



Southern California
INTERCLUB
Association of Figure Skating Clubs
I N V I T A T I O N A L S E R I E S F I N A L

8th Annual Southern California Interclub Invitational Series Final
Hosted by the Southern California Interclub Association
September 29 & 30, 2018

The 2018 Southern California Interclub Invitational Series Final 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 by invitation only to 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. Explanation of the points system is outlined on the Interclub website at <http://socalinterclub.org/invitational.htm>.

ELIGIBILITY/TEST LEVEL:

Entry is by invitation only per points earned throughout the 2018 skating season as outlined by the rules of the Southern California Invitational Series which are posted on the Interclub website. Invitations are specific to a certain level and skaters may not compete in a different level than for which they are invited.

The top 15 skaters by point total in each division as of Sept 2, 2018 will be invited to participate in the Invitational Series Final. Entries must be received by Thursday, Sept 6, 2018. Skaters whose point total equal or exceed the 15th place skater in any division after Sept 2, 2018, and before Sept 17, 2018 will be invited to participate as a Wildcard entry. This will not affect the eligibility of any skater previously invited. Entry deadline for these Wildcard entries will extend to Wednesday, Sept 19, 2018.

Invitations may also be extended to additional skaters at the discretion of the Local Organizing Committee.

Test level: Competition level is the event for which they earned their invitation or the highest test passed as of the entry deadline in the discipline the skater is entering. Skaters who qualify at one level but pass a test before the entry deadline that make them ineligible for that level may compete at the higher level.

Age restrictions/requirements: Skaters entering Juvenile Girls free skate events (Well Balanced Program) must be under 13 years of age at the close of entries. Boys must be under 14 years of age. Ladies entering Open Juvenile free skate events (Well Balanced Program), must be at

least 13 years of age at the close of entries. Men entering Open Juvenile free skate must be at least 14 years of age.

ENTRIES: Online using EntryEeze. To access EntryEeze, go to www.entryeeze.com or the competition website. A small processing fee will be charged when done online.

Questions may be directed to the Registrar:

Ann Jensen
(310) 849-9550 (no calls or texts after 9pm)
annmjensen@aol.com

ENTRY FEES

\$150.00 per person	Intermediate through Senior Freeskating
\$120.00 per person	Juvenile & lower Freeskating
\$120.00 per person	Adult Freeskating
\$75.00 per person	Pairs or Dance events

Incomplete entries cannot be accepted and will be returned. The date of receipt of a properly completed entry with entry fee will govern the date of acceptability.

No "contingent" entries will be accepted. Tests required for eligibility in any event must be passed **PRIOR** to submission of an entry. **THERE WILL BE NO REFUNDS FOR ANY REASON AFTER THE ENTRY DEADLINE (Sept 6 for initial invitations and Sept 19 for Wildcard invitations).** Entry fees are refundable only if the competition is not held.

A \$25 fee will be charged for contested credit card charges. This fee must be paid before the competitor is allowed to skate.

If there is only one entry in an event, the skater may skate or receive a refund of their entry. Boys and girls may be combined at the Pre-Juvenile and lower levels if the single skater agrees.

Completed entries must be done online with EntryEeze NO LATER THAN THURSDAY, SEPT 6, 2018 for Initial entries and WEDNESDAY, SEPT 19, 2018 for Wildcard entries.

NO LATE ENTRIES WILL BE ACCEPTED FOR ANY EVENT OF THE COMPETITION.

Schedule of events will be posted on EntryEeze. No schedules or group listings will be mailed.

REFUND POLICY: Entry fees will not be refunded after Sept 6 for initial invitations and Sept 19 for Wildcard invitations unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Entries returned for non-sufficient funds and contested credit card charges will be issued a \$25.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

FACILITIES: The competition will be held at Paramount Iceland Arena, 8041 Jackson St, Paramount, CA 90723 (562) 633-1172. The ice surface is 100' x 200' with slightly rounded corners.

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

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

Deadline for uploading is: September 25, 2018

The uploaded program music MUST conform to the following specifications:

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

Backup Music at Event (CDs)

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

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

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

Penalty for Incorrect Music or Failure to Upload Music

The LOC may assess each competitor/team an additional charge, up to \$25.00 per event

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

If there is an issue with the downloaded music or CD provided at the event after the skater's name has been called to compete, the skater will have up to 3 minutes to rectify the situation with a backup copy of the music on CD. After 3 minutes, the skater will be considered withdrawn.

LIABILITY: U.S. Figure Skating, Southern California Interclub Association, and Paramount Iceland 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 all events:

All competitors skating need to submit the planned program content form online with EntryEeze. The deadline to submit the PPC is Sept 25, 2018. **Skaters who do not submit PPC's by the deadline will be assessed a \$10 fee which must be paid before a credential will be issued.** A handwritten copy of the PPC must also be presented to receive a credential for those who did not submit online.

REGISTRATION: Registration will begin on Saturday September 29, 2018, and end by 6pm Sunday September 30, 2018. Registration will be open one hour before the first event and run through the last event of the day. The registration table will be located at the front entrance to Paramount Iceland. Please register promptly upon arrival.

PRACTICE ICE: Practice ice may be available depending on demand and the size of the competition. Exact times will not be known until after entries close and the schedule is posted. Practice ice may be purchased through EntryEeze after the schedule is posted and availability has been determined. Skaters will be notified when they may purchase practice ice.

