

38th Annual Northland Figure Skating Competition



January 25 - 28, 2018

Duluth, MN

Free Skating • Short Program

Test Track • IJS

Compulsory • Spins • Jumps • Showcase

Hosted by the Duluth Figure Skating Club

www.duluthfsc.org

Chief Referee: Jennifer Marker Johnson

Accountant: Lexie Kastner

Assistant Accountant: Carolyn Marker

Music Coordinator: Mike Wittmann

Co- Chairs: Vikki Buckley and Kathy Jensen

Email: northlandcompetition@gmail.com

ENTRY DEADLINE IS DECEMBER 10, 2017



The Northland Figure Skating Competition 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 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.

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. All events must be skated at the same level.

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 13 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 13 years of age at the close of entries.

Skaters entering beginner through pre-juvenile events will be divided as closely as possible by age, should the number of entries warrant more than one group.

ENTRIES: Online registration is preferred and is available via secured credit card transaction at www.duluthsfc.org serviced by Entryeeze. Upon receiving your application online, an email will be sent to the skater's coach to verify accuracy of the entry. An official of the skater's home club will also be notified to certify the skater's standing within the club. Mail in paper registration is also available for a processing fee of \$6.00. Make checks payable to the DFSC and mail registration and check to: Northland Figure Skating Competition, c/o Vikki Buckley, 1817 N 16th St, Superior, WI, 54880. Entries must be completed online by **December 10, 2017** or mail in entries **postmarked by December 2, 2017**. Due to the large number of registrations in previous years, the referee may choose to limit or eliminate certain events. In the event that a skater is signed up for the incorrect level or event, the Chief Referee must approve all changes. An additional fee of \$25.00 will be charged to the skater if the referee approves any changes. Late entries will be accepted only at the discretion of the Chief Referee and must be accompanied by a \$25.00 late fee.

REFUND POLICY: Entry fees will not be refunded after December 10, 2017 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available on Entryeeze.

FACILITIES: The competition will be held at the Duluth Entertainment Convention Center (DECC), www.decc.org, 350 Harbor Dr, Duluth, MN, 55802. The DECC is a two rink facility with ice surfaces of 190' x 85'. There is a daily parking fee of \$5.00.



MUSIC: Only standard format CDs will be accepted. CDs must be clearly marked with the skater's name and must be in a paper CD sleeve with a see-through window. CDs must have only one track if you compete in multiple events. The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Forgotten music will not be mailed after the competition. Music will not be played during practice ice.

LIABILITY: U.S. Figure Skating, the Duluth Figure Skating Club and the Duluth Entertainment Center accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM: The International Judging System (IJS) will be used for Juvenile through Senior and Adult Gold and Masters Short program and Well Balanced Program Free Skate events. All competitors skating in these events need to submit the planned program content form online by **January 12, 2018.**

The 6.0 Majority Judging System will be used for all other events including the Well Balanced Program Free Skate events, Pre-preliminary through Pre-Juvenile and Open Juvenile and all other levels of the Test Track Free Skate.

REGISTRATION: The registration desk is located in Edmund Fitzgerald Hall and will open at 2 pm on Thursday, January 25th, and one hour prior to the first scheduled event on all other days and will remain open through the last event of the day. The skater must have their music in order to check in, even if their first event does not require music. Skaters are required to check in at least one hour prior to their first event.

LOCKER ROOMS AND CHANGING AREAS: This event will be following the Locker Rooms and Changing Area policy included in the SafeSport Handbook. Please click on the link to find out more information regarding locker room policy, <http://www.usfsa.org/content/safesport%20handbook.pdf>.

PRACTICE ICE: Practice ice will be available for purchase via Entryeze or at the Registration desk. Pre-paid practice ice is being offered to skaters for a cost of \$15.00 per 20 minute session. Skaters will be able to choose their own practice ice sessions online after practice ice selection opens on Entryeze, but will need to indicate the number of sessions desired during the registration process and must be pre-paid with your entry. Additional practice ice will be available to purchase for \$17.00 per session once the schedule has been posted and those skaters who have pre-registered for practice ice have had time to make their selections. Practice ice will also be available to purchase at the registration desk for \$20.00 per person. Refunds will not be given for unused practice ice sessions.

