

2017 Coulee Region Compete USA

Sunday, February 26, 2017

Hosted by the Tri-State Toe Picks FSC
Onalaska Omni Center
255 Riders Club Rd., Onalaska, WI 54650



Further information and Secure Online Registration (EntryEeze) available at:
www.thetoepicks.org

Entries due January 28, 2017



A Registered Wisconsin Basic Skills Series Competition

2017 Coulee Region Compete USA

Sunday, February 26, 2016, 9 am

Hosted by the Tri-State Toe Picks FSC

LOCATION OF EVENTS:

The Onalaska Omni Center, 255 Riders Club Rd., Onalaska, WI 54650.

EVENTS:

This competition will include the following girls/ladies and boys/mens events:

- Basic Elements Event: Snowplow Sam – Basic 6
- Basic Program Event: Snowplow Sam – Basic 6
- Free Skate Compulsory: Pre-Free Skate and Free Skate 1-6
- Free Skate Program Event: Pre-Free Skate and Free Skate 1-6
- Compulsory Event: Introductory Levels, Test Track and Well Balanced Levels (through Preliminary)
- Adult Events: Adult 1-6, Pre-Bronze and Bronze
- Test Track Program Event: (through Preliminary)
- Well Balanced Program Event: (through Preliminary)
- Artistic/Showcase Event
- Jumps Event
- Spins Event
- Fun Events:
 - Skate Race
 - Longest One Foot Glide
 - Longest Shoot the Duck
 - Longest Lunge

REGISTRATION:

The registration desk at the Onalaska Omni Center will be open during all practice and competition sessions. Competitors should arrive at the Onalaska Omni Center at least 60 minutes before the scheduled time of their event. All schedules will be posted on an official bulletin board at the Onalaska Omni Center. It is the responsibility of each competitor to check this board for official changes and events on the day of the competition. Failure to arrive, check-in with the registration desk, check-in with the ice monitor, and turn in your music at least 60 minutes prior to the scheduled event may result in the possibility of missing your event.

ELIGIBILITY AND RULES FOR PARTICIPANTS:

The competition is open to ALL skaters who are current eligible (ER 1.0) members of either the Learn 2 Skate USA Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete, but must be registered with the host Learn 2 Skate USA/Club or any other Learn 2 Skate USA Program/Club.

Eligibility will be based on skill level as of closing date of entries (January 28, 2017). All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 6 must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or Individual dances.

Skaters in all other events must skate at highest free skate level passed OR one level higher (MIF test level will not determine skater’s competitive level), BUT not both levels in the same event during the same competition.

ENTRIES AND FEES:

On-line entries are preferred. Please register on-line (secure registration powered by EntryEeze) through the website link: www.thetoe picks.org. For an additional fee, you may register via paper forms by following instructions on pages 6 - 8. Paper entries must be filled out completely and fee check made payable to the Tri-State Toe Picks FSC. Questions can be directed to Kym Culp via e-mail at CouleeRegionBasicSkills@yahoo.com.

Event Type:	Entry Fee:
First Event	\$50
Each Additional Event	\$15
“Fun Events”	\$10
Practice Ice, advance purchase	\$10/twenty minute session
Practice Ice, event day purchase	\$15/twenty minute session
Paper Registration Fee	\$15 (no fee for on-line registration)
Fee for Late Registration	\$25

DEADLINE FOR ENTIRIES: On-line entries must be completed by midnight, January 28, 2017. Paper entries must be RECEIVED by January 28, 2017. Late registrations will be accepted only at the discretion of the organizers and will be subject to a \$25 late fee. A coach should review the entry form for accuracy and his/her signature verifies the skater’s skating level and events.

REFUNDS:

NO refunds after closing entry date of January 28, 2017 unless the event is cancelled by the Tri-State Toe Picks FSC. Full refunds (minus on-line fee if applicable), including practice ice, are available if withdrawal is prior to the closing date of January 28, 2017. After January 28, 2017, entry refunds are only available if the event is cancelled. There will be NO medical refunds given. If you register on-line, your refund will be returned to your credit card as soon as the competition committee determines that a refund is due. If you register via a paper form, then you will be issued a club check for the refund. If you register on-line, the processing fee is not refundable for any reason.