PHOTOGRAPHY/VIDEOGRAPHY: Awards and action photos will be available from Cynthia Slawter. Videography will be available from John Hurd.

AWARDS: Trophies will be presented to the top 4 placing competitors in all events.

OFFICIAL NOTICES: An official bulletin board will be maintained at Paramount Iceland in the skate rental/locker area. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. 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 on EntryEeze.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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.

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

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

For more information regarding Coach Compliance, please refer to:
<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

CONTACT INFO: If you have questions, please contact:
CHAIRMAN & CHIEF REFEREE
Wayne Hundley
waynehundley@earthlink.net

REGISTRAR
Ann Jensen
(310) 849-9550 (no calls or texts after 9pm)
annmjensen@aol.com

ADDITIONAL INFORMATION:

CHAPERONES AND COACHES BADGES

One chaperone badge for each competitor will be available at no cost at the time of entry. The name of designated chaperone **MUST** be entered in the Skater Personal Information section of EntryEeze.

One coach badge for each competitor is also available at the time of entry. The name of designated coach **MUST** be entered in EntryEeze.

No chaperone or professional badges will be issued unless names are listed on EntryEeze and those individuals will need to pay a spectator fee to enter the rink.

FEES FOR SPECTATOR ADMISSION

All day	\$10.00
All Event Passes.....	\$15.00

All Event Passes are available prior to the closing date of entries only. The name of the person purchasing the All Events Pass **MUST** be shown in the Skater Personal Information section of EntryEeze. All Event Passes may only be ordered through EntryEeze.

EVENTS TO BE SKATED

STANDARD SINGLES EVENTS

Senior Ladies/Men Free Skating
Junior Ladies/Men Free Skating
Novice Ladies/Men Free Skating
Intermediate Ladies/Men Free Skating
Open Juvenile Ladies/Men Free Skating
Juvenile Girls/Boys Free Skating
Pre-Juvenile Girls/Boys Free Skating
Preliminary Girls/Boys Free Skating
Pre-Preliminary Girls/Boys Free Skating
Masters Jr/Sr Ladies/Men Free Skating
Masters Int/Nov Ladies/Men Free Skating
Adult Gold Ladies/Men Free Skating
Adult Silver Ladies/Men Free Skating
Adult Bronze Ladies/Men Free Skating

PAIRS EVENTS

Senior Pairs
Junior Pairs
Novice Pairs
Intermediate Pairs
Juvenile Pairs
Pre-Juvenile Pairs
Masters Pairs
Adult Gold Pairs
Adult Silver Pairs
Adult Bronze Pairs

DANCE EVENTS

Senior Free Dance
Junior Free Dance
Novice Free Dance
Intermediate Free Dance
Juvenile Free Dance

SINGLES FREE SKATING EVENTS

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

SINGLES SHORT PROGRAM

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

SEE ADDENDUM TO ANNOUNCEMENT

- A. Intermediate short program – Rule 4230
- B. Novice short program – Rule 4220
- C. Junior short program – Rule 4210
- D. Senior short program – Rule 4200

COMBINED SHORT PROGRAM & WELL BALANCED FREE SKATE EVENTS

Intermediate through Senior singles events will consist of a Short Program and Free Skate Program. All other singles events (including Adults) will consist of a Free Skate Program only.

PAIRS FREE SKATING EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

SEE ADDENDUM TO ANNOUNCEMENT

- A. Pre-juvenile – senior - see current rulebook or click [here](#) for current rules and requirements.

PAIRS SHORT PROGRAM EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

SEE ADDENDUM TO ANNOUNCEMENT

- A. Novice short program – Rule 5220
- B. Junior short program – Rule 5210
- C. Senior short program – Rule 5200

This event is a standard U.S. Figure Skating Nonqualifying Competition



COMBINED SHORT PROGRAM & WELL BALANCED PAIRS EVENTS

Novice through Senior pairs events will consist of a Short Program and Free Skate Program. All other pairs events (including Adults) will consist of a Free Skate Program only.

RHYTHM DANCE (PARTNERED)

SEE ADDENDUM TO ANNOUNCEMENT

Junior – senior - see current rulebook or click [here](#) for current rules and requirements.

FREE DANCE (PARTNERED)

SEE ADDENDUM TO ANNOUNCEMENT

Juvenile – senior - see current rulebook or click [here](#) for current rules and requirements.

COMBINED RHYTHM DANCE & FREE DANCE EVENTS

Junior and Senior dance events will consist of a Rhythm Dance and Free Dance Program. All other dance events will consist of a Free Dance Program only.

2018-19 Singles Short Program Requirements – This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.



OPTIONAL FOR NONQUALIFYING COMPETITIONS – NOT A SEGMENT AT QUALIFYING COMPETITIONS

(Juvenile events at regional championships, sectional championships and U.S. Championships will still consist of a free skate only.)

