



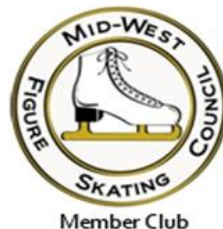
38th Annual Pony Express Competition

September 20th – 23rd, 2018

To Be Held At:
Bode Ice Arena
2500 Southwest Parkway
St. Joseph, MO. 64503

Deadline Entry: August 14th, 2018

Hosted by





The 38th Annual Pony Express Figure Skating competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

SERIES INFORMATION:

2018 Mid-West Figure Skating Council Championship Series

The Mid-West Figure Skating Council is again offering the Mid-West Council Championship Series. Skaters who enter the series will receive points for placement in any Singles, Pairs, or Dance event at each of the included series competitions. At the end of the season, the skaters earning the highest points will receive awards from the Council. The club with the most skater accumulated points will receive the travelling Championship Trophy for that year. New this year, the coach with the most skaters entered in series competitions wins PSA dollars to use towards their coaching education. Skaters can enter the series by paying the \$5 entry fee along with their entry to the first series competition that the skater enters or by registering on the Council website. Skaters can be either Standard or Learn to Skate USA competitors, but they must be a member of a USFS club.

Competitions included in the series are:

- Wichita Mid-Continent – August 2018 Ice Sports Wichita, KS
- Pony Express – September 2018 Bode Ice Arena, St. Joseph, MO
- Fall Fling (ISI) – November 2018 Line Creek Ice Arena, Kansas City, MO
- Heartland Basic Skills – TBD Centerpoint Community Ice, Independence, MO
- Skate KC – April 2019, Silverstein Eye Centers Arena, Independence, MO
- Heart of America – June 2019 KCIC, Shawnee, KS

It is important to note that required elements are from the current USFS standard announcement.

FREQUENTLY ASKED QUESTIONS:

HOW DO I ENTER THE SERIES? Complete the form along with your competition registration OR go to the Council website at MWFSC.org and complete the PayPal signup form on the Competitions page.

WHAT INFORMATION IS NEEDED AND WHAT DOES IT COST TO ENTER? There is an annual \$5 registration fee for the series season. We must have the skater's name, USFS #, club, and skating level to accurately accumulate points for the year.

WHAT IS THE DEADLINE TO SIGN UP? Skaters can enroll anytime between March 1 and November 4, 2018. Skaters will receive points for any events entered no matter when they enrolled.

WHO KEEPS MY POINTS AND HOW WILL I KNOW HOW MANY POINTS I HAVE? Our accountant will tabulate points as the season progresses. Standings will be posted on the Council website at MWFSC.org shortly after each competition. It is the responsibility of each skater to verify the accuracy of the points and to bring any discrepancies to the attention of the MWFSC.

WHAT HAPPENS TO MY POINTS IF I CHANGE THE LEVEL I SKATE DURING THE SEASON? Your points stay with you if you change levels and will continue to accumulate at your new level.

DO ALL FREE SKATE EVENTS COUNT? Yes, well balanced, test track, short and long program placement points are recorded. Points are recorded for any Singles, Pairs, and/or Dance event entered.



WHO IS THE MID-WEST FIGURE SKATING COUNCIL? The MWFSC consists of the Line Creek Figure Skating Club, Silver Blades Figure Skating Club, St. Joseph Figure Skating Club, and Wichita Figure Skating Club. The Council was created to improve, encourage, and advance figure skating for the community served by the Council and cultivate a spirit of fraternal feeling among the skating clubs within the Council. Please visit our website MWFSC.org for more information.

WHO CAN I ASK IF I HAVE ADDITIONAL QUESTIONS? Contact any Council officer or director by visiting our website at MWFSC.org on the Board of Directors page.

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

Age restrictions/requirements: Age requirements as of Sept. 1, and prior to regional championships:

A. Juvenile: 12 years of age or younger for girls; 13 years of age or younger for boys.

B. Open Juvenile: 13 years of age or older for girls; 14 years or older for boys.

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

Men/Boy's Events: For Juvenile and above, two competitors shall constitute a separate event for men/boys, or a single skater may choose to skate alone, receiving a gold medal. For Pre-Juvenile and below, if there are not two male competitors in the same level, the event will be combined with the females or the skater may choose to skate alone, receiving a Gold medal.

