



THE AMHERST SKATING CLUB

Presents the

30th ANNUAL AMHERST INVITATIONAL and Basic Skills Competition

**SATURDAY & SUNDAY
November 18 & 19, 2017**

To be held at:
**The Northtown Center at
Amherst 1615 Amherst Manor Dr.
Williamsville, New York 14221**

Sanctioned by US Figure Skating
(Pending) Sanctioned by Skate Canada
(Pending)

APPLICATIONS AND INFORMATION AVAILABLE ON-LINE AT:
www.amherstskatingclub.org "Event- ASC Invitational" Section

*USFS rules for non-qualifying competitions, as set forth in the 2017 - 2018
US Figure Skating Rulebook, shall apply. The 6.0 Judging System will be used for all events.*

**Entry Deadline: Submitted Online or Postmarked by
November 6, 2017**



How to Participate

1. Review the List of Events on Page 2
2. Read the Competition Overview on pages 3-5
3. Register Online for your events at:
<http://comp.entryeeze.com/Home.aspx?cid=60> **no later than November 6, 2017**
4. Or complete the enclosed paper applications (note: \$20 paper application fee applies). **Entries must be filled out completely and legibly to be accepted and postmarked no later than November 6, 2017.** Send your entries to:

The Amherst Skating Club
Attn: 2017 Invitational Chair
1615 Amherst Manor Drive
Amherst, NY 14221

5. If staying overnight, reserve your hotel:

Host Hotel: Buffalo Marriott Niagara

1340 Millersport Highway, Amherst, NY 14221

716-689-6900

**** Ask for the discount competition rate!**

<http://www.marriott.com/hotels/travel/bufny-buffalo-marriott-niagara/>

Get more information on area attractions from the Buffalo Niagara Convention and Visitors Bureau at <http://www.visitbuffaloniagara.com/>

6. For more information, please email: info@amherstskatingclub.org

The Amherst Skating Club

30th ANNUAL INVITATIONAL COMPETITION

List of Events

Well

Balanced

Free Skating

- No Test
- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Open Juvenile
- Intermediate
- Novice
- Junior
- Senior
- Adult Pre-Bronze
- Adult Bronze
- Adult Silver
- Adult Gold

Short Program

- Intermediate
- Novice
- Junior
- Senior

Basic Skills

Separate Application

Test Track

Free Skating

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

Solo Pattern Dance

- Preliminary
- Pre-bronze
- Bronze
- Pre-silver
- Silver
- Pre-gold
- Gold

Group Showcase-Mini

Production

Separate Application

Spin Challenge

- No Test
- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Intermediate
- Novice
- Junior
- Senior

Compulsory Moves

- Beginner
- High Beginner
- No Test
- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Intermediate
- Novice
- Junior
- Senior

Jumps Challenge

- No Test
- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Intermediate
- Novice
- Junior
- Senior

Showcase

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

Music Interpretive

- Pre-Juv & below
- Juvenile-Novice
- Junior & Senior
- Teen & Young Adult
- Adult

Adult Jump Event

- Beginner
- Pre-Bronze
- Bronze
- Silver
- Gold
- Masters Int/Novice
- Masters Jr/ Sr

Adult Spin Event

- Beginner
- Pre-Bronze
- Bronze
- Silver
- Gold
- Masters Int/Novice
- Masters Jr/ Sr

Adult Compulsory

Moves Event

- Beginner
- Pre-Bronze
- Bronze
- Silver
- Gold
- Masters Int/Novice
- Masters Jr/ Sr

The Amherst Skating Club
30th ANNUAL INVITATIONAL COMPETITION
November 18-19, 2017
OVERVIEW

INQUIRIES

For further information, the preferred method of contact is by e-mail:

info@amherstskatingclub.org If e-mail is not accessible, please call the ASC office at 716-634-3887.

FACILITIES

The competition will be held at the Northtown Center at Amherst (formerly The Pepsi Center), 1615 Amherst Manor Drive, Williamsville, NY 14221, on the Feature rink surface of 85' x 200'. The Olympic rink, with a surface of 100' x 200', may also be used. A restaurant, snack bar, and dressing rooms are available. Directions to the rink can be found at: www.arenamaps.com.