PHOTOGRAPHY: An official photographer will be taking action shots of all skaters and events as well as event winners. New this year, you will be able to pre-purchase photos under the merchandise section in Entryeze during registration. The price is \$40.00 for every picture in every event, including award photos. Purchases can also be made at the competition and prices will be \$30.00 for the first event and \$15.00 for each additional event.

VIDEOGRAPHY: Your entry fee includes a video of one event. Additional videos and/or events will be available to purchase.

AWARDS: All award ceremonies will be off ice in Edmund Fitzgerald Hall shortly after the final results are posted. Medals will be given to all Limited Beginner through Pre-Preliminary skaters and to the top four skaters in all other groups. Trophies will be given for the 1st through 3rd place in each of the Novice, Junior, and Senior Well Balanced free skating events.

OFFICIAL NOTICES: An official bulletin board will be maintained in Edmund Fitzgerald Hall near the registration desk. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

TEST SESSION: A USFS test session will precede the competition on Thursday, January 25, 2018. Registration will be available online at www.duluthfsc.org.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

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

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. Coaches will need to wear the official competition name badge in order to be permitted in the designated coaching area at rink side during events.

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

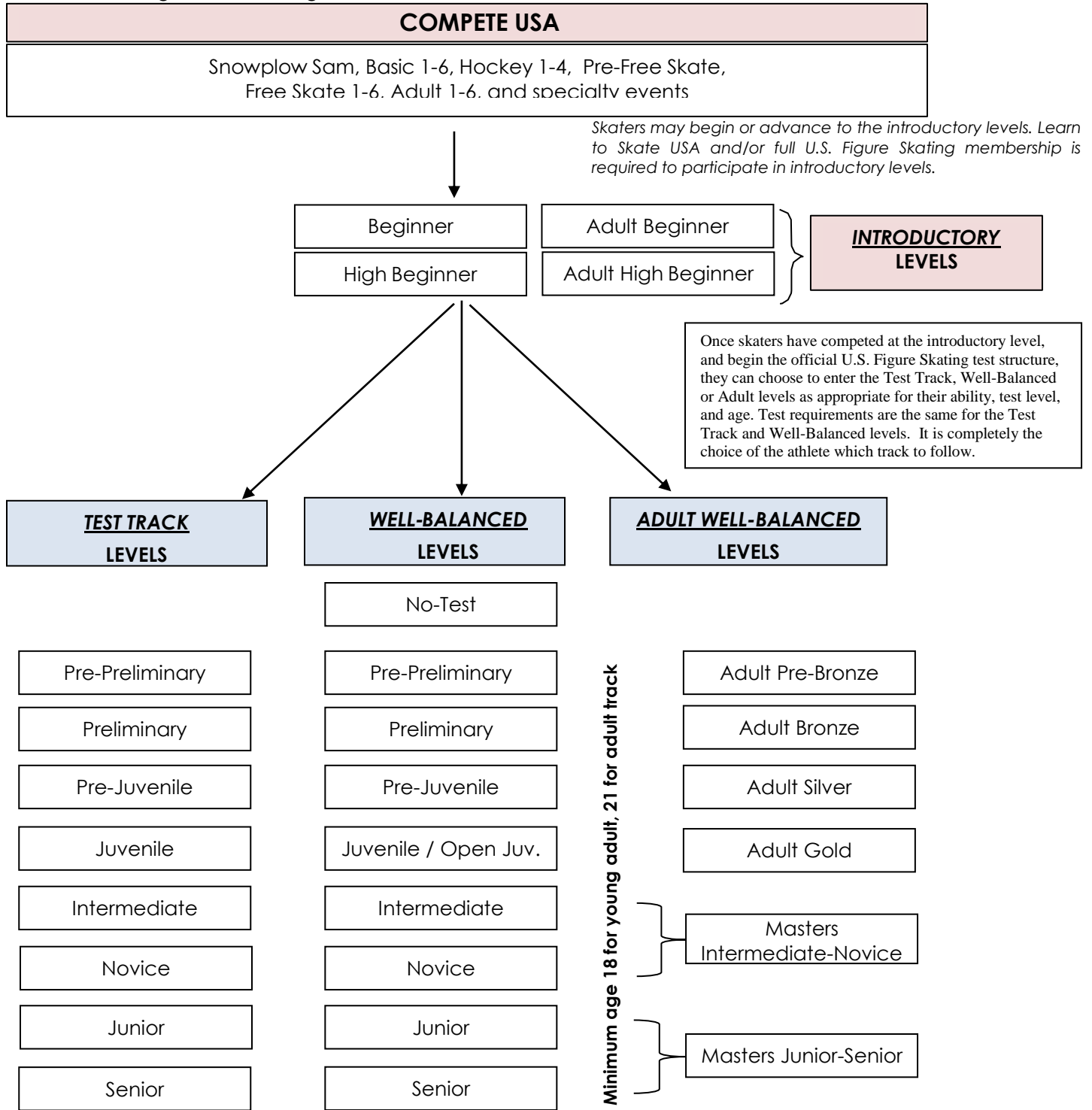
For more information regarding Coach Compliance, please refer to: <http://usfsa.org/story?id=84159>