Event rules/ Cancellation: In events with fewer than two skaters the skater may choose to skate alone, receiving a Gold medal, compete in the next higher level (if they are not already entered higher than their test level), or receive a refund for the event. In the result of last minute cancellations, grouping will remain the same as originally posted or at the discretion of the referee.

Team Scoring: Points will be awarded, according to placement, to a skater's home club for each event skated. First place will receive 3 points, second place - 2 points, and third place – 1 point. The club with the highest point total (St. Joseph FSC is not eligible) will be awarded a team trophy.

ENTRIES:

Online entries with secure credit card payment may be made at www.stjosephfsc.org (follow Pony Express Championships competition links to EntryEeze registration). Electronic entries must be paid with a successful credit card transaction to be considered valid and must be completed no later than **11:59PM Central time, August 14th, 2018**

Late entries will be accepted at the discretion of the LOC (Local Organizing Committee) if accompanied by a \$25 late fee. The LOC reserves the right to limit entries in any event or to cancel an event based upon time restrictions. Two entries will be sufficient to hold an event. Pre-Juvenile and lower levels will be grouped according to age and without regard to gender. Open events may be combined with standard events at the same level (i.e., Open Juvenile and Juvenile) to make an event.

If participating in a Showcase event, you will be asked to provide the following information for this competition: Please enter a 25 word description of your showcase.

PLEASE CHECK YOUR ENTRY CAREFULLY WITH YOUR COACH BEFORE SIGNING UP. Any changes requested after August 14th close of entries will incur a \$25 change fee. Changes made after August 27th may not appear in the program.

FEES ARE AS FOLLOWS:

Excel Freeskate (Beginner thru Senior).....	\$100.00 and \$25.00 for each additional event
Beg-OpenJuv and Adult Freeskate (including Championships).....	\$100.00 and \$25.00 for each additional event
Intermediate thru Senior Championship FS/SP combined.....	\$110.00 and \$25.00 for each additional event
Couple Dance Initial & Final RDS (PreJuv-Int).....	\$110.00 per couple
Pairs Freeskate (Pre Juv-Int).....	\$ 50.00 per skater
Open Pairs.....	\$110.00 per couple
Practice Ice* (per session) at time of registration.....	\$14.00 per session
First Learn to Skate USA (Compete USA) Event.....	\$50.00
Second and Each Additional Learn to Skate USA (Compete USA) Event.....	\$20.00
Entry into Midwest Figure Skating Council Series	\$5.00

Beginner thru Pre-Pre, Championship, Adult, Freeskate and Excel Freeskate event are considered first events.

*Selection for pre-purchased practice ice will open 3 days after the schedule has been posted.
Practice ice purchased after registration will be charged a higher rate.*

REFUND POLICY: Entry fees will not be refunded after August 14th, 2018 unless no competition exists or the event is canceled. **There will be no refunds for medical withdrawals.** The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by email.

FACILITIES: The competition will be held at Bode Ice Arena which is located at 2500 Southwest Parkway, St. Joseph, MO., 64503. The ice surface is 185' X 85'. For further information and directions visit www.stjosephfsc.org for more information.

MUSIC: Competition music for all skaters must be submitted electronically. Competitors must provide music for all events, as appropriate. Competition music for all events that require **music must be submitted electronically via EntryEeze no later than September 2, 2018 at 11:59 pm CST.** After paying 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". Your music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

Music Criteria:

Your music should have the following specifications:

File Format: MP3

Bit Rate: 192 kbps or higher

Sample Rate: 44,100kHz The file names must be submitted as "Event-Last Name", i.e. "Ladies Novice SP- Smith.mp3"

Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties. Due to compatibility and reliability reasons no music may be on rerecordable "CDRW" discs. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the St. Joseph Figure Skating Club cannot be responsible for CDs left at the end of the competition. CDs not picked up at the close of the competition will be discarded. No CDs will be mailed.