ELIGIBILITY:

Amateur skaters who are current members in good standing with US Figure Skating, Skate Canada, or members of an accredited basic skills program. Eligibility is based on age and USFS tests passed as of November 6, 2017 (close of entries). This USFS-sanctioned competition will be conducted according to the rules of US Figure Skating governing non-qualifying competitions as set forth in the 2017 - 2018 US Figure Skating Rulebook.

All professional coaches wishing to enter skaters into this USFS-sanctioned non-qualifying event must be registered following the Coaches Registration Process, as per USFS requirement.

ENTRIES

Skaters may not compete in more than one category of a given event, except for solo dance. For all events where permitted by USFS, male and female skaters may compete against each other if there are insufficient entries to hold a separate event. Skaters may skate up one level in any event, but may not skate below their test level. The competition committee reserves the right to limit the size of each event, to cancel any event with less than two entrants (with refund of entry fee), and to combine or divide groups as necessary.

ENTRYEEZE is the PREFERRED METHOD OF ENTRY: Entries may be submitted through ENTRYEEZE. Please go to <http://comp.entryeeze.com/Home.aspx?cid=60> to find our competition. A direct link is also posted to on our website at www.amherstskatingclub.org. **The deadline for ENTRYEEZE submissions is November 6, 2017.**

ENTRIES by MAIL:

Entries must be filled out completely and legibly to be accepted and postmarked no later than November 6, 2017. Entries should be mailed to:

The Amherst Skating Club
Attn: 2017 Invitational Chair
1615 Amherst Manor Drive
Amherst, NY 14221

The Amherst Skating Club
30th ANNUAL INVITATIONAL COMPETITION
November 18-19, 2017
OVERVIEW, continued

ENTRY FEES

Entry fees must accompany application. Checks or money orders must be in **U.S. FUNDS ONLY** and made payable to the *Amherst Skating Club*. Late applications are subject to a \$25.00 late fee and will only be accepted upon approval of the competition chair. Please Note: No refunds will be issued after the close of entries (including medical) unless an event has been cancelled. Returned checks are subject to a \$25.00 fee. Entry fees are as follows:

\$65 for first 6.0 event

\$20 per additional event

\$45 per team (for team events, please see separate form)

\$25 for 1st Basic Skills Event; \$15 for 2nd Basic Skills Event

PRACTICE ICE

We will not be offering practice ice for this competition.

LIABILITY

US Figure Skating, The Amherst Skating Club, and the Northtown Center accept no responsibility for injury or damage sustained by any participant in the competition. This is in accordance with Rule 1600 of the official US Figure Skating rulebook.

REGISTRATION

A registration desk will be open throughout the competition. Competitors should register promptly upon their arrival and submit their music during registration. Skaters should arrive at the rink at least one hour PRIOR to their event's start time. Events will not be delayed for skaters arriving late.

MUSIC

Each competitor must supply his/her own music on a CD (No CD-RW's, MP3's, or music upload systems) for the freestyle, short program, and showcase events. Only 1 track should be on each CD. CD's should be clearly labeled with skater's name and event. Music is to be turned in at the registration desk and will be available at the registration desk for pick up after the event. Skaters are urged to bring TWO CD's per program event. The Amherst Skating Club is not responsible for CD's left after the close of the competition.

AWARDS

Medals will be given for 1st, 2nd and 3rd places. Ribbons will be awarded for 4th and 5th places. Award ceremonies will take place at posted times throughout the competition. Awards will also be available immediately after the event has been posted for pick up. You can sign for and pick up awards at the awards table adjacent to registration.

The Amherst Skating Club
30th ANNUAL INVITATIONAL COMPETITION
November 18-19, 2017
OVERVIEW, continued

RESULTS

Results will be available at the registration table after each event for \$0.25 per copy.

JUDGING SYSTEM

The “6.0” judging system will be used for all events and levels. You should expect additional time needed by accounting to process and post event results.

