



# Utah Olympic Oval Spring Challenge

**Utah Olympic Oval Spring Challenge**  
**BASIC SKILLS COMPETITION**  
BASIC SKILLS SNOWPLOW SAM through PRELIMINARY, ADULT  
through BRONZE, HOCKEY 1-4

**Competition – March 4, 2017**

**Entry Deadline – February 18, 2017**

Competition Chair, Registrar: Colin Cook, Taylor Burdekin

HOSTED BY:

**Oval Figure Skating Club**

Utah Olympic Oval  
5662 S. Cougar Lane (4800 West) Kearns,  
Utah 84118

**[www.utaholympiclegacy.com](http://www.utaholympiclegacy.com)**



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**Location:** Spring Challenge will be held at Utah Olympic Oval, located at 5662 S. Cougar Lane (4800 West), Kearns UT 84118. This is approximately 15 miles southwest of downtown Salt Lake City. The enclosed ice surface is 100' by 200' with slightly rounded corners. Dressing rooms will be available to skaters. There is no charge to watch the competition events.

**Eligibility:** Spring Challenge is an open competition open to skaters of all ages who are current members of U.S. Figure Skating at the time of the event (including Basic Skills memberships). 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 a Basic Skills Program/Club. Test qualifications will be effective as of the closing date of entries. Age as of February 18, 2017 shall determine eligibility in categories where age is a determining factor.

**Sanction:** Spring Challenge is sanctioned by U.S. Figure Skating. The competition will be conducted in accordance with the rules of U.S. Figure Skating, as defined in the 2016-2017 U.S. Figure Skating rulebook, except as otherwise stated in this announcement.

**Competition Events:** Spring Challenge events include: Basic skills through Preliminary including Adult through Bronze and Hockey 1-4, Free Skate Programs, Elements and Compulsories at all levels. The skater may skate one level above his or her current level based on tests passed as of the close of entries.

**Entry Fees (per person, per event, U.S. dollars):**

First Event (program events are considered first event)	\$40.00
Additional Event (elements or compulsory events)	\$25.00

**Entries:** Spring Challenge Entry Form must be registered into Entryeze.com no later than 11:59pm on February 18, 2017.

Two or more entries in a category will constitute an event. Where there is only one skater entered in an event, an exhibition may be offered at the discretion of the Chief Referee or a refund will be made. In any event, groups may be divided or combined by age, sex, or numbers at the discretion of the Chief Referee. Entrants may skate one level above that for which they are qualified. Event eligibility is based on test status as of the entry deadline. There are no final rounds. Skaters will not be allowed to practice or compete until all payments are current.

**Practice Ice:** We will have practice ice in the morning the day of the event before the competition (times to be announced), music will not be played. Practice ice will be purchased ahead of time on EntryEeze. If space allows sessions can be purchased on site the day of, first come first serve. If there is sufficient demand an additional freestyle session will be available the evening of Friday March 4<sup>th</sup>. If these sessions are made available the information will be communicated via email and will be available for purchase on entryeze.

**To Register:** Make payments on Entryeze.com with a credit card or debit card and go to Current Competitions, <http://www.entryeze.com/competitions.htm>, and look for our Logo with the name, **Utah Olympic Oval Basic Skills Spring Challenge**.

**Event Schedule:** A tentative schedule of events will be posted online at Entryeze.com as soon as it is available. Competitors must be available to compete any time Saturday, March 4, 2017 (depending on final scheduling). Practice ice times will be available online at <http://www.utaholympiclegacy.com>

**Late Entries:** Entries registered on Entryeze.com after February 18, 2017 will be considered late, and will not be accepted.

**Refunds:** In accordance with Rule 3047 in the 2014-15 Rulebook, once entries have closed, entry fees are only refundable if the competition is not held.

**Registration:** The registration desk will be in the lobby of the arena, and will be open during the competition and during day-of-competition practice ice. Skaters should check in at the registration desk one hour prior to their scheduled event. The referee may begin any competition event up to 30 minutes early. Please arrive 1 hour prior to your event.

**Official Notices:** The official schedule showing starting times for each event and the draw will be posted in the arena. The official schedule supersedes all other schedules. Notices posted on the official competition bulletin board are considered as sufficient notice to all competitors. The official schedule is tentative and subject to change.

**Rule Changes:** Rules of this competition may change due to changes made at US Figure Skating's Governing Council. Notice will be given as soon as possible if this occurs.

**Referee:** The decision of the Referee on all matters will be final. The Referee, along with the competition chair, shall have the right to exclude any person whose behavior is unruly or unsportsmanlike.