Music issues during a performance – In most situations the event referee will NOT stop a performance due to music skipping, poor quality, music stops completely, incorrect tempo or similar issues. For such situations during a performance, the skater should immediately approach the event referee for resolution. Please note rule 1403C of the USFS rulebook: If tempo or quality of the music is deficient, the competitor/couple/team must stop skating and notify the event referee.....Backup music CD must be readily available at rinkside.

LIABILITY: U.S. Figure Skating, St. Joseph Figure Skating Club, and Bode Ice Arena of St. Joseph 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 the following events:

- Well Balanced Program free skate events, Pre-Juvenile – Senior, Adult Silver and above.
- Short Programs

All competitors skating in these events need to submit the planned program content form online. This form is found in the Member's Only section at www.usfigureskating.org. The deadline to submit the form is August 20, 2018.

The 6.0 Majority Judging System will be used for:

- Well Balanced Program free skate events, pre-preliminary – preliminary, Adult Pre-Bronze and Adult Bronze.
- Introductory free skate events (beginner, high beginner, no-test)
- All Excel Events
- All specialty singles events (spins, jumps, compulsory moves, interpretive, dramatic entertainment.)
- All solo dance events
- Couples dance events
- All Compete USA events

REGISTRATION: Registration will be open one hour before the first practice ice on the first day and one hour before each the first event each subsequent day and run through the last event of the day. The registration table will be located in the lobby of the Bode Ice Arena. Please register promptly upon arrival.

PRACTICE ICE: Practice ice will tentatively begin Thursday evening. **No practice ice is included with registration.** All practice ice must be paid for in advance. On freestyle practice ice sessions every effort will be made to play every competitor's music on a first come, first serve basis and music will be rotated through in order of CD turn in. There is no guarantee that all competitor's music will be played. Practice ice sessions are 30 minutes in length.

Skaters will be able to pick their own practice ice sessions online, but must indicate and pay for the number of sessions they would like with entry form. Skaters will receive an email with a PIN number in order to access practice ice records and select sessions after the schedule has been posted.

Practice ice sessions will be \$14.00 when ordered with entry. **Pre-paid practice ice is non-refundable and may not be sold to other skaters.** Additional practice ice sales may be available online for \$16.00 per session after the schedule has been posted and Pre-paid sessions have been selected. Additional practice ice may also be available for purchase during the competition at a cost of \$18.00 at the registration desk - with the exception of Final Round practice ice which will remain at \$14.00. Final round practice ice will be reserved and only open to qualifying skaters.

PHOTOGRAPHY/VIDEOGRAPHY: Videotapes of each event and official awards photos may be arranged through the official event photographer. St. Joseph Figure Skating Club is not responsible for any arrangements made with the professional photographer. Individuals may use only hand held cameras and no rink power outlets may be used. **No flash photography is permitted of skaters on the ice.**

Merchandise

2018 Pony Express Championships shirts are available for pre-order purchase through entry-eeze registration. Programs and results will be available from the registration desk. There will be vendors with skating apparel and other items.

AWARDS: Medals will be given for 1st through 4th places and ribbons will be awarded for 5th through 8th place for each event. All awards will be presented off-ice at the photographer's desk immediately after final results are posted for that event. Medals may be engraved for an additional cost at the time of the awards.

OFFICIAL NOTICES: An official bulletin board will be maintained in the Bode Ice Arena lobby. 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 must check in with the ice monitor and should be prepared to compete 45 minutes prior to scheduled times.** A tentative schedule of events will be posted prior to the competition.

IMPORTANT NOTICE FOR ALL COACHES:

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training*
- Continuing Education Requirements (CERs) for the 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

*SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches who are approved to receive 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. There can be no exceptions to this policy.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit:

<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

CONTACT INFO:

For additional and updated information, visit our club website at www.stjosephfsc.org under the Pony Express competition tab. The latest competition information, event schedules, and practice schedules will be posted as soon as they are available.

For more information or specific questions regarding the 38th Annual Pony Express Competition, please **email us:**
stjosephfsc@gmail.com

Or feel free to contact one of the following: (Please no calls before 9 AM or after 9 PM, CST.)