SKATE CANADA EQUIVALENTS

Figure Skating and Skate Canada Equivalents for Free Skating

US Figure Skating	Skate Canada
Beginner/High Beginner	Have not completed any Skate Canada Tests
Pre Preliminary	Pre Preliminary – Not passed complete Preliminary Freeskate test
Preliminary	Preliminary Freeskate
Pre-Juvenile	No actual equivalent, Junior Bronze Freeskate Test is closest
Juvenile	Junior Bronze Freeskate
Intermediate	Senior Bronze Freeskate
Novice	Junior Silver Freeskate
Junior	Senior Silver Freeskate
Senior	Gold Freeskate

SCHEDULE

As soon as possible after the entry deadline, a TENTATIVE SCHEDULE will be posted on the Amherst Skating Club web site: www.amherstskatingclub.org. No schedule times will be given out over the phone. The schedule and event listings will also be posted to ENTRYEEZE.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

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 Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen, be registered as a Learn to Skate USA instructor and completed the Learn to Skate USA Instructor Certification or U.S. Figure Skating Coach Compliance.

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

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

For more information regarding Coach Compliance, please refer to:
<http://usfsa.org/story?id=84159>

30th ANNUAL ASC INVITATIONAL COMPETITION ENTRY FORM

ENTRIES MUST BE POSTMARKED BY November 6, 2017

To avoid \$20 paper application fee, enter online at www.entryeeze.com

Skater's Name: _____ Gender: _____

Address: _____ Telephone () _____

City: _____ State/Province: _____ Postal Code: _____

E-Mail Address (**required**): _____

Highest test passed: USFS/Skate Canada Free Skate: _____ Dance: _____

Home Club: _____ USFS/Skate Canada# _____

PLEASE ENTER ME IN THE FOLLOWING EVENT(S)