AWARDS:

Everyone will receive an award. There will be no more than 6 skaters in each group for any event. All events will be final rounds. ALL awards will be made at appropriate times throughout the competition.

SCHEDULE OF EVENTS:

Skaters' name and event times along with directions to Onalaska Omni Center will be posted on the Tri-State Toe Picks FSC website (www.thetoepicks.org) approximately one week prior to the competition. Information regarding skating times will be mailed if a return, self-addressed, stamped envelope is included with the paper registration. All skaters should be ready to skate and check in with the Ice Monitor 30 minutes prior to their scheduled event time.

PRACTICE ICE:

Practice ice will be available on Sunday, February 26 from 7 am to 8:30 am. Practice ice will be sold in advance (on-line registration or paper entry) for \$10 per 20 minutes, or for \$15 per 20 minutes at registration as a walk on the morning of competition. Skaters' names and practice times will be posted on the website (www.thetoepicks.org) approximately one week prior to competition. A maximum of 20 skaters will be allowed on the ice during any one session. Program music will NOT be played during the practice ice sessions. Practice ice sessions may be added or canceled based on the number of registrations with the final practice ice schedule posted on the Tri-State Toe Picks website and at the ice rink. No phone calls and no e-mails will be accepted for practice ice.

MUSIC:

The music for all free skating programs and artistic programs must be provided on a CD by the skater. The CD must clearly be marked with the name of the skater, event entered, length of music, and must contain only ONE track per CD. Music must be recorded on CD-R media (no CD-RW). Competition music must be turned in at the time of registration. Time duration is always +/- 10 seconds of the stated time frame of event. A duplicate CD should be available at rink side during the event as back up. CD will be returned to the registration desk shortly after each event. CDs not collected prior to the end of the competition will be disposed. For all Free Skate and Artistic/Showcase programs, vocal music with lyrics is permitted.

PHOTOGRAPHS:

A professional photographer will be available for podium pictures. Only the professional photographer will take the award pictures. You may bring your own camera or video camera for action shots but please no flash photography during an event.

ATTIRE:

Skating top/skirt/pants or skating dress for ladies or skating top/pants for men is recommended, but not required. Casual figure skating attire is also accepted.

FACILITIES AND PARKING:

All events and practice sessions will be held at the Onalaska Omni Center at 255 Riders Club Rd., Onalaska, WI 54650. Onalaska Omni center website: www.omnicenter.net. Rink size is 110' wide by 232' long with slightly rounded corners. Concession stand will be available for duration of events. No outside food is allowed. The arena has seating for spectators and changing rooms for skaters. Free parking is available.

WISCONSIN BASIC SKILLS SERIES:

The 2017 Coulee Region Compete USA is proud to be registered with the Wisconsin Compete USA Series for the 2017 competition year. This is a free, optional series of competitions for Compete USA Figure Skaters hosted by clubs around the state. A skater may participate in either the element/compulsory events and/or free skating events in any Wisconsin Compete USA competitions to be eligible for accumulating points. Events that accumulate points for the series are:

- Basic 1 – 6 Elements
- Basic 1 – 6 Program with Music
- Pre Free Skate and Free Skate 1-6 Compulsory and Free Skate
- Beginner Compulsory and Free Skate
- High Beginner Compulsory and Free Skate
- Pre-Preliminary Test Track Compulsory and Free Skate
- No Test Compulsory and Free Skate

Other events in The Coulee Region Compete USA Competition will not earn points in the Series. For more information about the Series, dates, and locations of other competitions go to the website: www.fscouncilwisconsin.weebly.com. For more details refer to page 22 of this announcement.

LOST AND FOUND:

Lost and found items may be claimed at the registration desk.

PARTICIPATION GIFT:

Every skater will receive a T-shirt for participating in the Coulee Region Compete USA Competition! Please indicate your preferred size on the on-line registration or paper registration. One T-shirt per registered Coulee Region Compete USA skater.

OTHER INFORMATION:

For a complete set of rules, application forms, and schedules visit our website: www.thetoepicks.org. Website will be updated on an ongoing basis.