Mavis Anderson, Competition Chair (816) 752-8694
Jennifer Hudgins, Competition Co-Chair (660) 247-3962

ADDITIONAL INFORMATION:

Hotel Information:

Stoney Creek Hotel & Conf. Center
1201 N. Woodbine
St Joseph, MO 64506
www.StoneyCreekHotels.com

Official Hotels:

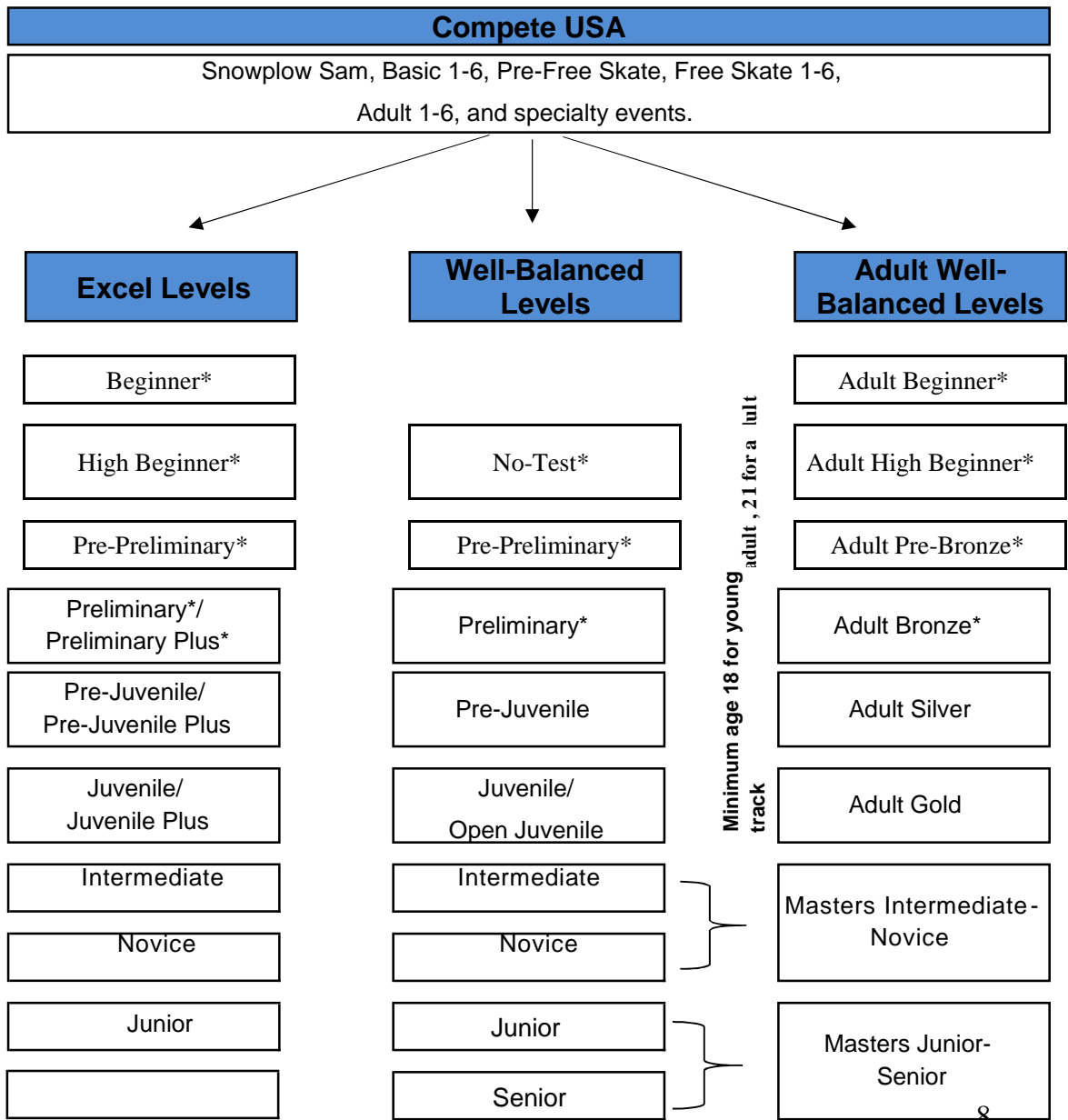
Phone: (816) 901-9600 1-800-659-2220
Rate: \$99/night – 2 Queen or King Beds
Block Room Cut-Off Date: August 20, 2018
Block ID – 6004709