<p>Well Balanced</p> <p>Free Skating</p> <p><input type="checkbox"/> No Test</p> <p><input type="checkbox"/> Pre-Preliminary</p> <p><input type="checkbox"/> Preliminary</p> <p><input type="checkbox"/> Pre-Juvenile</p> <p><input type="checkbox"/> Juvenile</p> <p><input type="checkbox"/> Open Juvenile</p> <p><input type="checkbox"/> Intermediate</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Junior</p> <p><input type="checkbox"/> Senior</p> <p><input type="checkbox"/> Adult Pre-Bronze</p> <p><input type="checkbox"/> Adult Bronze</p> <p><input type="checkbox"/> Adult Silver</p> <p><input type="checkbox"/> Adult Gold</p> <p>Short Program</p> <p><input type="checkbox"/> Intermediate</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Junior</p> <p><input type="checkbox"/> Senior</p> <p>Basic Skills</p> <p>Separate Application</p>	<p>Test Track</p> <p>Free Skating</p> <p><input type="checkbox"/> Beginner</p> <p><input type="checkbox"/> High Beginner</p> <p><input type="checkbox"/> Pre-Preliminary</p> <p><input type="checkbox"/> Preliminary</p> <p><input type="checkbox"/> Pre-Juvenile</p> <p><input type="checkbox"/> Juvenile</p> <p><input type="checkbox"/> Intermediate</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Junior</p> <p><input type="checkbox"/> Senior</p> <p>Solo Pattern Dance</p> <p><input type="checkbox"/> Preliminary</p> <p><input type="checkbox"/> Pre-bronze</p> <p><input type="checkbox"/> Bronze</p> <p><input type="checkbox"/> Pre-silver</p> <p><input type="checkbox"/> Silver</p> <p><input type="checkbox"/> Pre-gold</p> <p><input type="checkbox"/> Gold</p> <p>Group Showcase- Mini Production</p> <p>Separate application</p>	<p>Spin Challenge</p> <p><input type="checkbox"/> No Test</p> <p><input type="checkbox"/> Pre-Preliminary</p> <p><input type="checkbox"/> Preliminary</p> <p><input type="checkbox"/> Pre-Juvenile</p> <p><input type="checkbox"/> Juvenile</p> <p><input type="checkbox"/> Intermediate</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Junior</p> <p><input type="checkbox"/> Senior</p> <p>Compulsory Moves</p> <p><input type="checkbox"/> Beginner</p> <p><input type="checkbox"/> High Beginner</p> <p><input type="checkbox"/> No Test</p> <p><input type="checkbox"/> Pre-Preliminary</p> <p><input type="checkbox"/> Preliminary</p> <p><input type="checkbox"/> Pre-Juvenile</p> <p><input type="checkbox"/> Juvenile</p> <p><input type="checkbox"/> Intermediate</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Junior</p> <p><input type="checkbox"/> Senior</p>	<p>Jumps Challenge</p> <p><input type="checkbox"/> No Test</p> <p><input type="checkbox"/> Pre-Preliminary</p> <p><input type="checkbox"/> Preliminary</p> <p><input type="checkbox"/> Pre-Juvenile</p> <p><input type="checkbox"/> Juvenile</p> <p><input type="checkbox"/> Intermediate</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Junior</p> <p><input type="checkbox"/> Senior</p> <p>Showcase</p> <p><input type="checkbox"/> Pre-Preliminary</p> <p><input type="checkbox"/> Preliminary</p> <p><input type="checkbox"/> Pre-Juvenile</p> <p><input type="checkbox"/> Juvenile</p> <p><input type="checkbox"/> Intermediate</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Junior</p> <p><input type="checkbox"/> Senior</p> <p>Music Interpretive</p> <p><input type="checkbox"/> Pre-Juv & below</p> <p><input type="checkbox"/> Juvenile-Novice</p> <p><input type="checkbox"/> Junior & Senior</p> <p><input type="checkbox"/> Teen & Young Adult</p> <p><input type="checkbox"/> Adult</p>	<p>Adult Jump Event</p> <p><input type="checkbox"/> Beginner</p> <p><input type="checkbox"/> Pre-Bronze</p> <p><input type="checkbox"/> Bronze</p> <p><input type="checkbox"/> Silver</p> <p><input type="checkbox"/> Gold</p> <p><input type="checkbox"/> Masters Int/Novice</p> <p><input type="checkbox"/> Masters Jr/ Sr</p> <p>Adult Spin Event</p> <p><input type="checkbox"/> Beginner</p> <p><input type="checkbox"/> Pre-Bronze</p> <p><input type="checkbox"/> Bronze</p> <p><input type="checkbox"/> Silver</p> <p><input type="checkbox"/> Gold</p> <p><input type="checkbox"/> Masters Int/Novice</p> <p><input type="checkbox"/> Masters Jr/ Sr</p> <p>Adult Compulsory Moves Event</p> <p><input type="checkbox"/> Beginner</p> <p><input type="checkbox"/> Pre-Bronze</p> <p><input type="checkbox"/> Bronze</p> <p><input type="checkbox"/> Silver</p> <p><input type="checkbox"/> Gold</p> <p><input type="checkbox"/> Masters Int/Novice</p> <p><input type="checkbox"/> Masters Jr/ Sr</p>
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CERTIFICATE OF ELIGIBILITY and PAYMENT

Approval is hereby given to (skater name) _____ who is a member in good standing of this Club and is an amateur in accordance with the rules of US Figure Skating and Skate Canada and to the best of my knowledge is eligible to enter the specified event(s). NOTE: Neither the Amherst Skating Club nor the management of the Amherst Ice Center assumes responsibility for injuries sustained by any competitor during this competition or practice attended thereto.

Club _____ Club Officer's Signature _____

Parent's Signature _____

Coach's Name _____

Phone # _____

\$85 (\$65 for 1st Event + \$20 paper application fee) + \$20 for each additional event = \$ _____

30th ANNUAL ASC INVITATIONAL
USA LEARN TO SKATE ENTRY FORM
ENTRIES MUST BE POSTMARKED BY November 6, 2017
To avoid \$20 paper application fee, enter online at
<http://comp.entryeeze.com/Home.aspx?cid=60>

Skater's Name: _____ Gender: _____

Age: _____ Birthday: ____ / ____ / ____

Address: _____

City: _____ State/P: _____ Zip: _____ Telephone () _____

E-Mail Address (Required): _____

An e-mail address MUST be included as this is how you will be notified of scheduling and events!