JUVENILE and OPEN JUVENILE GIRLS/BOYS 2:10 max.	Single or Double Axel	Single or Double Jump May not repeat Axel jump or jumps used in the combination	Jump Combination Single/Double or Double/Double 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.	Choreographic Step Sequence Fully utilizing the ice surface
---	-----------------------	--	---	--	--	--

REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

INTERMEDIATE LADIES/MEN 2:10 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or the triple jump used in the combination	Jump Combination Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple May not repeat Axel jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs. <u>Men: Must be a camel spin</u>	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Max Level 2. Only Simple Variety (5 turns) or Minimum Variety (7 turns) & rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface
NOVICE LADIES 2:30 max.	Single or Double Axel	Double or Triple Jump 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 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	<u>Camel Spin</u> 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

REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

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

2018-19 Singles Free Skating Requirements – This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.



2018-19	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 <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<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 <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<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 <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> No double Axels, triple or quadruple jumps allowed An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<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</p> <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 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>

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<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, <u>and one triple jump</u> are allowed <ul style="list-style-type: none"> No <u>additional</u> triple jumps and no quadruple jumps are 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. <u>The triple jump can only be included once.</u> 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. <u>If double Axel or triple jump is part of 3-jump combination, then 2 other double jumps may be included.</u> Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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 8 revs Min 2 revs in each position 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 Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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 8 revs Min 2 revs in each position 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 leveled step sequence* <ul style="list-style-type: none"> 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. Must fully utilize the ice surface
<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 Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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 Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<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 Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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>JUNIOR 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* 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 Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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"> Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated. 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 Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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>4:00 +/- 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 and quads, only 2 can be executed twice <ul style="list-style-type: none"> Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated. 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 Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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

2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<p>NOVICE PAIRS SHORT PROGRAM</p> <p>2:50 Max</p>	<p>One lift selected from Group 4</p> <p>Min 1 rev by man (<u>no max</u>)</p> <p>One-handed variations and changes of hold or of the lady's position during the lift are permitted</p> <p>The lift may not include a carry feature or be a carry lift</p>	<p>Single or Double</p> <p>Take off must be flip or Lutz</p>	<p>Single, Double or Triple <u>Salchow</u></p>	<p><u>Double Flip or Double Axel</u></p>	<p><u>Solo Spin or Solo Spin Combination</u></p> <p><u>Optional change of foot and optional change of position</u></p> <p>Min. 5 revs. total</p> <p>May be commenced with a jump</p>	<p><u>Backward Outside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><u>Leveled Step Sequence</u></p> <p>Must fully utilize the ice surface</p>
<p>JUNIOR PAIRS SHORT PROGRAM</p> <p>2:40 +/- 10 sec</p>	<p>Any <u>hand to hand</u> lift take off (Group 4)</p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>Double or Triple</p> <p>Take off must be flip or Lutz</p>	<p>Double or Triple <u>Salchow</u></p>	<p><u>Double Flip or Double Axel</u></p>	<p><u>Solo Spin Combination</u></p> <p>Only one change of foot (made at the same time by both partners)</p> <p><u>Min. 5 revs. on each foot, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</u></p> <p>May be commenced with a jump</p>	<p><u>Backward Outside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><u>Leveled Step Sequence</u></p> <p>Must fully utilize the ice surface</p>
<p>SENIOR PAIRS SHORT PROGRAM</p> <p>2:40 +/- 10 sec</p>	<p>Any <u>hand to hand</u> lift take off (Group 4)</p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>Double or Triple</p> <p>Take off must be flip or Lutz</p>	<p>Double or Triple (any take off)</p>	<p>Double or Triple (any take off)</p>	<p><u>Solo Spin Combination</u></p> <p>Only one change of foot (made at the same time by both partners)</p> <p><u>Min. 5 revs. on each foot, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</u></p> <p>May be commenced with a jump</p>	<p><u>Backward Outside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><u>Leveled Step Sequence</u></p> <p>Must fully utilize the ice surface</p>

2018-19 Pairs Free Skate Requirements – This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.



2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p>PRE-JUVENILE PAIRS</p> <p>2:00 +/- 10 sec</p>	<p>1 Lift</p> <p>Group 1 Lift or Group 2 Waist Lift</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p> <p>Min ½ rev by man (<u>no max</u>)</p>	N/A	<p>1 (optional) Throw Jump</p> <p>Single</p>	<p>1 Solo Jump</p> <p>Single</p>	<p>1 Jump Sequence</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Single jumps only</p> <p>Jump combination not permitted</p>	<p>1 Solo Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p>1 Pair Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p>1 (optional) Pivot Figure</p> <p>No minimum requirements</p> <p>Pivot figure not eligible for features</p>	<p>1 Step Sequence*</p> <p>Utilizing one-half the ice surface</p> <p>Stroking both forward and backward, clockwise and counterclockwise</p> <p>*If IJS is used, then: ChSt</p>
<p>JUVENILE PAIRS</p> <p>2:30 +/- 10 sec</p>	<p>Max 1 Lift</p> <p>Lift may be chosen from Group 1 or Group 2</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p> <p>Min 1 rev by man (<u>no max</u>)</p>	N/A	<p>Max 1 Throw Jump</p> <p>Any throw single jump</p> <p><u>OR</u></p> <p><u>Throw double Salchow</u></p> <p><u>OR</u></p> <p><u>Throw double loop</u></p>	<p>Max 1 Solo Jump</p> <p>Single or double</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Single or double jumps only</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position, and flying entry are optional</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p>Max 1 Pair Spin</p> <p>Min 3 revs</p> <p>Change of position optional</p> <p>No change of foot</p>	<p>Max 1 Pivot Figure</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the man clearly in pivot position</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

2018-19 Pairs Free Skate Requirements – This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.



