |
| Pre-Preliminary | 1:30 max. | <ul style="list-style-type: none"> <li>● Upright one-foot spin (3)</li> <li>● Upright back scratch spin (3)</li> <li>● Sit spin (3)</li> </ul>                       |
| Preliminary     | 1:30 max. | <ul style="list-style-type: none"> <li>● Forward scratch to back scratch spin (3)</li> <li>● Combination spin with no of foot (4)</li> <li>● Sit spin (3)</li> </ul> |