Highest badge passed: USFS/Skate Canada Badge: _____

Home Club: _____ USFS/Skate Canada# _____

Please enroll me in the following:

- | BASIC ELEMENTS | and/or | PROGRAM EVENT |
|---------------------------------------|---------------|---------------------------------------|
| <input type="checkbox"/> Snowplow Sam | | <input type="checkbox"/> Snowplow Sam |
| <input type="checkbox"/> Basic 1 | | <input type="checkbox"/> Basic 1 |
| <input type="checkbox"/> Basic 2 | | <input type="checkbox"/> Basic 2 |
| <input type="checkbox"/> Basic 3 | | <input type="checkbox"/> Basic 3 |
| <input type="checkbox"/> Basic 4 | | <input type="checkbox"/> Basic 4 |
| <input type="checkbox"/> Basic 5 | | <input type="checkbox"/> Basic 5 |
| <input type="checkbox"/> Basic 6 | | <input type="checkbox"/> Basic 6 |

CERTIFICATE OF ELIGIBILITY and PAYMENT

Approval is hereby given to (skater name) _____ who is a member in good standing of this Club and is an amateur in accordance with the rules of US Figure Skating and Skate Canada and to the best of my knowledge is eligible to enter the specified event(s). NOTE: Neither the Amherst Skating Club nor the management of the Amherst Ice Center assumes responsibility for injuries sustained by any competitor during this competition or practice attended thereto.

Club _____ Club Officer's Signature _____

Parent's Signature _____

Coach's Name _____

Phone # _____

\$25 for 1st Event + \$15 for 2nd event = \$ _____
(plus \$20 paper application fee)

30th ANNUAL ASC INVITATIONAL
COMPETITION GROUP
SHOWCASE Mini Production
ENTRY FORM

- Please submit one entry form per group! Form must be completely filled out with fees enclosed.
- Teams may have 3 – 7 members.
- Fees are \$45 per group in US FUNDS ONLY. (Please write separate check for group events – 1 check per group).
- There is a \$20 paper processing fee. Groups are encouraged to sign up using Entryeeze.

Group Name: _____

Team Members

1. _____ Club: _____ USFS/SC# _____

2. _____ Club: _____ USFS/SC# _____

3. _____ Club: _____ USFS/SC# _____

4. _____ Club: _____ USFS/SC# _____

5. _____ Club: _____ USFS/SC# _____

6. _____ Club: _____ USFS/SC# _____

7. _____ Club: _____ USFS/SC# _____

Contact Person: _____ Telephone: _____

E-mail (required): _____

Mini Production Event: Open Age: Open Time: 3:10 max

Team Entry- \$45 per group

Team Entry- \$45 per team per group
PAPER APPLICATION FEE: \$20 TOTAL DUE: \$

All teams must submit completed Certificate of Eligibility (PLEASE see following page) signed by club officer for each skater.

30th ANNUAL ASC INVITATIONAL COMPETITION
Showcase Mini Production
Certificate of Eligibility

MEMBER 1: Approval is hereby given to _____ who is a member in good standing of this Club and is an amateur in accordance with the rules of USFS and Skate Canada and to the best of my knowledge is eligible to enter the specified event(s). NOTE: Neither the Amherst Skating Club nor the management of the Amherst Ice Center assumes responsibility for injuries sustained by any competitor during this competition or practice attended thereto.

Club: _____ Club Officer/Program Director Sig.: _____
Parent's Signature: _____
Coach's Name: _____ Phone# _____

MEMBER 2: Approval is hereby given to _____ who is a member in good standing of this Club and is an amateur in accordance with the rules of USFS and Skate Canada and to the best of my knowledge is eligible to enter the specified event(s). NOTE: Neither the Amherst Skating Club nor the management of the Amherst Ice Center assumes responsibility for injuries sustained by any competitor during this competition or practice attended thereto.

Club: _____ Club Officer/Program Director Sig.: _____
Parent's Signature: _____
Coach's Name: _____ Phone# _____

MEMBER 3: Approval is hereby given to _____ who is a member in good standing of this Club and is an amateur in accordance with the rules of USFS and Skate Canada and to the best of my knowledge is eligible to enter the specified event(s). NOTE: Neither the Amherst Skating Club nor the management of the Amherst Ice Center assumes responsibility for injuries sustained by any competitor during this competition or practice attended thereto.