2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p>INTERMEDIATE PAIRS</p> <p>3:00 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</p> <p>Lifts can be selected from Groups 1-4 and must be different</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>Max 1 Twist Lift</p> <p>Single</p> <p>Take off must be flip or Lutz</p>	<p>Max 2 Throw Jumps</p> <p>Single or double</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>Single or double</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Single or double jumps only</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	N/A	<p>Max 1 Death Spiral or Pivot Figure</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min 1/2 rev with the knees of the man clearly bent and in full pivot position</p>	<p>Max 1 Leveled Step Sequence</p> <p><u>Step sequence can achieve up to Level 2</u></p> <p>Must be clearly visible</p>
<p>NOVICE PAIRS</p> <p>3:30 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</p> <p>Lifts must be from different groups, and 1 must be from Group 3 or Group 4</p> <p>Variations of lady's position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted</p> <p>Carry lifts and carry features are NOT permitted</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>Max 1 Twist Lift</p> <p>Single or double</p> <p>Take off must be flip or Lutz</p>	<p>Max 2 Throw Jumps</p> <p>Single, double or triple</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>Single, double or triple</p> <p>If double Axel or triple, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Both may include jumps with same name</p> <p>Single, double or triple jumps permitted</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p>Max 1 Pair Spin or Pair Spin Combination</p> <p>Min 5 revs</p> <p>If pair spin combination, must have at least 1 change of foot and 1 change of position by each partner</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p>Max 1 Death Spiral</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

2018-19 Pairs Free Skate Requirements – This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.



2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	STEP SEQUENCE
<p>JUNIOR PAIRS</p> <p>3:30 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</p> <p>Not all from <u>the same group</u></p> <p>Full extension of the lifting arms required</p> <p><u>Both lifts</u> may include a carry feature, <u>but only first attempt counts for level</u></p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, loop, flip, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p><u>No longer required/allowed in junior pairs free skate</u></p>	<p>Max 1 Pair Spin Combination</p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With a least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p>Max 1 Death Spiral</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>
<p>SENIOR PAIRS</p> <p>4:00 +/- 10 sec</p>	<p>Max 3 Overhead Lifts</p> <p>Not all from <u>the same group</u></p> <p>Full extension of the lifting arms required</p> <p>If 2 Group 5 lifts are executed, each must have a different take off (toe, step, reverse, backward or Axel)</p> <p><u>All lifts</u> may include a carry feature, <u>but only first attempt counts for level</u></p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, flip, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p><u>No longer required/allowed in senior pairs free skate</u></p>	<p>Max 1 Pair Spin Combination</p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With at least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p>Max 1 Death Spiral</p> <p>Must be different from the death spiral in the short program</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Rhythm Dance	LIFTS	STEP SEQUENCES	TWIZZLES	PATTERN DANCE REQUIREMENT	ADDITIONAL INFORMATION
<p>JUNIOR</p> <p>2:50 +/- 10 sec</p>	<p>One (1) Short Lift</p> <p>Short Lifts are max 7 secs</p>	<p><u>One (1) Step Sequence in Hold or Not Touching or Combination of both (Style B) chosen from the following types of pattern: Midline, Diagonal, Circular</u></p> <p><u>Specifications to Style B Rhythm Dance for 2018-19 season:</u></p> <p><u>One stop permitted up to 5 seconds.</u></p> <p><u>One retrogression up to two measures is permitted and may start from the permitted Stop.</u></p> <p><u>Loops NOT permitted.</u></p> <p><u>The hold requirement is not considered for level.</u></p> <p>Dance spins and pirouettes are stops.</p>	<p>One (1) <u>Combination Set of Sequential Twizzles</u></p> <p>At least two twizzles for each partner with up to one step maximum between twizzles.</p> <p>May be skated anywhere in the program except in the required Step Sequence.</p>	<p><u>Two (2) Sections of Argentine Tango, skated one after the other, Section 1 (steps # 1-18), Section 2 (steps#19-31).</u></p> <p><u>Option 1: Section 1 followed by Section 2 with Step #1 skated on the Judges' left side.</u></p> <p><u>Option 2: Section 2 followed by Section 1 with Step #19 skated on the judges' right side.</u></p> <p><u>See ISU Communication #2148 for key points.</u></p> <p>Timing:</p> <p>The PDEs must be skated in strict time to the music. <u>The first step of the dance begins on beat one of a musical phrase.</u></p> <p>The PDE must be skated to the Tango rhythm in the style of the chosen rhythm, with the range of tempo: <u>24 measures of 4 beats per minute or 94-98 beats per minute.</u></p> <p>The tempo of the music throughout the Pattern Dance Element must be constant.</p>	<p>Music:</p> <p><u>Tango or Tango plus one additional rhythm.</u></p> <p>Pattern:</p> <p>Must cross Long Axis of the ice surface once at each end of the rink within no more than <u>30 meters (Short Axis)</u> of the barrier.</p> <p>May cross Long Axis once at the entry <u>and/</u> or exit to the Step Sequence and/or once at the entry to Pattern Dance Element.</p> <p>Stops:</p> <p>After the clock is started, the couple must not remain in one place for more than 10 seconds at the beginning or and/or end of the program.</p> <p>During the program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted.</p> <p>A Dance Spin or Choreographic spinning movement that does not travel will be considered as a stop.</p> <p>Separations:</p> <p>Partners must not separate except to change hold or to perform required elements requiring a separation.</p> <p>Distance allowed is maximum 2 arms lengths during such separations.</p> <p>Change of hold and turns as transitional elements must not exceed the duration of one measure of music.</p> <p>Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation.</p> <p>Touching Ice with Hands</p> <p>Touching the ice with hand(s) is not permitted.</p>