*Offers Free Hot breakfast daily.
All blocks held until August 20, 2018, make reservations early !!!
You can make adjustments later.*



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

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



*Indicates an introductory level that may be held at Compete USA competitions. Beginner and High Beginner require a current Learn to Skate USA and/or U.S. Figure Skating full membership; all other levels require a current full U.S. Figure Skating membership. This event is a standard U.S. Figure Skating competition.





U.S. Figure Skating Nonqualifying Competitions

EVENT: 2018-2019 Excel Free Skate

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

Excel events may be run as either 6.0 or IJS subject to the individual competition announcement. Events will be run in accordance with the Excel Technical Handbook on the Excel Program webpage, regardless of which judging system is used.

<p style="text-align: center;">Excel Beginner Free Skate 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 2</p>	<p>Maximum 4 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Half Loops are not allowed. Maximum 2 jump combinations or sequences Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Two upright spins No change of foot No flying entry Minimum 3 revolutions</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must use one-half of 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 style="text-align: center;">Excel High Beginner Free Skate 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 4</p>	<p>Maximum 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, half-loop, loop Flip, Lutz, & Axel NOT permitted Maximum 2 jump combinations or sequences Maximum 2 of any same jump</p>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Both spins must be in a single position • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright <p>Minimum 3 revolutions Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must use one-half of 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>Excel Pre-Preliminary 1:40 Max</p> <p>Must not have passed higher than U.S. Figure Skating pre-preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel</p> <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequences are limited to a maximum of 3 single jumps 	<p>Maximum 2 spins: One spin must be in a single position*</p> <p>One spin may change feet and/or position</p> <p>No flying entry</p> <p>Minimum 3 revolutions</p> <p>Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> ● Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must use one-half of 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>Excel Preliminary 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel</p> <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequences are limited to a maximum of 3 single jumps 	<p>Maximum 2 spins: One spin must be in a single position*</p> <p>One spin may change feet and/or position</p> <p>No flying entry</p> <p>Minimum 3 revolutions</p> <p>Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> ● Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must use one-half of 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>Excel Preliminary Plus 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, including single Axel</p> <ul style="list-style-type: none"> ○ No double, or higher jumps allowed ○ Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) ○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> ○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Maximum 2 spins: One spin must be in a single position*</p> <p>One spin may change feet and/or position</p> <p>No flying entry</p> <p>Minimum 3 revolutions</p> <p>Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> ● Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must use one-half of 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>Excel Pre-Juvenile 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel</p> <ul style="list-style-type: none"> ● No single Axels, double, or higher jumps allowed ● Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded ● Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> ● 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ No flying entry ○ Minimum 4 revolutions <p>Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> ● Choreographic Step Sequence* (ChSt) <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 choreographic step sequence

<p>Excel Pre-Juvenile Plus 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 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 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed. ○ Axel plus up to 1 allowable double jump 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 • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequences limited to a maximum of 3 jumps 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Spin may start with flying entry ○ Minimum 4 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <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 choreographic step sequence
<p>Excel Juvenile 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <p>All single jumps allowed, including Axel</p> <ul style="list-style-type: none"> ○ No double or higher jumps allowed ○ Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) ○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> ○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions • Both Spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Juvenile Plus 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel plus and 2 different 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 • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequences limited to a maximum of 3 jumps 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions • Both Spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