**Judging:** The 6.0 System will be used to judge all events at this competition.

**Music:** All competitors must provide their own music on CD (No CD-RWs, DVD-R, mp3, iPods, or mini discs allowed). Each CD must be clearly labeled with the skater's name, event, side to be played, and length of program. There must be only one program on a CD, with no more than a 5 second lead in. Please bring two copies of each CD, in case a backup is needed. Music must be turned in at the registration desk one hour prior to the event to be skated and picked up following the event. Utah Olympic Oval and Oval Figure Skating Club are not responsible for any music not picked up by the end of the competition.

**Safety Rules for Costumes and Props:** For safety reasons, **white** feather boas are not permitted, and any feathers, sequins or other accoutrements must be securely fastened onto garment. The following props are not permitted, but are not limited to, live animals, balloons, candles, fog, dry ice, power cords, all types of glass, and power driven items. If props are used, they must be removed in one minute of program completion and be able to be carried on and off the ice in one trip by the skater(s). No assistance is allowed. Violations will be penalized 0.2 for each 5 seconds excess time or for assistance. The use of any prop may be denied at the discretion of the Referee and/or competition committee.

**Practice Ice:** Twenty (20) minute practice ice sessions are available for \$15.00 each. Reservations for practice ice must be made and paid for in advance on entryeze. Skaters may sign up for one session per event entered. No music will be played. Additional sessions may be available on a first-come, first-served basis the day of the event for \$20 per session. No refunds will be issued for skaters who do not skate their reserved session. A practice ice schedule will be posted online at <http://www.entryeze.com> as soon as it is available.

**Dressing Rooms:** Dressing rooms are unsupervised. Please bring skate guards and do not leave valuables unattended. Neither Oval Figure Skating Club nor Utah Olympic Oval will be responsible for missing valuables. Coin operated (\$0.50) lockers are available in the tunnel at the center ice stairway.

**Awards:** Awards will be presented on the podium approximately every hour as time allows. Those not wishing to wait for an awards ceremony may request their medal at the awards desk. A full awards schedule will be sent via email. Medals will be given for first through third places in each event.

**Videotaping and Photography:** Every effort will be made to secure professional videotaping and photographs. Medals will be presented by group, following posting of scores. **NO FLASH PHOTOGRAPHY** is allowed in the rink area during competition. Flash photography is dangerous to the skaters! The competition committee reserves the right to remove anyone from the rink who ignores requests and warnings regarding the use of flash photography. In addition, there will be no personal videotaping of other competitors during the competition. Awards photos are optional - a podium will be available for personal or group photographs. **If professional videotaping and photography are not available for the competition it will be posted and personal cameras and videotaping will be allowed with respect to the above-mentioned rules.**

**Competition Souvenirs:** Official competition sweatshirts, flowers and other items will be available for purchase during the competition. **For the safety of the skaters there can be no throwing of any object or souvenir onto the ice, including flowers.**

**Coach Registration:** All coaches will have to comply with the U S Figure Skating coach registration policy in order to be allowed to instruct and coach at this event. Coaches will need to check-in at the registration desk and show proof of your US Figure Skating Coach Registration Card and a photo ID. The only exception is for coaches under 18 years of age or for coaches who only have Basic Skills students. Coaches will receive a lanyard as a credential to put skaters on the ice for their events or coach on practice sessions.

**Competition Chairman:**

**Colin Cook**

Email: colin@cook-tech.com

**Registrar:**

**Taylor Burdekin**

Email: taylor\_sk8r@hotmail.com



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

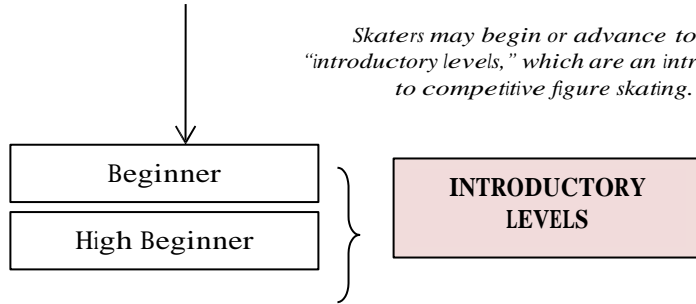
*Singles athletes begin with the Learn to Skate USA program, then progress to the “introductory levels,” and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.*

**LEARN TO SKATE USA PROGRAM**

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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.*



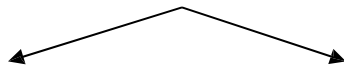
*Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the “Test Track Free Skate” or “Well Balanced Free Skate” program. Test requirements for both categories are the same, it is completely the choice of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

**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 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.	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.	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.	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.	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.	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.	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.	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.