Rhythm Dance	LIFTS	STEP SEQUENCES	TWIZZLES	PATTERN DANCE ELEMENT	ADDITIONAL INFORMATION
<p>SENIOR</p> <p>2:50 +/- 10 sec</p>	<p>One (1) Short Lift</p> <p>Short Lifts are max 7 secs</p>	<p><u>One (1) Step Sequence in Hold or Not Touching or Combination of both (Style B) chosen from the following types of pattern: Midline, Diagonal, Circular</u></p> <p><u>Specifications to Style B Rhythm Dance for 2018-19 season:</u></p> <p><u>One stop permitted up to 5 seconds.</u></p> <p><u>One retrogression up to two measures is permitted and may start from the permitted Stop.</u></p> <p><u>Loops NOT permitted.</u></p> <p><u>The hold requirement is not considered for level.</u></p> <p>Dance spins and pirouettes are stops.</p>	<p>One (1) <u>Combination Set of Sequential Twizzles</u></p> <p>At least two twizzles for each partner with up to one step maximum between twizzles.</p> <p>May be skated anywhere in the program except in the required Step Sequence.</p>	<p><u>Two (2) Sections of Tango Romantica, skated one after the other, Section 1 (steps # 1-27), Section 2 (steps#28-49).</u></p> <p><u>Section 1 followed by Section 2 with Step #1 skated on the Judges' left side.</u></p> <p><u>See ISU Communication #2148 for key points.</u></p> <p>Timing:</p> <p>The PDE must be skated in strict time to the music. <u>The first step of the dance begins on the fourth beat of the measure and the Helicopter starts on beat one of a musical phrase.</u></p> <p>The PDE must be skated to the Tango rhythm in the style of the chosen rhythm, with the range of tempo: <u>28 measures of 4 beats per minute or 110-114 beats per minute.</u></p> <p>The tempo of the music throughout the Pattern Dance Element must be constant.</p>	<p>Music:</p> <p><u>Tango or Tango plus one additional rhythm.</u></p> <p>Pattern:</p> <p>Must cross Long Axis of the ice surface once at each end of the rink within no more than <u>30 meters (Short Axis)</u> of the barrier.</p> <p>May cross Long Axis once at the entry <u>and/</u> or exit to the Step Sequence and/or once at the entry to Pattern Dance Element.</p> <p>Stops:</p> <p>After the clock is started, the couple must not remain in one place for more than 10 seconds at the beginning or and/or end of the program.</p> <p>During the program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted.</p> <p>A Dance Spin or Choreographic spinning movement that does not travel will be considered as a stop.</p> <p>Separations:</p> <p>Partners must not separate except to change hold or to perform required elements requiring a separation.</p> <p>Distance allowed is maximum 2 arms lengths during such separations.</p> <p>Change of hold and turns as transitional elements must not exceed the duration of one measure of music.</p> <p>Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation.</p> <p>Touching Ice with Hands</p> <p>Touching the ice with hand(s) is not permitted.</p>