Mail paper registrations by January 28, 2017 to:

Tri-State Toe Picks F.S.C.
Coulee Region Compete USA
PO Box 374
Onalaska, WI 54650

For questions, please contact Competition Chair, Kym Culp, via e-mail:
CouleeRegionBasicSkills@yahoo.com.

2017 Coulee Region Compete USA

Paper/Mail Entry Form

Only use this form if NOT registering on-line via EntryEeze. On-line entry is preferred. Please register on-line via link at www.thetoepicks.org. There is a \$15 charge for paper entries.

If paper entry, please mail check (payable to "Tri-State Toe Picks FSC") and all 3 paper entry registration forms by deadline of January 28, 2017 to:

Tri-State Toe Picks FSC
Coulee Region Compete USA
PO Box 374
Onalaska, WI 54650



Skater's Name: _____
First Last

Skater's T-Shirt Size (circle one):

Youth S Youth M Youth L Adult S Adult M Adult L Adult XL

Date of Birth: ____/____/____ Age: _____ Gender: _____

USFS#: _____

Address: _____

City: _____ State: _____ Zip: _____

Parent/Guardian Name (if under age 18): _____

E-mail: _____ Phone :(_____) _____

Highest Level Passed: _____

Program/Home Club Affiliation: _____

Director's/Instructor's/Primary Coach's Name: _____

Director's/Instructor's/Primary Coach's E-mail: _____

Director's/Instructor's/Primary Coach's Phone Number :(_____) _____

Please check each Basic Skills Event(s) you are entering:

<u>Basic Elements Event:</u>	<u>Basic Program Event:</u>	<u>Adult Event:</u>
<input type="checkbox"/> Snowplow Sam	<input type="checkbox"/> Snowplow Sam	<input type="checkbox"/> Adult 1 <input type="checkbox"/> Adult 4
<input type="checkbox"/> Basic 1 <input type="checkbox"/> Basic 4	<input type="checkbox"/> Basic 1 <input type="checkbox"/> Basic 4	<input type="checkbox"/> Adult 2 <input type="checkbox"/> Adult 5
<input type="checkbox"/> Basic 2 <input type="checkbox"/> Basic 5	<input type="checkbox"/> Basic 2 <input type="checkbox"/> Basic 5	<input type="checkbox"/> Adult 3 <input type="checkbox"/> Adult 6
<input type="checkbox"/> Basic 3 <input type="checkbox"/> Basic 6	<input type="checkbox"/> Basic 3 <input type="checkbox"/> Basic 6	<input type="checkbox"/> Adult Pre-Bronze
		<input type="checkbox"/> Adult Bronze

<u>Pre/Free Skate 1-6 Compulsory Event:</u>	- OR -	<u>Compulsory Event – Intro/TT/WB Levels:</u>
<input type="checkbox"/> Pre-Free Skate		<input type="checkbox"/> Beginner Compulsory
<input type="checkbox"/> Free Skate 1		<input type="checkbox"/> High Beginner Compulsory
<input type="checkbox"/> Free Skate 2		<input type="checkbox"/> No Test Compulsory
<input type="checkbox"/> Free Skate 3		<input type="checkbox"/> Pre-Preliminary Compulsory
<input type="checkbox"/> Free Skate 4		<input type="checkbox"/> Preliminary Compulsory
<input type="checkbox"/> Free Skate 5		
<input type="checkbox"/> Free Skate 6		

<u>Free Skate 1-6 Program Event:</u>	- OR -	<u>Well Balanced Program Event:</u>	- OR -	<u>Intro Level/Test Track Program Event:</u>
<input type="checkbox"/> Pre-Free Skate		<input type="checkbox"/> Pre-Preliminary		<input type="checkbox"/> Beginner
<input type="checkbox"/> Free Skate 1		<input type="checkbox"/> Preliminary		<input type="checkbox"/> High Beginner
<input type="checkbox"/> Free Skate 2				<input type="checkbox"/> No Test
<input type="checkbox"/> Free Skate 3				<input type="checkbox"/> Pre-Preliminary Test Track
<input type="checkbox"/> Free Skate 4				<input type="checkbox"/> Preliminary Test Track
<input type="checkbox"/> Free Skate 5				
<input type="checkbox"/> Free Skate 6				