<p>Excel Intermediate** 2:40 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop allowed <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel plus and 2 different 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 • Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted. ○ Number of jumps in jump sequence is not limited 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions • Both Spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Novice** Ladies: 3:00 +/- 10 seconds Men: 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements for ladies, 7 for men:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed <ul style="list-style-type: none"> ○ Double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel and 3 different double jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice • Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed ○ Number of jumps in jump sequence is not limited 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 3rd spin is option of skater • All spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Junior 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* <ul style="list-style-type: none"> ○ All single and double jumps allowed, except the double Axel. ○ Double Axel and higher jumps not allowed ○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Number of jumps in jump sequence is not limited 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revolutions in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • All spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

<p>Excel Senior 4:00 +/-10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating senior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* <ul style="list-style-type: none"> ○ All single and double jumps allowed, including the double Axel. ○ Triple and higher jumps not allowed ○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ Maximum 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Number of jumps in jump sequence is not limited 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • All spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 2 Sequences:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
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Well Balanced Program Free Skate Events

General event parameters -

Events will be run under the 2018-2019 rules.

1. Skaters may not enter both a Well Balanced Free Skate event and Excel Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
4. Minimum number of spin revolutions described for each level. Revolutions must be in position.
5. Beginner to Pre-Juvenile groups will be according to test level and age.
6. * means element is required.
7. All free skate events will be skated on full ice.
8. An axel is a single jump.
9. There will be no axels, double jumps, or flying spins at the Beginner or Limited Pre-Preliminary levels.
10. Pre-Juvenile through Senior, Adult Silver and up, will be judged using the IJS scoring system. All other levels will be judged using the 6.0 scoring system.

COMBINED SHORT PROGRAM & WELL BALANCED FREE SKATE EVENTS-Championship Events

1. Championship events will be held at the Intermediate through Senior levels and **will include both a Short and Freeskate Program.**
2. Final rounds will be determined based on the initial round Freeskate Program results. The number of skaters moving on to a final round from each initial round event will be posted at the competition. Final rounds will consist of the Short & Freeskate Programs. In the event that initial rounds are not necessary all skaters will skate both their Short and Freeskate programs. If initial rounds are necessary the number of skaters advancing to the final round will be posted at the rink. Trophies will be awarded on the basis of combined Short and Freeskate program scores.
3. All events will be judged using the IJS scoring system.

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.

<http://usfsa.org/content/2018-19%20Singles%20SP%20Chart.pdf>

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 o No single Axels, double, triple or quadruple jumps allowed o 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 o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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 o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o 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 o No double, triple or quadruple jumps allowed o Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) o 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 o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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 o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o 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) o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed o 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 o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences o 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 o Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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"> o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o 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"> o No double Axels, triple or quadruple jumps allowed o 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 o 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"> o 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 o 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* o Min 6 revs • 1 spin with only 1 position* o No change of foot o Min 4 revs <p>Both spins may start with a flying entry</p> <p>These spins must be of a different character</p> <p>(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"> o Must fully utilize the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
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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.
Singles 2018-19 FS Elements Version 3.0 – 6/14/18 A