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p>	<p>Max 1</p> <p>1 type of Short Lift max 7 secs</p> <p>Chosen from straight line lift, curve lift or stationary lift</p> <p>Rotational lifts and combination lifts not permitted.</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p>Max 1</p> <p>1 Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination Spins are not permitted.</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p>Max 1</p> <p>Choreographic Step Sequence (Circular, Midline or Diagonal in Hold)</p> <p>The choreographic step sequence must fit the definition of one of the required step sequence options (circular, midline or diagonal in hold), and must utilize the full ice surface.</p> <p>Serpentine and not touching types of sequences are not permitted</p> <p>Not Permitted Elements:</p> <p>Stops, pattern retrogressions and loops are not permitted in the step sequence.</p> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p>Synchronized Twizzle</p> <p>At least one full rotation by each partner. Maximum of two rotations by each partner.</p> <p>The required synchronized twizzle may be skated anywhere in the program except in the required step sequence.</p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose
<p>JUVENILE</p> <p>2:15 +/- 10 sec</p>	<p>Max 2</p> <p>2 different types of Short Lifts max 7 secs</p> <p>Combination lifts not permitted.</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p>Max 1</p> <p>Choreographic Step Sequence (Circular, Midline or Diagonal in Hold)</p> <p>The choreographic step sequence must fit the definition of one of the required step sequence options (circular, midline or diagonal in hold), and must utilize the full ice surface.</p> <p>Serpentine and not touching types of sequences are not permitted</p> <p>Not Permitted Elements:</p> <p>Stops, pattern retrogressions and loops are not permitted in the step sequence.</p> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p>Synchronized Twizzle</p> <p>At least one full rotation by each partner.</p> <p>The required synchronized twizzle may be skated anywhere in the program except in the required step sequence.</p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	ADDITIONAL INFORMATION
<p>INTERMEDIATE</p> <p>2:30 +/- 10 sec</p>	<p>Max 2</p> <p>2 different types of Short Lifts max 7 secs</p> <p>Combination lifts not permitted.</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p>Max 1</p> <p>Circular, Midline or Diagonal in Hold Must utilize the full ice surface</p> <p>Serpentine and not touching types of sequences are not permitted</p> <p>The step sequence in hold will utilize the calling specifications of Style B.</p> <p>Specifications of Style B:</p> <ul style="list-style-type: none"> • <u>Retrogression: one (1) permitted, must not exceed two measures of music.</u> • <u>Separations permitted, no more than 2 arm lengths apart and must not exceed 5 seconds.</u> • <u>Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression).</u> • <u>Hand-in-hand hold not permitted with fully extended arms.</u> • <u>Stops NOT permitted.</u> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p><u>Combination Set of Synchronized Twizzles</u></p> <p>At least two Twizzles for each partner, with up to 3 steps maximum between Twizzles. <u>Partners may be in hold during connecting steps.</u></p> <p>The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequence.</p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose
<p>NOVICE</p> <p>3:00 +/- 10 sec</p>	<p>Max 2</p> <p>1 Combination Lift</p> <p>Or</p> <p>2 Different Types of Short Lifts</p> <p>*****</p> <p>Combination Lifts - max 12 secs</p> <p>Short Lifts - max 7 secs</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 2</p> <p>1 Midline Not Touching Step Sequence AND</p> <p>1 Step Sequence in Hold to be selected from Circular, Diagonal or Serpentine in Hold</p> <p>Midline not touching step sequence to be skated as a not touching step sequence. Other step sequence to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>For U.S. NOVICE ONLY, the not touching step sequence will utilize the calling specifications of <u>a Choreographic Step Sequence</u>. The step sequence in hold will utilize the calling specifications of Style B. The order of performing these elements is free.</p> <p>Specifications of Style B:</p> <ul style="list-style-type: none"> • <u>Retrogression: one (1) permitted, must not exceed two measures of music.</u> • <u>Separations permitted, no more than 2 arm lengths apart and must not exceed 5 seconds.</u> • <u>Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression).</u> • <u>Hand-in-hand hold not permitted with fully extended arms.</u> • <u>Stops NOT permitted.</u> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p><u>Combination Set of Synchronized Twizzles</u></p> <p>At least two Twizzles for each partner, with up to 3 steps maximum between Twizzles. <u>Partners may be in hold during connecting steps.</u></p> <p>The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequences.</p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	ADDITIONAL INFORMATION
<p>INTERMEDIATE</p> <p>2:30 +/- 10 sec</p>	<p>Max 2</p> <p>2 different types of Short Lifts max 7 secs</p> <p>Combination lifts not permitted.</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p>Max 1</p> <p>Circular, Midline or Diagonal in Hold Must utilize the full ice surface</p> <p>Serpentine and not touching types of sequences are not permitted</p> <p>The step sequence in hold will utilize the calling specifications of Style B.</p> <p>Specifications of Style B:</p> <ul style="list-style-type: none"> • <u>Retrogression: one (1) permitted, must not exceed two measures of music.</u> • Separations permitted, <u>no more than 2 arm lengths apart and must not exceed 5 seconds.</u> • <u>Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression).</u> • <u>Hand-in-hand hold not permitted with fully extended arms.</u> • <u>Stops NOT permitted.</u> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p><u>Combination Set of Synchronized Twizzles</u></p> <p>At least two Twizzles for each partner, with up to 3 steps maximum between Twizzles. <u>Partners may be in hold during connecting steps.</u></p> <p>The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequence.</p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose
<p>NOVICE</p> <p>3:00 +/- 10 sec</p>	<p>Max 2</p> <p>1 Combination Lift</p> <p>Or</p> <p>2 Different Types of Short Lifts</p> <p>*****</p> <p>Combination Lifts - max 12 secs Short Lifts - max 7 secs</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 2</p> <p>1 Midline Not Touching Step Sequence AND</p> <p>1 Step Sequence in Hold to be selected from Circular, Diagonal or Serpentine in Hold</p> <p>Midline not touching step sequence to be skated as a not touching step sequence. Other step sequence to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>For U.S. NOVICE ONLY, the not touching step sequence will utilize the calling specifications of a <u>Choreographic Step Sequence</u>. The step sequence in hold will utilize the calling specifications of Style B. The order of performing these elements is free.</p> <p>Specifications of Style B:</p> <ul style="list-style-type: none"> • <u>Retrogression: one (1) permitted, must not exceed two measures of music.</u> • Separations permitted, <u>no more than 2 arm lengths apart and must not exceed 5 seconds.</u> • <u>Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression).</u> • <u>Hand-in-hand hold not permitted with fully extended arms.</u> • <u>Stops NOT permitted.</u> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p><u>Combination Set of Synchronized Twizzles</u></p> <p>At least two Twizzles for each partner, with up to 3 steps maximum between Twizzles. <u>Partners may be in hold during connecting steps.</u></p> <p>The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequences.</p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose

Free Dance	LIFTS	SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	ADDITIONAL INFORMATION
<p>JUNIOR</p> <p>3:30 +/- 10 sec</p>	<p>Max 2</p> <p>1 Combination Lift</p> <p>Or</p> <p>2 Different Types of Short Lifts</p> <p>****</p> <p>Combination Lifts - max 12 secs Short Lifts – max 7 secs</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 2</p> <p>1 Step Sequence in Hold (Style B): Midline, Diagonal, Circular or Serpentine</p> <p>To be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>Specification to Style B: <u>Retrogression: one (1) permitted, must not exceed two measures of music.</u></p> <p><u>Separations permitted, no more than 2 arm lengths apart and must not exceed 5 seconds.</u></p> <p><u>Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression).</u></p> <p><u>Hand-in-hand hold not permitted with fully extended arms.</u></p> <p><u>Stops NOT permitted.</u></p> <p>AND</p> <p>1 Combination One Foot Step Sequence</p> <p><u>Turns performed simultaneously on one foot by each partner not touching</u></p> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p><u>Combination Set of Synchronized Twizzles</u></p> <p>At least two Twizzles for each partner, with up to 3 steps maximum between Twizzles. <u>Partners may be in hold during connecting steps.</u></p> <p>May be skated anywhere in the program except in the required step sequences.</p>	<p>2 Different</p> <p>Choreographic Dance Lift Or Choreographic Spinning Movement Or Choreographic Twizzling Movement Or <u>Choreographic Sliding Movement</u> Or <u>Choreographic Character Step Sequence</u></p> <p>See ISU Communication #2148 for definitions of choreographic elements.</p> <p>Note: <u>Choreographic Spinning Movement, Choreographic Sliding Movement and Choreographic Character Step Sequence</u> may be skated anywhere in the program. The Choreographic Dance Lift and Choreographic Twizzling Movement are to be performed after its respective required element.</p>	<p>Music should adhere to Rule 6095 (E) and ISU Communication #2148.</p> <p>Stops After clock started, couple must not remain on one place for more than 10 seconds</p> <p>During program: unlimited full stops of 5 seconds max. are allowed</p> <p>Separations Number of separations to execute transitional footwork or moves is not restricted;</p> <p>Distance allowed is maximum 2 arms length during separations;</p> <p>Durations of each separation (outside Req. Elements) is 5 seconds max;</p> <p>Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation.</p> <p>Touching Ice with Hands Touching the ice with the hand(s) is not allowed (<u>except Choreographic Sliding Movement</u>).</p> <p>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	ADDITIONAL INFORMATION
<p>SENIOR</p> <p>4:00 +/- 10 sec</p>	<p>Max 3</p> <p>1 Short Lift and 1 Combination Lift (the type of short lift must be different from the type(s) of short lift(s) forming the combination lift).</p> <p>Or</p> <p>3 Different Types of Short Lifts</p> <p>****</p> <p>Combination lifts - max 12 secs Short lifts - max 7 secs</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 2</p> <p>1 Step Sequence in Hold (Style B): Midline, Diagonal, Circular or Serpentine</p> <p>To be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>Specification to Style B: <u>Retrogression: one (1) permitted, must not exceed two measures of music.</u></p> <p><u>Separations permitted, no more than 2 arm lengths apart and must not exceed 5 seconds.</u></p> <p><u>Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression).</u></p> <p><u>Hand-in-hand hold not permitted with fully extended arms.</u></p> <p><u>Stops NOT permitted.</u></p> <p>AND</p> <p>1 Combination One Foot Step Sequence</p> <p><u>Turns performed simultaneously on one foot by each partner not touching</u></p> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p>Combination Set of Synchronized Twizzles</p> <p>At least two Twizzles for each partner, with up to 3 steps maximum between Twizzles. <u>Partners may be in hold during connecting steps.</u></p> <p>May be skated anywhere in the program except in the required step sequences.</p>	<p>3 Different</p> <p>1 of which must be a Choreographic Character Step Sequence</p> <p>2 additional chosen from:</p> <p>Choreographic Dance Lift Or Choreographic Spinning Movement Or Choreographic Twizzling Movement Or <u>Choreographic Sliding Movement</u></p> <p>See ISU Communication #2148 for definitions of choreographic elements.</p> <p>Note: <u>Choreographic Spinning Movement, Choreographic Sliding Movement and Choreographic Character Step Sequence</u> may be skated anywhere in the program. The <u>Choreographic Dance Lift and Choreographic Twizzling Movement</u> are to be performed after its respective required element.</p>	<p>Music should adhere to Rule 6095 (E) and ISU Communication #2148.</p> <p>Stops After clock started, couple must not remain on one place for more than 10 seconds</p> <p>During program: unlimited full stops of 5 seconds max. are allowed</p> <p>Separations Number of separations to execute transitional footwork or moves is not restricted;</p> <p>Distance allowed is maximum 2 arms length during separations;</p> <p>Durations of each separation (outside Req. Elements) is 5 seconds max;</p> <p>Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation.</p> <p>Touching Ice with Hands Touching the ice with the hand(s) is not allowed (<u>except Choreographic Sliding Movement</u>).</p> <p>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose

2018-19 Adult 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, 2018.



2018-19	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 or a waltz jump* • Max 3 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump • 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 or a waltz jump* • Max 3 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ◦ Only 1 jump combination may include 2 double jumps ◦ Jump sequence is any listed jump immediately followed by an Axel-type 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 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.
<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 <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ◦ Each jump combination may include only 1 double jump ◦ Jump sequence is any listed jump immediately followed by an Axel-type 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"> • <u>Max Level 3</u> • 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.