Club: _____ Club Officer/Program Director Sig.: _____
Parent's Signature: _____
Coach's Name: _____ Phone# _____

Continued on Next Page

30th ANNUAL ASC INVITATIONAL COMPETITION

Showcase Mini Production

Certificate of Eligibility, continued

MEMBER 4: Approval is hereby given to _____ who is a member in good standing of this Club and is an amateur in accordance with the rules of USFS and Skate Canada and to the best of my knowledge is eligible to enter the specified event(s). NOTE: Neither the Amherst Skating Club nor the management of the Amherst Ice Center assumes responsibility for injuries sustained by any competitor during this competition or practice attended thereto.

Club: _____ Club Officer/Program Director Sig. _____

Parent's Signature: _____

Coach's Name: _____ Phone# _____

MEMBER 5: Approval is hereby given to _____ who is a member in good standing of this Club and is an amateur in accordance with the rules of USFS and Skate Canada and to the best of my knowledge is eligible to enter the specified event(s). NOTE: Neither the Amherst Skating Club nor the management of the Amherst Ice Center assumes responsibility for injuries sustained by any competitor during this competition or practice attended thereto.

Club: _____ Club Officer/Program Director Sig. _____

Parent's Signature: _____

Coach's Name: _____ Phone# _____

MEMBER 6: Approval is hereby given to _____ who is a member in good standing of this Club and is an amateur in accordance with the rules of USFS and Skate Canada and to the best of my knowledge is eligible to enter the specified event(s). NOTE: Neither the Amherst Skating Club nor the management of the Amherst Ice Center assumes responsibility for injuries sustained by any competitor during this competition or practice attended thereto.

Club: _____ Club Officer/Program Director Sig. _____

Parent's Signature: _____

Coach's Name: _____ Phone# _____

30th ANNUAL ASC INVITATIONAL COMPETITION

Showcase Mini Production

Certificate of Eligibility, continued

MEMBER 7: Approval is hereby given to _____ who is a member in good standing of this Club and is an amateur in accordance with the rules of USFS and Skate Canada and to the best of my knowledge is eligible to enter the specified event(s). NOTE: Neither the Amherst Skating Club nor the management of the Amherst Ice Center assumes responsibility for injuries sustained by any competitor during this competition or practice attended thereto.

Club: _____ Club Officer/Program Director Sig. _____

Parent's Signature: _____

Coach's Name: _____ Phone# _____

U.S. Figure Skating Nonqualifying Competitions

EVENT: 2017-18 Test Track 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. 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
Beginner 1:40 maximum	<i>Max. 5 jump elements:</i> <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 	<i>Maximum of 2 spins:</i> <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 Basic Skills free skating badge tests
High Beginner 1:40 maximum	<i>Max. 5 jump elements:</i> <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. 	<i>Maximum of 2 spins:</i> <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 Basic Skills free skating badge tests
Pre-Preliminary 1:40 maximum	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <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

Level	Jumps	Spins	Step Sequences	Qualifications
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 2:20 +/- 10 sec.	<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) • <i>Only solo spin may fly</i> 	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 2:40 +/- 10 sec.	<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

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p>Maximum of 7 jump elements for men and 6 for ladies:</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>Maximum of 3 spins, of a different nature:</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 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</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>Maximum of 3 spins of a different nature:</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) 	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</p> <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 	<p>Maximum of 3 spins of a different nature:</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 spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

2017-18 Singles Short Program Requirements — This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.

