



THE 22ND ANNUAL CHESAPEAKE OPEN JUNE 21 - 24, 2017

Sponsored by The Baltimore Figure Skating Club; Sanctioned by U.S. Figure Skating.

The Chesapeake Open is pleased to have been chosen by U.S. Figure Skating as a designated, official 2017 National Solo Dance Series competition.

- LOCATION:** *The Gardens Ice House*
13800 Old Gunpowder Road
Laurel, Maryland 20707
(410) 792.4947
www.thegardensicehouse.com
- RINK:** The competition will be held at The Gardens Ice House. The IJS competition will be held on an ice surface that measures 100' x 200' with rounded corners, and an additional surface measuring 85' x 200' will also be used.
- DIRECTIONS:** Directions to the Gardens Ice House can be found by using the following link: www.thegardensicehouse.com/directions.html
- WEBSITE:** www.baltimorefigureskatingclub.com
- CHAIR:** *John Cole* **CHIEF REFEREE:** *John Cole*
- DEADLINE:** **Secure Online Registration and credit card payment at <http://comp.entryeeze.com/Home.aspx?cid=293> no later than midnight May 21, 2017. Checks will not be accepted.**
- ADMISSION:** No admission fee will be charged for spectators.
- RULES:** The Chesapeake Open will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website. **This competition will be using the 2017-2018 Well Balanced Program Requirements for all Singles, Pairs and Dance events.** Compliance with these rules as updated or amended is the sole responsibility of the participants and their coaches. **This competition will not be offering Final Rounds.**
- ELIGIBILITY:** This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.
- LEARN TO SKATE ELIGIBILITY:** This competition will follow the most current rules of eligibility as published in the Learn to Skate USA Competition Manual. Please refer to the following link for more specific information. <http://www.usfigureskating.org/programs?id=89713&menu=programs>.
- TEST AND AGE REQUIREMENTS:** Where applicable, all age and test requirements will be according to the current USFS Rulebook. **All test and age requirements must be met at the date entries are closed. Entrants may skate up one level but may not skate down one level. Skaters are allowed to only compete in one level per type of event.** Skaters entering the Beginner to Pre-Juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group. Skaters are allowed to skate up one level but may not skate down one level.
- JUDGING SYSTEM:** The International Judging System (IJS) will be used for all Singles and Dance events at the Juvenile and higher levels. All other events will use the 6.0 Majority Judging System.
- CRITIQUES:** ***Critiques will be offered for all Singles Short Program events, Solo Dance Free Dance events and any Ice Dance couple competing in a Free Dance event who is not staying for the accompanying USFS Ice Dance Camp.***

SCHEDULE: Individual group assignments and a tentative schedule of events will be posted at <http://comp.entryeeze.com/Home.aspx?cid=293>. PLEASE CHECK FOR SCHEDULE CHANGES PRIOR TO TRAVELING TO THE COMPETITION.

ENTRIES: Secure Online Registration and credit card payment will be available at <http://comp.entryeeze.com/Home.aspx?cid=293>. All applications must be processed through the online registration system. Online entry must be completed by midnight on May 21, 2017. No Paper Entries will be accepted.

ENTRY FEES:

Singles Events:	First IJS Event - \$135; each additional IJS event \$90 First Non-JS Event -\$105.00; each additional event \$70.00 Jump, Spin and Compulsory Moves events only: \$35 per event
Couples Dance Events:	First IJS Event - \$135 per team; second IJS event \$90 per team First Non-IJS Event - \$105 per team; each additional event \$70
Solo Dance Events:	First Solo Dance Event - \$115 Second Solo Dance Event - \$95 Shadow Event - \$115 per team
Basic Skills Events:	First Event - \$40 Second Event - \$30
Mini Production & Production Ensembles:	\$90 per team plus \$25 per skater

If a skater is skating both an IJS and a 6.0 event, the first event is priced as an IJS event (\$135), the second event is priced as a second 6.0 event (\$70).

In the event that a skater is entering two events such as a Team event and a solo event, the skater is to pay the first event fee for both events.

REFUNDS: **NO REFUNDS** will be granted after the Entry Deadline for any reason, **including medical withdrawals**, unless no competition exists or the event is cancelled by the Chief Referee.

LATE ENTRIES: At the discretion of the Local Organizing Committee (LOC), late entries may be accepted, subject to a \$50.00 fee.