<u>Jumps Event:</u>	<u>Spins Event:</u>	<u>Artistic/Showcase Solo Event</u>
<input type="checkbox"/> Beginner	<input type="checkbox"/> Beginner	<input type="checkbox"/> Basic 1-6
<input type="checkbox"/> High Beginner	<input type="checkbox"/> High Beginner	<input type="checkbox"/> Beginner/High Beginner/FreeSkate
<input type="checkbox"/> No Test	<input type="checkbox"/> No Test	<input type="checkbox"/> No Test/Pre-Preliminary
<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Preliminary
<input type="checkbox"/> Preliminary	<input type="checkbox"/> Preliminary	

“Fun Events” (priced at \$10 per event)
 Skate Race Longest One Foot Glide Longest Shoot the Duck Longest Lunge

ENTRY FEES:

Please make all checks payable to “Tri-State Toe Picks FSC”.

First Event:	= \$ 50.00
Additional Events: _____(number of additional events) x \$15 each	= \$ _____
“Fun Events”: _____(number of “fun” events) x \$10 each	= \$ _____
Paper Registration administrative charge (on-line entry preferred)	= \$ 15.00
Practice Ice # of sessions: ____ x \$10 each (advance mail registration price)	= \$ _____
Late fee (ONLY if entry received after deadline of January 28, 2017)	= (\$ 25.00)

<u>TOTAL FEES DUE:</u>	= \$ _____

Mail completed entry form (all 3 pages) and fees payable to “Tri-State Toe Picks FSC” to:
 Tri-State Toe Picks FSC
 Compete USA
 PO Box 374
 Onalaska, WI 54650 _____ Skater’s Name _____ CHECK #

No refunds will be made after the deadline of January 28, 2017, except for cancelled events. Full refunds (minus on-line processing fee if applicable), including practice ice, are available if withdrawal is prior to the closing date of January 28, 2017. After January 28, 2017, entry refunds are only available if the event is cancelled. There will be NO medical refunds given. If you register on-line, your refund will be returned to your credit card as soon as the competition committee determines that a refund is due. If you register via a paper form, then you will be issued a club check for the refund. If you register on-line, the processing fee is not refundable for any reason.

Certification of Competitor:

I am a USFS registered skater, or parent/guardian thereof, eligible under the rules of United States Figure Skating. I certify that the information regarding my age is correct. I understand that due to limitations of ice for this competition the Referee and/or the 2017 Coulee Compete USA Committee reserve the right to limit entries on a first-come, first-served basis or to eliminate events with suitable notification to the entrants and return of entry fees for the event.

Name of competitor (please print)

Signature of competitor or Parent/Guardian (if under 18)

Waiver of Claims for Injury:

All competitors waive all claims of injury to person or property during the competition and practice sessions at the Onalaska Omni Center. US Figure Skating and the Tri-State Toe Picks FSC and Coulee Region Compete USA Committee undertake no responsibility for damages or injuries suffered by the skaters. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants or their parents/guardians 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, US Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition. If the competitor is under age (18 years) the parent or guardian must sign the release.

Signature of Competitor or Parent/Guardian (if skater under 18)

Date

Authorization for Emergency Medical Treatment:

I hereby consent to medically necessary emergency medical treatment for my child/myself:

Name of Competitor

Signature of Competitor or Parent/Guardian (if skater under 18)

Date

THIS PAGE TO BE COMPLETED AFTER SKATER/PARENT(GUARDIAN) HAVE FILLED OUT ENTRY FORM TO ENSURE ACCURACY:

Certification of Director/Instructor/Primary Coach:

To the best of my knowledge, the above entry forms and signatures are true and correct. The named competitor, to the best of my knowledge, is eligible to enter the event(s) as specified. The competitor is a Home Club USFS member (Basic Skills or Individual) of our club in good standing. I have reviewed and approve the entry of this skater in the indicated events:

Name of Director/Instructor/Coach (please print)