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.	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.	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.	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.	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.	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.	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.	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	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.	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.	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.	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.	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.	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.	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.

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	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	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.	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	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.	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.	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.	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: Introductory Levels Compulsory

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

To be skated on ½ ice.

No music is allowed.

The skater must demonstrate the required elements and may use any additional elements from previous levels.

A 0.2 deduction will be taken for each element performed from a higher level.

*Skaters may have the option to skate one level higher in compulsories than their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	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.	Toe loop jump Salchow jump Forward scratch spin - minimum three revolutions Forward or backward 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: 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: 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: 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: 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: 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	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• No single Axels, double jumps or triple jumps</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3jump combination with a maximum of 3 single jumps is permitted</li> <li>• Jump sequences limited to a maximum of 3 single jumps Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly               <ul style="list-style-type: none"> <li>• Minimum 3 revs. Spins must be of a different character (For definition see rule 4103E)</li> </ul> </li> </ul>	Step sequence*  Must use onehalf the ice surface  Moves in the field and spiral sequences are permitted but will not be counted as elements.  Jumps may be included in the step sequence

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



## 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: 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: 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: 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: 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

## ADULT EVENTS

### 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><b>Adult 1</b></p> <ul style="list-style-type: none"> <li>Falling and Recovery</li> <li>Forward Marching</li> <li>Forward two-foot glide</li> <li>Forward swizzle (4-6 in a row)</li> <li>Forward snowplow stop – two feet or one foot</li> </ul>	<p><b>Adult 4</b></p> <ul style="list-style-type: none"> <li>Forward outside edge on a circle, right and left</li> <li>Forward inside edge on a circle, right and left</li> <li>Forward crossovers, clockwise and counterclockwise</li> <li>Backward one-foot glides, right and left</li> <li>Hockey stop, both directions</li> </ul>
<p><b>Adult 2</b></p> <ul style="list-style-type: none"> <li>Forward skating across the width of the ice</li> <li>Forward one-foot glides</li> <li>Forward slalom</li> <li>Backward skating</li> <li>Backward swizzles, 4-6 in a row</li> </ul>	<p><b>Adult 5</b></p> <ul style="list-style-type: none"> <li>Backward outside edge on a circle, right and left</li> <li>Backward inside edge on a circle, right and left</li> <li>Backward crossovers, clockwise and counterclockwise</li> <li>Forward outside three-turn, right and left</li> <li>Beginning two-foot spin</li> </ul>
<p><b>Adult 3</b></p> <ul style="list-style-type: none"> <li>Forward stroking using the blade properly</li> <li>Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>Backward skating to a long two-foot glide</li> <li>Forward chasses on a circle, clockwise and counterclockwise</li> <li>Backward snowplow stop, Right and Left</li> </ul>	<p><b>Adult 6</b></p> <ul style="list-style-type: none"> <li>Forward stroking with crossover end patterns</li> <li>Backward stroking with crossover end patterns</li> <li>Forward inside three-turn, right and left</li> <li>T-stop</li> <li>Lunge</li> <li>Two-foot spin into one-foot spin</li> </ul>
<p><b>Adult Pre-Bronze:</b> 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><b>Adult Bronze:</b> 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>



# Compete USA Competitions

**Hockey 1-4 Elements:** Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: 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

**All elements must be skated in the order listed**

Time: 1:00 or less

<p><b>Hockey 1</b></p> <ul style="list-style-type: none"> <li>Proper basic hockey stance, forward and backward</li> <li>March forward across the ice, 8-10 steps</li> <li>Two-foot glides and dips from forward marching</li> <li>Forward swizzles / double C-cuts (4-6 in a row)</li> <li>Stationary Snowplow Stop</li> </ul>	<p><b>Hockey 3</b></p> <ul style="list-style-type: none"> <li>Forward C-cuts (1/2 swizzle pumps) on a circle, both directions</li> <li>Forward outside edges on half circles, alternating feet on the axis</li> <li>Forward inside edges on half circles, alternating feet on the axis</li> <li>Backward C-Cuts on a circle, both directions</li> <li>Backward snowplow stops, one foot and two feet V-stop</li> </ul>
<p><b>Hockey 2</b></p> <ul style="list-style-type: none"> <li>Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive</li> <li>Forward C-cuts: single leg and alternating feet in a straight line</li> <li>Backward hustle or march, then glide on two feet</li> <li>Backward swizzles / double C-cuts (4 – 6)</li> <li>Two-foot moving Snowplow stop</li> </ul>	<p><b>Hockey 4</b></p> <ul style="list-style-type: none"> <li>Quick starts using forward V-Start</li> <li>Backward one-foot glide, right and left</li> <li>Forward crossovers on a circle, clockwise and counterclockwise</li> <li>Backward crossovers on a circle, clockwise and counterclockwise</li> <li>Hockey stops (to right and left, with speed)</li> </ul>





## Compete USA Competitions

### 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](http://www.usfigureskating.org).

Showcase categories may include:

Levels can be subdivided, if necessary, depending on entry numbers and event set up

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.

Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

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.



## Compete USA Competitions

### EVENT: Spins Challenge

General event parameters:

Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.

All events are skated on ½ ice.

Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
High Beginner	1:30 max.	Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
No Test	1:30 max.	Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
Pre – Preliminary	1:30 max.	Upright one-foot spin (3) Upright back-scratch spin (3) Sit spin (3)
Preliminary	1:30 max.	Forward scratch to back scratch spin (3) Combination spin with no change of foot (4) Sit spin (3)



## Compete USA Competitions

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



## Compete USA Competitions

### LEARN TO SKATE USA SYNCHRO SKILLS 1-3

The synchronized competition program is also part of the Learn to Skate USA program. The Compete USA competition program is for Learn to Skate USA level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Synchro Skills teams compete at Learn to Skate USA competitions and nonqualifying synchronized skating competitions around the country.

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
<b>SYNCHRO SKILLS 1</b> 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3 spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
<b>SYNCHRO SKILLS 2</b> 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide.	One line, which must cover full ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team’s choice with backward pumps and chasses.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
<b>SYNCHRO SKILLS 3</b> 8-16 skaters, majority at least 12 years old Maximum 2 minutes 40 seconds Minimum of two different hand holds	One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide.	Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 different configurations.	Wheel element of the team’s choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:

- Unison of body alignment, and learning to guide with the head.
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity.
- Incorporating skills from Basic 1-6, Pre-Free Skate and Free Skate 1 to strengthen skating skills.
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.

#### Restrictions in Synchro Skills 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
  - Lines may not pivot.
- Synchro Skills 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Synchro Skills 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

#### Restrictions in Synchro Skills 3:

- No traveling within elements (change of configuration and rotational direction are allowed).

**Restrictions in all levels:** All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating Rulebook.

Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules



**EVENT: Theatre On Ice (TOI) Events**

Format: The competitive programs shall create a story based on the theme while demonstrating the choreographic process and gesture or movement.

Programs should contain skating skills from the Learn to Skate USA program levels listed.

Elements from higher levels are not allowed.

Elements from lower levels are encouraged.

Coaches should refer to the U.S. Figure Skating Learn to Skate USA Instructor’s Manual for further details on the elements.

Props, scenery and theatrical makeup are not allowed.

Please refer to the Learn to Skate USA Instructor’s Manual for more detailed information on Theatre On Ice 1-4.

**Learn to Skate USA Theatre On Ice Levels**

Level	Program Length	Test, Team Size and Age Requirements
TOI/CE 1	1:30 +/- 10 seconds	<ul style="list-style-type: none"> <li>• Theme: Joy (emotion)</li> <li>• Choreographic process: Repetition</li> <li>• Movement or gesture: Allegro (fast movement)</li> </ul> <p>Skaters should demonstrate elements from the Learn to Skate USA program levels 1 through 4. Elements from higher levels are not allowed.</p>
TOI/CE 2	1:30 +/- 10 seconds	<ul style="list-style-type: none"> <li>• Theme: Body as an instrument</li> <li>• Choreographic process: Canon</li> <li>• Movement or gesture: Soft movement (fluid and light)</li> </ul> <p>Skaters should demonstrate elements from the Learn to Skate USA program levels 5 through 6 Elements from higher levels are not allowed.</p>
TOI/CE 3	1:30 +/- 10 seconds	<ul style="list-style-type: none"> <li>• Theme: Traveling through space</li> <li>• Choreographic process: Mirroring</li> <li>• Movement or gesture: Unison</li> </ul> <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 1 through 3. Elements from higher levels are not allowed.</p>
TOI/CE 4	1:30 +/- 10 seconds	<ul style="list-style-type: none"> <li>• Theme: Rhythm</li> <li>• Choreographic process: Call and response</li> <li>• Movement or gesture: Percussive (sharp, fast movement)</li> </ul> <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 4 through 6. Elements from higher levels are not allowed.</p>