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character, and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.
• 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

2018-19 Adult 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, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<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 <ul style="list-style-type: none"> ○ 1 combination may contain 3 jumps, and the other may contain only 2 jumps ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> • 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"> • <u>Max Level 2</u> • 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, fully utilizing at least ¼ of the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ○ 1 combination may contain 3 jumps, and the other may contain only 2 jumps ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> • 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"> • <u>Max Level 1</u> • 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"> • 1 choreographic step sequence, fully utilizing at least ¼ of the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>ADULT 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 <ul style="list-style-type: none"> ○ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> • 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"> • <u>Max Level 1</u> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • 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

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character, and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.
 • 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

2018-19 Adult Pairs 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, 2018.



2018-19	LIFTS	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	PIVOT FIGURE or DEATH SPIRAL	STEP SEQUENCE	*ADDITIONAL ELEMENT
<p>CHAMPIONSHIP MASTERS PAIRS & MASTERS PAIRS & ADULT GOLD PAIRS 3:40 maximum</p>	<p>Max 2^e different</p> <p>One may be a twist lift with no limit on the number of revolutions</p> <p>If lifts are from the same group, they must be different (e.g. one star and one platter, both from Group 3)</p> <p>Min ¼ rev and max 3½ revs by man required</p> <p>Variations of the lady's position, no-handed, one-handed and combination lifts are permitted</p> <p>Carry lifts and lifts that include a carry feature are not permitted</p>	<p>Max 2 different</p> <p>Must have different IJS codes</p> <p>No limit on number of revolutions</p>	<p>Max 1</p> <p>Single, double or triple jumps permitted</p>	<p>Max 1</p> <p>Single, double or triple jumps permitted</p> <p>Max two jumps in jump combination</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p>	<p>Max 1</p> <ul style="list-style-type: none"> Min 4 revs by both partners if spin does not have a change of foot Min 6 revs by both partners if spin has a change of foot Min 2 revs in each position 	<p>Max 1*</p> <p>Pair spin:</p> <ul style="list-style-type: none"> Min 4 revs by both partners Optional change of position Min 2 revs in each position by both partners <p>Or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> Min 6 revs total by both partners Min 1 change of position by each partner Min 1 change of foot by each partner Min 2 revs in each position by both partners 	<p>Max 1*</p> <p>Regular one-hand to one-hand hold required</p> <p>At least ½ revolution with man in full pivot position</p>	<p>Max 1</p> <p><u>One choreographic sequence</u></p> <ul style="list-style-type: none"> Must be clearly visible <p>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>	<p>Max 1</p> <p>May choose to perform one additional element from:</p> <ul style="list-style-type: none"> Pair spin if not already performed Pair spin combination if not already performed Pivot figure/death spiral (max two per program, different IJS codes) Lift (max three per program, must be different) <p>Except for lifts, additional elements must have an IJS code that is different from that of any other program element.</p>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.
 • 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

2018-19 Adult Pairs 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, 2018.



2018-19	LIFTS	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	PIVOT FIGURE or DEATH SPIRAL	STEP OR CHOREOGRAPHIC SEQUENCE
ADULT SILVER PAIRS 2:50 maximum	Max 2 different One must be from Group 1 Other lift may be from Group 1 with a different take off or from Group 2 or may be a single twist lift Full extension is optional for Group 2 waist lift Min ½ rev and max ¾ revs by man required Variation of lady's position, no-handed, one-handed, overhead, carry and combination lifts, and lifts that include a carry feature are not permitted	Max 1 Single throw jumps only Single Axel throw jumps permitted	Max 1 Single jumps only Single Axel jumps permitted	Max 1 Single jumps only Single Axel jumps permitted Max two jumps in jump combination <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u>	Max 1 • Min 3 revs by both partners if spin does not have a change of foot • Min 5 revs by both partners if spin has a change of foot • Min 2 revs in each position	Max 1 Pair spin: • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners or Pair spin combination: • Min 5 revs total by both partners • Min 2 revs in each position by both partners	Max 1 Pivot position not required Choice of position and hand hold	Max 1 <u>One choreographic sequence</u> • <u>Must be clearly visible</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
ADULT BRONZE PAIRS 2:30 maximum	Max 1 May be from Group 1 or a Group 2 waist lift Min ½ rev and max ¾ revs by man required Full extension is optional for Group 2 waist lift Variations of the lady's position, no-handed, one-handed, overhead, twist, carry and combination lifts, and lifts that include a carry feature are not permitted	Max 1 (optional) Single throw jumps only Single Axel, double or triple throw jumps not permitted	Max 1 Single jumps only Single Axel, double or triple jumps not permitted	Max 1 Single jumps only Single Axel, double or triple jumps not permitted Max two jumps in jump combination <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u>	Max 1 • Min 3 revs by both partners if spin does not have a change of foot • Min 5 revs by both partners if spin has a change of foot • Min 2 revs in each position	Max 1 Pair spin: • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners <u>Pair spin combinations not permitted</u>	Max 1 Pivot figure: • Pivot position not required • Choice of position and hand hold <u>Death spirals not permitted</u>	Max 1 <u>One choreographic sequence</u> • <u>Must be clearly visible</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

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.
• 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.