Title

Signature of Director/Instructor/Coach

e-mail address

Full name of Home Club

(_____)_____
phone number



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

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

LEARN TO SKATE USA PROGRAM

Competition levels for skaters within Compete USA include:
 Snowplow Sam
 Basic 1-6, Adult 1-6, Hockey 1-4
 Pre-Free Skate and Free Skate 1-6

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

Beginner
High Beginner

INTRODUCTORY LEVELS

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

TEST TRACK FREE SKATE

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

WELL BALANCED PROGRAM FREE SKATE

- No-Test
- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile/Open Juv.
- Intermediate
- Novice
- Junior
- Senior

Skaters may choose, at any point, which track to follow. They may not, however, enter both events at the same competition. They may also move between the tracks at different nonqualifying competitions



Compete USA Competitions

EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

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

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

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



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.

- To be skated on full ice.
- Music of skater's choice, vocal music with lyrics permitted.
- 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



Compete USA Competitions

EVENT: Pre-Free Skate – Free Skate 6 Compulsory

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

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

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



Compete USA Competitions

EVENT: Pre-Free Skate – Free Skate 6 Program

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

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

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



Compete USA Competitions

EVENT: Compulsory – Introductory, Test-Track/Well Balanced levels

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



Compete USA Competitions

EVENT: Introductory Levels Free Skate Program

General event parameters:

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

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



Compete USA Competitions

EVENT: Test Track Free Skate

General event parameters:

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

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



Compete USA Competitions

EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

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

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



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

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

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

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

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



SHOWCASE EVENTS:

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

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

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

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

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

Showcase categories may include:

- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.



EVENT: Spins Challenge

General event parameters:

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

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

EVENT: Jumps Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – Waltz jump-toe loop
No Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)



FUN EVENTS

Attention all skaters! Please join us for our fun events! We will host these events mid-day during the judges break for lunch! All levels welcome to participate. Fee is \$10 per event! Events will be grouped by skill level or if not enough skaters in an event, will have different starting points/distances depending on level. Each skater entered in a fun event will receive an award. Advanced registration preferred, but same day registrations will be accepted at registration desk for FUN EVENTS only!

-Skate Race: Each skater will race around the rink and the first skater to cross the finish line wins.

-Longest Shoot the Duck: Each skater will perform a shoot the duck element and the skater that can hold it the longest wins.

-Longest One Foot Glide: Each skater will perform a one foot glide and the skater that can hold it the longest wins.

-Longest Lunge: Each skater will perform a lunge and the skater that can hold it the longest wins.

2017 U.S Figure Skating Wisconsin Compete USA Series

Mission Statement: To give Wisconsin skaters a chance to develop their USFS Learn 2 Skate USA skills in a fun, competitive environment.

Skaters will have the chance to compete in a series of competitions with consistent rules and format and earn points for a final standing. Awards will be presented to skaters with the highest point totals when they compete in at least two out of the scheduled events. Skaters' point accumulation can be found at www.fscouncilwisconsin.weebly.com. Medals will be awarded at the final competition in the Series. Skaters who are not present at the final competition will receive their medal by mail.

Series Point System

The Free Skate and Compulsory/Elements events in each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. The system for scoring points for the final award will be as follows:

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

If an event has 2-6 skaters, the points will be awarded as if 6 skaters were in the group. If only one skater is in the group, that skater will be awarded 3 points. Points are accumulated for Compulsory and Free Skate events separately.

A skater may participate in either the element/compulsory events and/or freeskiing events in any Wisconsin Compete USA Series competitions to be eligible for accumulating points.

All skaters who participate in at least 2 competitions in the following events:

- Basic 1 – 6 Elements
- Basic 1 – 6 Program with Music
- Pre Free Skate and Free Skate 1-6 Compulsory and Free Skate
- Beginner Compulsory and Free Skate
- High Beginner Compulsory and Free Skate
- Pre-Preliminary Test Track Compulsory and Free Skate
- No Test Compulsory and Free Skate

will be eligible to win an award with an overall total of points. Medals will be awarded (1-3 place) at each level. Jumps, Spins, Dance, Pairs, Artistic, Adult and Synchronized Team events will NOT earn points in the Series.

Skaters moving to the next level during the Series will take their points with them.



**2017 U. S. Figure Skating
Wisconsin Compete USA Series**