INTERMEDIATE LADIES/MEN 2:10 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination	Jump Combination Single/Double, Double/Double, Single/Triple, or Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Max Level 2. Only Simple Variety (5 turns) or Minimum Variety (7 turns) & rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface
NOVICE LADIES 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axle or solo jump performed	Layback, Sideways Leaning, Sit or Camel Spin No change of foot No flying entry Min. 6 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
NOVICE MEN 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axle or solo jump performed	Camel or Sit Spin With only 1 change of foot No flying entry Min. 5 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR LADIES 2:40 +/- 10 sec	Double Axle	Double or Triple Lutz Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axle or solo jump performed	Flying Sit Spin Flying pos. may be different than landing pos. Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR MEN 2:40 +/- 10 sec	Double or Triple Axle	Double or Triple Lutz Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Layback, Sideways Leaning or Camel Spin without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR LADIES 2:40 +/- 10 sec	Double or Triple Axle	Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axle or either jump in combo	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Flying Sit Spin Flying pos. may be different than landing pos. Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR MEN 2:40 +/- 10 sec	Double or Triple Axle	Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axle or either jump in combo	Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface

U.S. Figure Skating Nonqualifying Competitions

EVENT: Basic Elements Event: SNOWFLOW 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

U.S. Figure Skating Nonqualifying Competitions

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

Well-Balanced Free Skating

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p>CHAMPIONSHIP ADULT GOLD & ADULT GOLD</p> <p>2:40 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences • 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps • Each jump combination or sequence may include only 1 double jump • Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> • If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value • All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow. • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 4 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps • Additional jump sequences which contain non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps, including single Axel, are permitted • No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

Well-Balanced Free Skating, continued

2017-18	JUMP ELEMENTS		SPINS	STEP/SPIRAL SEQUENCES
<p>ADULT PRE BRONZE</p> <p>1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 jump combination/sequence may contain 3 jumps, and the other may contain only 2 jumps. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted • No single Lutz, single Axel or double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Min 3 revs • Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • <u>1 choreographic step sequence, fully utilizing at least 1/2 of the ice surface (may include moves in the field and spirals)</u> • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. 	

2017-18 Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p align="center">NO TEST</p> <p align="center">1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p align="center">PRE- PRELIMINARY</p> <p align="center">1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (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 jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

2017-18 Singles Free Skating Requirements, continued

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps 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 a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ○ No double Axels, triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Min 4 revs <p>Both spins may start with a flying entry These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

2017-18 Singles Free Skating Requirements, continued

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p align="center">JUVENILE and OPEN JUVENILE</p> <p align="center">2:20 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> ▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump can be included more than twice • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <p>1 spin combination; with or without change of foot*</p> <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position <ul style="list-style-type: none"> • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p align="center">INTERMEDIATE</p> <p align="center">2:40 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated ○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> ▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <p>1 spin combination; with or without change of foot*</p> <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position <ul style="list-style-type: none"> • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • <u>One leveled step sequence*</u> • <u>Max Level 2. Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level.</u> <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

2017-18 Singles Free Skating Requirements, continued

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

2017-18 Singles Free Skating Requirements, continued

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p align="center">JUNIOR LADIES</p> <p align="center">3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p align="center">JUNIOR MEN</p> <p align="center">4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

2017-18 Singles Free Skating Requirements, continued

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
<p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible

EVENT: Solo Pattern Dance

General event parameters:

1. Levels are based upon the skaters' highest pattern dance test passed.
2. A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
3. The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for their level, based upon the date of the competition.
4. Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

Level	October 1st – December 31st
Preliminary	1. Rhythm Blues 2. Dutch Waltz
Pre-bronze	1. Swing 2. Cha-Cha
Bronze	1. Hickory Hoedown 2. Willow Watz
Pre-silver	1. Fourteenstep 2. European Waltz
Silver	1. American Waltz 2. Silver Tango
Pre-gold	1. Paso Doble 2. Starlight Watz
Gold	1. Westminster Waltz 2. Quickstep

EVENT: Showcase Events – Interpretive Events

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater’s interpretation of the music, rather than technical elements.

- The music will be played continuously during a 30-minute off-ice session in a room and twice during an on-ice warm-up prior to the performance.
 - The room will be attended only by the adult monitor assigned to play the music and the competing skaters.
- **After the warm up, skaters will go back to a room, with no music being played.**
- Skaters will be brought to the ice when the previous skater finishes.
- All competitors in an event will interpret the same music.
- Props are permitted but must be brought into the room prior to listening to the music, and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

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

Interpretative Events and Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify

Level	Program Duration	Test Requirements (Freeskate or Free Dance)
Pre-juvenile and below	1:00 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Juvenile - novice	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Junior and senior	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Teen and young adult	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
All adult events	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.