CONTACT INFO: If you have questions, please contact: northlandcompetition@gmail.com.

SINGLES FREE SKATING EVENTS

See current rulebook or click [here](#) for current rules and requirements.

Illustration of Singles Free Skating Events:





U.S. Figure Skating Nonqualifying Competitions

EVENT: 2017-18 Test Track Free Skate – Introductory through Senior levels

General event parameters:

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

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



EVENT: 2017-18 Test Track Free Skate – Introductory through Senior levels (cont)

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 maximum	<p><i>Maximum of 5 jump elements:</i></p> <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. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test

EVENT: 2017-18 Test Track Free Skate – Introductory through Senior levels (cont)

Level	Jumps	Spins	Step Sequence	Qualifications
Juvenile 2:20 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One solo spin in one position, no change of foot (Min. 4 revolutions). One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) <i>Only solo spin may fly</i> 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate 2:40 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) <i>All spins may fly</i> 	One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test

EVENT: 2017-18 Test Track Free Skate – Introductory through Senior levels (cont)

Level	Jumps	Spins	Step Sequence	Qualifications
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. Triple jumps are not permitted Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

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

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE- PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

2017- 18 Singles Free Skating Requirements (cont)

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ○ No double Axels, triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Min 4 revs <p>Both spins may start with a flying entry These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>JUVENILE and OPEN JUVENILE</p> <p>2:20 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> ▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump can be included more than twice • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <p>1 spin combination; with or without change of foot*</p> <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position <ul style="list-style-type: none"> • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>INTERMEDIATE</p> <p>2:40 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated ○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> ▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <p>1 spin combination; with or without change of foot*</p> <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position <ul style="list-style-type: none"> • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • <u>One leveled step sequence*</u> • <u>Max Level 2. Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level.</u> <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

2017- 18 Singles Free Skating Requirements (cont)

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

2017- 18 Singles Free Skating Requirements (cont)

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

2017- 18 Singles Free Skating Requirements (cont)

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

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

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

2017-18 Singles Short Program Requirements (cont)

<p>SENIOR LADIES 2:40 +/- 10 sec</p>	<p>Double or Triple Axel</p>	<p>Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo</p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Spin Landing position different than spin in 1 position Min. 8 revs.</p>	<p>Layback, Sideways Leaning, Sit or Camel Spin without change of foot No flying entry Min. 8 revs.</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>
<p>SENIOR MEN 2:40 +/- 10 sec</p>	<p>Double or Triple Axel</p>	<p>Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo</p>	<p>Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Spin Landing position different than spin in 1 position Min. 8 revs.</p>	<p>Camel or Sit Spin With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>



U.S. Figure Skating Nonqualifying Competitions

EVENT: Introductory Levels Compulsory Event

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than their free skate program.*