PRACTICE ICE: Practice Ice will be available for purchase on June 1st after the competition schedule is posted. Practice sessions will be assigned where possible in competition groups. Groups not scheduled will be refunded once the Competition and Practice schedule is posted

COACHES: All coaches must have satisfied the Coach and Instructor Compliance along with the Continuing Education Requirements as stated U.S. Figure Skating Rules MR 5.11 and MR 5.12 (<http://www.usfigureskating.org/content/2016-17%20Rulebook%2006-30-16.pdf>).

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. This follows US Figure Skating Rule MR 5.13. 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.

MUSIC: **ALL competition music must be submitted electronically via the on-line registration system (<http://comp.entryeeze.com/Home.aspx?cid=293>) by the music submission deadline of 6/16/17 at 11:59 p.m.**

For the Chesapeake Open, **online music submission is the ONLY acceptable method to submit program music**. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "Competition" tab and

then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment. Be careful, for example, not to mix up your short program and your free skate!

The uploaded program music MUST conform to the following specifications:

- Programs per file: One [1] - Only one piece of competition program music (e.g. short program, free skate, short dance, free dance, etc.) per file is allowed.
- File Format: mp3 - The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III). Simply changing the file extension to "mp3" from another file format is not acceptable.
- Bit Rate: 192 kbps is requested (bit rates between 128 and 320 kbps will be accepted).
- Maximum file size: 10 MB
- Maximum run time: Five [5 minutes]
- ID3 Metadata [tags]: None - The Chief Music Coordinator strongly requests that mp3 files DO NOT contain any ID3 metadata, commonly called tags. This is especially true of any embedded images such as album cover art, picture of the skater, etc. Please, NO EMBEDDED IMAGES!
- Maximum leader: The Chief Music Coordinator requests that there be NO leader. The leader is the silence between the start of the track and the actual start of the program music.
- Maximum trailer: The Chief Music Coordinator requests that there be NO trailer. The trailer is the silence between the end of the program music and the end of the actual track.

Backup Music at Event [CDs]

In addition to submitting the music online, ***all competitors/teams must also have at least one [1] backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event segment or official practice.*** CDs must meet the following requirements:

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are NOT acceptable.
- Clearly marked with a permanent marker (e.g. Sharpie, do NOT use a label or tape) as follows: First Name, Last Name, (Club – Optional but requested), Event, Event Segment and Music Length (e.g. Jane Smith, Acme FSC, Novice Ladies, Free Skate, 3:10 or Synchro Team, Widget FSC, Preliminary, Free Skate, 1:59)
- Each CD may have only ONE [1] music track on it. In the case where a skater competes in both a short program/dance and a free skate/free dance, two [2] separate discs must be available. Any disc with more than one [1] track is NOT acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two [2] seconds.
- Due to the compatibility and reliability reasons, music may NOT be submitted on re-recordable "CD-RW" discs. ***PLEASE, no CD-RWs!!***

The Local Organizing Committee ("LOC"), competition officials, and volunteers exercise reasonable care when handling CDs. However, they are not responsible for damage to or loss of any CDs. The LOC is not responsible for CDs not picked up by the end of the competition. Those CDs will be destroyed.

Penalty for Incorrect Music or Failure to Upload Music

The LOC may assess each competitor/team an additional charge, up to \$25.00 per event segment, if the competitor/team: 1) fails to submit their music prior to the online music submission deadline, 2) submits files that do not follow the specifications above, or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate). In the event the LOC decides to assess a penalty, the competitor/teams will not receive their credentials at registration until they pay the penalty fee and turn in their music on CD, conforming to the requirements above.

PLANNED PROGRAM

CONTENT FORMS:

If you are registering for an IJS event, **you are required to complete the Planned Program Element form** in the online competition registration system at <http://comp.entryeze.com/Home.aspx?cid=293> (go to your account and click the Planned Program Content tab) **by June 11, 2017.**

REGISTRATION:

A registration desk will open approximately thirty minutes before the first practice session of each day and close 30 minutes after the conclusion of the last event of the day. The registration desk will be located in the lobby of the arena. All competitors should register one hour before their event.

OFFICIAL NOTICES:

An official bulletin board will be maintained at the registration desk area. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. The latest schedule of events will be posted on this board.

AWARDS: Medals will be awarded to all first, second, third and fourth place finishers in each event. Award Ceremonies will be held throughout the competition. Ceremony times will be posted near the Registration desk.

The skater(s) and dance couple(s) with the highest point total will be awarded with the following trophies: The Chesapeake Open Trophy for the Intermediate Men's and Ladies Short Program, the Allan Trophy for the Novice Ladies Long Program, and the President's Cup Trophy for the Intermediate Free Dance.