EVENT: Showcase Events- Light Entertainment Events

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and scenery are permitted.

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max

EVENT: Showcase Events – Mini Production Ensemble Events

Formats:

- **Mini production ensemble** events are theatrical performances by **three to seven competitors**. Props and scenery are permitted. Programs are performed under full arena lighting
 - NOTE: Skaters may enter only one duet, mini production AND production event each.

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

Mini Production Ensemble Events:

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

EVENT: Spins Challenge

General event parameters:

1. 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.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 1. Sit spin (3)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright back scratch spin (3) 1. Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Forward scratch to back scratch spin (3) 2. Combination spin with no change of foot (4) 3. Sit spin (3)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Combination spin – camel to sit spin; no change of foot (6) 3. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 1. Sit spin (4) 2. Combination spin – with change of foot; optional change of position (4 per foot) 3. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Flying camel spin (5) 2. Sit spin to backward sit spin (4 per foot) 3. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Choice of camel, sit or layback spin (6) 2. Camel spin to backward camel spin (4 per foot in position) 3. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Flying sit spin or flying reverse sit spin (6) 2. Solo spin of choice (6) – may not fly 3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Flying spin of choice (6) 2. Solo spin of choice (6) – may not fly 3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)

EVENT: COMPULSORY MOVES

General event parameters:

1. No Test – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Toe Loop jump 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 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

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

EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated $\frac{1}{2}$ ice; Juvenile – senior will be skated on full ice
3. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 1. Jump combination – Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 4. Single toe loop 5. Single flip 1. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 4. Single flip 5. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 4. Single Axel 5. Single or double jump 6. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 4. Single Axel 5. Double Salchow 6. Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 4. Single Axel 5. Double loop* 6. Jump combination – double/single (no Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip* 6. Jump combination-double/double (may be double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple flip* 6. 3. Jump combination – double/double (may be double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)

EVENT: Adult Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated $\frac{1}{2}$ ice; adult gold – masters junior/senior will be skated on full ice
3. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none"> 1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"> 1. Waltz or toe loop jump 2. $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop
Adult Bronze	1:00	<ol style="list-style-type: none"> 1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	<ol style="list-style-type: none"> 1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	1:15	<ol style="list-style-type: none"> 1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> 1. Axel 2. Double Salchow , double toe loop or double loop 3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Double Lutz 3. Jump combination that may include any double jump

EVENT: Adult Spins Challenge

General event parameters:

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

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

EVENT: Adult Compulsory Moves

General event parameters:

1. Beginner to Silver: Elements skated on ½ ice
2. Gold/Masters: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed
5. Minimum number of revolutions is noted in parentheses

Level	Time	Elements
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> • Bunny hop or mazurka • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • Alternating right and left forward outside edges across the width of the ice • Alternating right and left forward inside edges across the width of the ice • Backward moving outside 3-turn right and left
Adult Pre-Bronze	1:30 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 • Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in a combination and 3 jumps in a sequence • Forward upright spin (Min. 3 revolutions) • Forward spiral (any edge)
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Salchow • Waltz jump – toe loop combination jump • Backward Upright Spin – entry optional (Min. 3 revolutions) • Spiral sequence (Min. 2 spirals)
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> • Single loop • Single/single jump combination • Sit spin (Min. 3 revolutions) • Straight line step sequence
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> • Single Lutz or Axel • Single/single or single/double jump combination • Camel spin (Min. 4 revolutions) • Straight line step sequence
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> • Axel, double Salchow, double toe loop or double loop • Jump combination (double/double, single/double or double/single) that may include double Salchow, double toe loop or double loop and any single jump including Axel • Solo spin of skater's choice (Min. 6 revolutions) • Straight line step sequence
Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"> • Choice of any double jump • Jump combination that may include any double jump • Solo spin of skater's choice (Min. 8 revolutions) • Straight line step sequence
		<ul style="list-style-type: none"> •