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



U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

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

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ol style="list-style-type: none">1. Loop jump2. Jump combination to include a toe loop (may not use a loop or Axel)3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	<ol style="list-style-type: none">1. Toe Loop jump2. Jump combination: single/single (no Axel)3. Sit spin or camel spin - minimum three revolutions4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none">1. Single Lutz2. Jump combination: single/single (may include Axel)3. Back upright spin - minimum three revolutions4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none">1. Single jump (may include Axel)2. Jump combination: single/single (may include Axel)3. Layback spin or camel spin - minimum three revolutions4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none">1. Single Axel2. Jump combination: single/single or double/single3. Layback spin or camel spin - minimum three revolutions4. Step sequence – circular
Intermediate/ Novice	1:30 max.	<ol style="list-style-type: none">1. Double Salchow or double toe loop or double loop2. Jump combination: single/single or double/single or double/double3. Flying spin, minimum five revolutions4. Step sequence – straight line
Junior/Senior	1:30 max.	<ol style="list-style-type: none">1. Double flip or double lutz2. Jump combination: double/double or triple/double3. Combination spin - minimum 10 revolutions4. Step sequence – straight line



U.S. Figure Skating Nonqualifying Competitions

EVENT: Spins Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner/ High Beginner/No- test	1:30 max.	<ol style="list-style-type: none">1. Upright one-foot spin (3)2. Upright two-foot spin (3)3. Sit spin (3)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none">1. Upright one-foot spin (3)2. Upright back scratch spin (3)3. Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none">1. Forward scratch to back scratch spin (3)2. Combination spin with no change of foot (4)3. Sit spin (3)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none">1. Camel spin (3)2. Combination spin – camel to sit spin; no change of foot (6)3. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none">1. Sit spin (4)2. Combination spin – with change of foot; optional change of position (4 per foot)3. Girls – layback spin (4); Boys – camel spin (4)
Intermediate/ Novice	1:30 max.	<ol style="list-style-type: none">1. Flying camel spin (5) or choice of camel, sit or layback spin (6)2. Sit spin to backward sit spin (4 per foot), camel spin to backward camel spin (4 per foot in position)3. Combination spin – change of foot & change of position (4 per foot) or combination spin – change of foot & 2 changes of position (2 per position & 5 per foot)
Junior/ Senior	1:30 max.	<ol style="list-style-type: none">1. Flying sit spin or flying reverse sit spin (6) or flying spin of choice (6)2. Solo spin of choice (6) – may not fly3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)





U.S. Figure Skating Nonqualifying Competitions

EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
3. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner/High Beginner/No Test	1:15 max.	<ol style="list-style-type: none">1. Waltz jump (from backward crossovers) or single toe loop2. ½ flip or ½ Lutz or single salchow or single loop3. Single Salchow or jump combination- waltz jump-toe loop or 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 loop2. Single flip3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none">1. Single flip2. Single Lutz3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none">1. Single Axel2. Single or double jump3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none">1. Single Axel2. Double Salchow3. Jump combination – single/single or double/single (no Axel)
Intermediate/Novice	1:30 max.	<ol style="list-style-type: none">1. Single Axel or Double loop2. Double loop* or double flip*3. Jump combination – double/single (no Axel) or jump combination – double/double (may be double Axel)
Junior/ Senior	1:30 max.	<ol style="list-style-type: none">1. Choice of double or triple jump2. Double or triple flip* or double or triple lutz*3. Jump combination – double/double (may be double Axel) or jump combination – double/double or triple/double (may be double Axel)

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

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p>CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum * means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 combinations or sequences • 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps • Number of jumps in sequence is unlimited, but only the 2 highest-value jumps in a jump sequence will be counted • No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence <ul style="list-style-type: none"> • If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these jumps will receive 70% of its original base value 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE</p> <p>3:10 maximum * means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 combinations or sequences • 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps • Only 1 jump combination or sequence may include 2 double jumps • Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> • If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

2017-18 Singles Adult Free Skate Requirements (cont)

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p>CHAMPIONSHIP ADULT GOLD & ADULT GOLD</p> <p>2:40 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences • 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps • Each jump combination or sequence may include only 1 double jump • Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> • If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value • All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow. • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 4 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps • Additional jump sequences which contain non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps, including single Axel, are permitted • No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, <u>fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</u> • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

2017-18 Singles Adult Free Skate Requirements (cont)