LIABILITY: U. S. Figure Skating, The Baltimore Figure Skating Club and the Gardens Ice House undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, the USFSA, The Baltimore Figure Skating Club, The Gardens Ice House and against its Officers, and their entries shall be accepted only on such condition. **(See Rule 1600).**

**PHOTOGRAPHY/
VIDEOGRAPHY:** *The titled service will be offered throughout the entire competition. The vendor will be located in the lobby of the arena for convenience to view photos and ordering of their services.*

TRAVEL: There are 3 major airports in the Baltimore Washington area. The Baltimore-Washington International (BWI) airport is the closest being 20 miles away. The other 2 airports, Washington-Dulles International (40 miles) and Ronald Reagan International (25 miles) are both a reasonable driving distance from the arena and surrounding hotels.

HOTELS: **HOTEL:** **PREMIER SPONSOR AND OFFICIAL HOTEL PARTNER: Sheraton College Park North**
4095 Powder Mill Road, Beltsville, Md. 20705
1-301-937-4432
<http://www.sheratoncollegeparknorth.com>



Please ask for the group rate associated with the Chesapeake Open Competition. There are a limited number of rooms reserved under this block at this rate. To obtain the special competition rate, please book your reservation **by May 22, 2017 at 5:00 pm** Eastern by using the following link: [Click here to reserve the special Chesapeake Open rate at the Sheraton College Park North](#)

Should the official hotel be booked, other hotels are available in the area and can be found by using a search engine for hotels in Maryland.

**MERCHANDISE
PRE-ORDER:** Do not forget to order your Chesapeake Open T-Shirt and Chesapeake Open Pin. These brightly colored shirts are collected by our competitors each year as we change the color annually. All of the competitors names are included on the back of the t-shirt. Complete the order form on the Entryeeze website (<http://comp.entryeeze.com/Home.aspx?cid=293>) for our competition.

CONTACTS: *All inquiries should be submitted to info@baltimorefigureskatingclub.com. We will respond to your inquiry within 48 hours of submission of your question*

COMPOSITION OF IJS EVENTS

IJS Singles Short Program and Free Style – Events will be offered from Juvenile through Senior. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions. <http://www.usfigureskating.org/shell?id=59254> . In addition, please refer to the 2016 Rulebook for General Rules related to the discipline of Singles skating.

IJS Dance Events: Pattern Dance (**Juvenile – Novice**), Short Dance (**Junior and Senior**) and Free Dance (**Juvenile – Senior**) Events will be offered. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions. <http://www.usfigureskating.org/shell?id=59258> . In addition, please refer to the 2016 Rulebook for General Rules related to the Discipline of Ice Dance.

COMPOSITION OF 6.0 EVENTS

Singles Free Skating – The following Levels will be offered: **No – Test, Pre-Preliminary, Preliminary and Pre-Juvenile**. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions. <http://www.usfigureskating.org/shell?id=59254> . In addition, please refer to the 2016 Rulebook for General Rules related to the discipline of Singles skating. Click on the Well Balanced Program requirements link.

Introductory Free Skating Programs – The following Levels will be offered: **Beginner, High Beginner**. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions. <http://www.usfigureskating.org/shell?id=59254> .

Adult Free Skating - The following events will be offered: **Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Intermediate-Novice and Masters Junior-Senior**. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions. <http://www.usfigureskating.org/shell?id=59254> . In addition, please refer to the 2016 Rulebook for General Rules related to the discipline of Adult Singles skating. Click on the Adult Singles Elements link.

Competitive Test Track – The following levels will be offered: **Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior and Senior**. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions, <http://www.usfigureskating.org/shell?id=59254> . Click on the Test Track link.

Basic Skills Free Skate - The following events will be offered: **Basic Program Event: Snowplow Sam through Basic 6 and Pre - Free Skate – Free Skate 1-6 Program Event and Adult 1-6 Free Skate Program Event**. Please refer to the pages below for specific element requirements.

Couples Dance: Pre-Juvenile Pattern Dance and Free Dance. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions. <http://www.usfigureskating.org/shell?id=59258> . In addition, please refer to the 2017 Rulebook for General Rules related to the discipline of Ice Dance.