2017-18	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p>ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • <u>1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</u> • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>ADULT PRE BRONZE</p> <p>1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 jump combination/sequence may contain 3 jumps, and the other may contain only 2 jumps. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted • No single Lutz, single Axel or double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Min 3 revs • Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Spins Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Adult Beginner	1:15	<ol style="list-style-type: none">1. Pivot2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none">1. One-foot upright spin (3)2. Two-foot upright spin (3)
Adult Bronze/Silver	1:30	<ol style="list-style-type: none">1. One-foot upright spin (4) or Camel spin (3)2. One-foot back spin (3) or Layback, sideways leaning or sit spin (4)3. Sit spin (3) or combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold/ Masters Intermediate - Senior	1:30	<ol style="list-style-type: none">1. Solo spin, no change of foot (4), solo spin of skater's choice (min 6 revolutions) or solo spin of skater's choice (min 8 revolutions)2. Second solo spin, different from the first; change of foot optional (4) or second solo spin, different from first, change of foot optional (4), may have flying entry or solo spin with a flying entry3. Combination spin with only one change of foot and at least one change of position (4 each foot) or combination spin that may have more than one change of foot and at least one change of position (4 each foot) or combination spin that may have more than one change of foot and at least one change of position (4 each foot), may have flying entry





U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Jumps Challenge

General event parameters:

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

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none">1. Bunny Hop2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ol style="list-style-type: none">1. Waltz or toe loop jump2. $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop
Adult Bronze/ Silver	1:15	<ol style="list-style-type: none">1. Single Salchow or single flip2. Single toe loop or single loop3. Any single jump + single toe loop combination (No Axels allowed) or single/single combination (Axel is permitted)
Adult Gold/ Masters Intermediate - Senior	1:30	<ol style="list-style-type: none">1. Single Axel or double loop or double flip2. Single Lutz or double Salchow, double toe loop or double loop, or double lutz3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow) or jump combination (double/double, single/double or double/single) that may include double Salchow, double toe loop or double loop and any single jump including Axel or combination that may include any double jump





U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Light Entertainment Events

Format:

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

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline.
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Light Entertainment Levels:

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

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

Showcase events continued on next page



EVENT: Showcase Events – Light Entertainment Events (cont)

For the following events, teen, intermediate, young adult and novice will be combined and junior, senior will be combined.

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max

EVENT: Showcase Events – Light Entertainment Events (cont)

Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze <small>(does not qualify for National Showcase)</small>	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max

Skaters must compete at their test level or one level higher, per the above chart.

Northland 2018 Entry Form
Must be postmarked by December 2, 2017

Last Name: _____ First Name: _____ Gender: _____

Address: _____ City/State/Zip _____

Email: _____ Phone: _____

Birthdate: _____ Home Club: _____ USFS/Skate Canada #: _____

Highest test level passed as of December 2, 2017- MITF: _____ Free skate: _____

Place an X in the box for events you are entering:

	Free Skate								
	Introductory Levels	Test Track	Well Balanced Program	Adult	Short Program	Compulsory	Jumps	Spins	Showcase
Beginner									
High Beginner									
No Test									
Pre-Preliminary									
Preliminary									
Pre-Juvenile									
Juvenile/Open Juv									
Intermediate									
Novice									
Junior									
Senior									
Adult Pre Bronze									
Adult Bronze									
Adult Silver									
Adult Gold									
Master Int/Novice									
Master Junior/Senior									

ENTRY FEES:

Skater's First Event _____ **\$120.00**

Skater's Additional Events _____ #Additional events _____ \$35.00 per event \$ _____

Paper Registration Fee _____ \$ **5.00**

Late Registration Fee (If postmarked after December 2, 2017) _____ \$ _____

Practice Ice (skater is allowed one session per registered event) _____ # of Pre-Paid Practice Ice Sessions _____ \$15.00 per session \$ _____

Competition Program _____ # of programs desired _____ \$10.00 each \$ _____

Photo pre purchase _____ \$ **40.00**

TOTAL \$ _____

This event is a standard U.S. Figure Skating Nonqualifying Competition
 LG/7-9-17