Solo Dance – This competition is an approved participating competition within U.S. Figure Skating's National Solo Dance Series. The **Pattern Dance Event, the Combined Dance Event and the Shadow Dance Event** will be offered at this competition. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions. <http://www.usfigureskating.org/shell?id=59262> . **On the following pages, please see the list of selected dances for the solo pattern dance and shadow dance events.**

Compulsory Moves – Age and Test requirements are the same as free skating levels. The categories to be competed will include **Beginner, High Beginner, No – Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Intermediate, Novice, Junior, Senior and Adult** Categories. The Beginner through the Juvenile and Open Juvenile categories will be skated on ½ ice. All other categories will be skated on full ice. Please refer to the following link for specific event requirements & restrictions. <http://www.usfigureskating.org/shell?id=59256>

Basic Skills Compulsory Moves - The events to be competed will be those under the **Basic Elements Event Snowplow Sam through Basic 6, Pre-Free Skate - Free Skate 6 Compulsory Event**. Please refer to the following pages for specific element requirements.

Jumps Only – Test and age requirements same as free skating levels. Entry based upon highest Freestyle test passed. The categories to be competed will include **Beginner, High Beginner, No – Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Intermediate, Novice, Junior, Senior and Adult** Categories. Please refer to the following link for specific event requirements & restrictions. <http://www.usfigureskating.org/shell?id=59256> . Click on the link for **Jumps Challenge**.

Spins – Test and age requirements same as free skating levels. Entry based upon highest Freestyle test passed. The categories to be competed will include **Beginner, High Beginner, No – Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Intermediate, Novice, Junior, Senior and Adult** Categories. Please refer to the following link for specific event requirements & restrictions. <http://www.usfigureskating.org/shell?id=59256> . Click on the link for **Spins Challenge**.

Showcase – Test and age requirements same as free skating levels. Entry based upon highest Freestyle test passed. The categories to be competed will include **Beginner, High Beginner, No – Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Intermediate, Novice, Junior and Senior** Categories for **Light Entertainment, Dramatic Entertainment and Duet**. Please refer to the following link for specific event requirements & restrictions. <http://www.usfigureskating.org/shell?id=59260> .

2017 U.S. Figure Skating Solo Dance Series Events

The 2017 Chesapeake Open is a participating competition within the 2017 Solo Dance Series.

The solo pattern dance event, solo combined event and shadow dance events are being offered as part of the 2017 U.S. Figure Skating Solo Dance Series and will be conducted in accordance with the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479>. Please refer to the 2017 Solo Dance Series handbook for the current Series rules, levels and event requirements that will be in effect for this competition.

2017 SOLO DANCE SERIES EVENTS BEING OFFERED:

Solo Pattern Dance Event: The solo pattern dance event is comprised of two dances at each level. This event is being offered at the preliminary, pre-bronze, bronze, pre-silver, silver, pre-gold, gold and international levels.

Level	Dances
Preliminary	Dutch Waltz Rhythm Blues
Pre-Bronze	Swing Dance Cha Cha
Bronze	Willow Waltz Ten Fox
Pre-Silver	Fourteenstep European Waltz
Silver	Rocker Foxtrot Tango
Pre-Gold	Killian Blues
Gold	Viennese Waltz Argentine Tango
International	Rumba Yankee Polka

Refer to the 2017 Solo Dance Series Handbook for the solo pattern dance event rules, test requirements and details found at <http://www.usfigureskating.org/Programs.asp?id=479>

Solo Combined Event: The solo combined dance event is comprised of both of the following:

1.) **JUVENILE, INTERMEDIATE, NOVICE:** One solo pattern dance chosen by the referee out of two possible dances as selected by U.S. Figure Skating. This dance will not be posted until the starting order is posted at the competition.

Pattern Dance Selection for Juvenile: Willow Waltz and Hickory Hoedown

Pattern Dance Selection for Intermediate: Fourteenstep and Foxtrot

Pattern Dance Selection for Novice: American Waltz and Killian

JUNIOR, SENIOR: One solo short dance

2.) One solo free dance

The pattern dances competed in the combined dance event are separate from those in the solo pattern dance event and the results will not count towards the solo pattern dance event or results. This event is offered at the juvenile, intermediate, novice, junior and senior levels. Refer to the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479> for the combined event rules and details.

Shadow Pattern Dance: The shadow pattern dance event is offered for the preliminary through senior levels. Refer to the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479> for the shadow pattern dance rules and event details..

Level	Dances
Preliminary	Rhythm Blues
Juvenile	Ten Fox
Intermediate	Fourteenstep
Novice	Tango
Junior	Paso Doble
Senior	Westminster Waltz



EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

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

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



EVENT: Pre-Free Skate – Free Skate 6 Program

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

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

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



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

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>



EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

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

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

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



EVENT: 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