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>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, and one triple jump are allowed <ul style="list-style-type: none"> o No additional triple jumps and no quadruple jumps are allowed o 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 ☐ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value o No double jump can be included more than twice. The triple jump can only be included once. • Max 2 jump combinations or sequences <ul style="list-style-type: none"> o Jump combinations limited to 2 jumps, except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed. If double Axel or triple jump is part of 3-jump combination, then 2 other double jumps may be included. o Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <p>1 spin combination; with or without change of foot*</p> <ul style="list-style-type: none"> o Min 8 revs o Min 2 revs in each position • 1 spin with only 1 position; no change of foot* o Min 5 revs <p>Both spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(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* o 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"> o No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated o If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence ☐ 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 o No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> o Jump combinations limited to 2 jumps except one 3-jump combination is allowed o Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <p>1 spin combination; with or without change of foot*</p> <ul style="list-style-type: none"> o Min 8 revs o Min 2 revs in each position • 1 spin with only 1 position; no change of foot* o Min 5 revs <p>Both spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(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* o 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. o 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. o 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. ☒ 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 o 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 o Jump combinations limited to 2 jumps except one 3-jump combination is allowed o 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* o Min 10 revs o Min 2 revs in each position • 1 flying spin with no change of foot or position* o Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(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* o Must fully utilize
<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. o 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. ☒ 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 o 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 o Jump combinations limited to 2 jumps except one 3-jump combination is allowed o 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* o Min 10 revs o Min 2 revs in each position • 1 flying spin with no change of foot or position* o Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(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* o Must fully utilize 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>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 o Of all the triples or quads, only 2 can be executed twice ☒ 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 o 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 o Jump combinations limited to 2 jumps except one 3-jump combination is allowed o 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* o Min 10 revs o All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* o Min 6 revs • 1 spin with only 1 position* o Min 6 revs <p>All spins may change feet and start with a flying entry</p> <p>Spins must be of a different character</p> <p>(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* o 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"> o Of all the triples or quads, only 2 can be executed twice ☒ 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 o 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"> o Jump combinations limited to 2 jumps except one 3-jump combination is allowed o 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"> o Min 10 revs o 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"> o Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> o 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* o 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"> o Of all the triples or quads, only 2 can be executed twice o Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated. o 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"> o Jump combinations limited to 2 jumps except one 3-jump combination is allowed o 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"> o Min 10 revs o 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"> o Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> o 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* o Must fully utilize the ice surface • One choreographic sequence* o 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"> o Of all the triples and quads, only 2 can be executed twice ☒ Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated. o 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"> o Jump combinations limited to 2 jumps except one 3-jump combination is allowed o 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"> o Min 10 revs o 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"> o Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> o 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* o Must fully utilize the ice surface • One choreographic sequence* o Must be clearly visible

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.

Singles 2018-19 FS Elements Version 3.0 – 6/14/18 AB

COMBINED SHORT PROGRAM & WELL BALANCED FREE SKATE EVENTS-Championship Events

4. Championship events will be held at the Intermediate through Senior levels and **will include both a Short and Freeskate Program.**
5. Final rounds will be determined based on the initial round Freeskate Program results. The number of skaters moving on to a final round from each initial round event will be posted at the competition. Final rounds will consist of the Short & Freeskate Programs. In the event that initial rounds are not necessary all skaters will skate both their Short and Freeskate programs. If initial rounds are necessary the number of skaters advancing to the final round will be posted at the rink. Trophies will be awarded on the basis of combined Short and Freeskate program scores.
6. All events will be judged using the IJS scoring system.

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.

<http://usfsa.org/content/2018-19%20Singles%20SP%20Chart.pdf>

WELL BALANCED FREE SKATE EVENTS-adult

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.

No final rounds will be held in this event.

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p>CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum</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 or a waltz jump* • Max 3 combinations or sequences <ul style="list-style-type: none"> o 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps o 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"> o 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</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 or a waltz jump* • Max 3 combinations or sequences <ul style="list-style-type: none"> o 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps o Only 1 jump combination may include 2 double jumps o 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"> o 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 o 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps o Each jump combination may include only 1 double jump o 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 o 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"> • Max Level 3 • 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.
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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.

Adult Singles 2018-2019 Version 1.1– 7/5/18 LMF

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 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 o 1 combination may contain 3 jumps, and the other may contain only 2 jumps o Jump sequence is any listed jump immediately followed by an Axel-type jump • 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"> • Max Level 2 • 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 ½ 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"> o 1 combination may contain 3 jumps, and the other may contain only 2 jumps o 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 (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"> • Max Level 1 • 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 ½ 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"> o 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps o 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 (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"> • Max Level 1 • 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.

Adult Singles 2018-2019 Version 1.1– 7/5/18 LMF

EVENT: COMPULSORY MOVES

General event parameters:

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

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Axel or double Salchow 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – must include rotating in both directions
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum four revolutions 4. Step sequence – must include 3 difficult turns and rotating in both directions
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow, double toe loop or double loop 2. Jump combination: single/single or double/single, double/double 3. Flying spin, minimum five revolutions 4. Step sequence – must include 4 difficult turns and rotations in both directions
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Jump combination: double/single or double/double 3. Flying spin - minimum six revolutions 4. Step sequence – must include 5 difficult turns and rotations in both directions
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip or double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions

Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz or double Axel 2. Jump combination: double/double or triple/double 3. Combination spin - all 3 basic positions required (min. 6 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions
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U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Compulsory Moves

General event parameters:

1. Beginner to Silver: Elements skated on ½ ice
2. Gold/Masters: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed
5. Minimum number of revolutions is noted in parentheses

Level	Time	Elements
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> • Bunny hop • <u>Mazurka</u> • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • <u>Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u>
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • <u>Forward upright spin (Min. 3 revolutions)</u> • <u>Backward outside 3-turn right and left</u> • <u>Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u>
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> • <u>Single Toe Loop</u> • Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence • <u>Forward upright spin (Min. 3 revolutions)</u> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge <u>either direction</u> • Forward spiral (any edge)
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Salchow • Waltz jump – toe loop combination jump • Backward Upright Spin – entry optional (Min. 3 revolutions) • <u>Backward inside 3-turn right and left</u> • Spiral sequence (Min. 2 spirals)
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> • Single loop • Single/single jump combination • Sit spin (Min. 3 revolutions) • Straight line step sequence

Adult Gold	1:30 MAX	<ul style="list-style-type: none"> • Single Lutz or Axel • Single/single or single/double jump combination • Camel spin (Min. 4 revolutions) • Straight line step sequence
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> • Axel, double Salchow , double toe loop or double loop • Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel • Solo spin of skater's choice (Min. 6 revolutions) • Straight line step sequence
Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"> • Choice of any double jump • Jump combination that may include any double jump • Solo spin of skater's choice (Min. 8 revolutions) • Straight line step sequence



U.S. Figure Skating Nonqualifying Competitions

EVENT: Jumps Challenge

General event parameters:

7. Each jump may be attempted twice; the best attempt will be counted.
8. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may include Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 5. Single Axel or double Salchow 6. Single or double jump 7. Jump combination – single/single (may include Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 5. Single Axel 6. Double Salchow or double toe loop 7. Jump combination – single/single or double/single (may include single Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 5. Single Axel 6. Double toe loop or double loop 7. Jump combination – double/single or double/double (may include single Axel)

Novice	1:30 max.	5. Double loop 6. Double flip 7. Jump combination – double/double (may include double Axel)
Junior	1:30 max.	5. Choice of double or triple jump (Salchow, toe loop, loop, Lutz) 6. Double or triple flip 7. Jump combination – double/double (may include double Axel)
Senior	1:30 max.	3. Choice of double or triple jump (Salchow, toe loop, loop, flip) 4. Double or triple Lutz 5. Jump combination – double/double or triple/double (may include double Axel)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Jumps Challenge

General event parameters:

9. Each jump may be attempted twice; the best attempt will be counted.
10. Adult silver and lower will be skated ½ ice; adult gold – masters junior/senior will be skated on full ice
11. Jumps with an "*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	1. Waltz or toe loop jump 2. ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:00	1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	1:15	1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30	1. Axel 2. Double Salchow, double toe loop or double loop 3. Jump combination (double/double, single/double or double/single) that may include double Salchow, double toe loop or double loop and any single jump including Axel
Masters Junior/Senior	1:30	1. Double loop or double flip 2. Double Lutz 3. Jump combination that may include any double jump

EVENT: Spins Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 4. Spin with one change of position and no change of foot (6 revs) 5. Backward sit spin (3 revs) 6. Camel spin (4 revs)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 4. Spin with one change of foot and one change of position (min. 3 revs each foot) 5. Combination sit spin with change of foot (min. 3 revs each foot) 6. One position spin – skater's choice (upright, sit or camel), (4 revs)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 8. Backward entry Camel spin (4 revs) 9. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position) 10. Forward to backward scratch spin (min 4 revs per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 8. Sit spin (4) 9. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) 10. Girls – layback spin (6 revs); Boys – camel spin (5 revs)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 8. Flying camel spin-basic camel position required (5 revs) 9. Sit spin to backward sit spin-basic sit position required (4 revs per foot) 10. Combination spin – change of foot & all 3 basic positions required (2 revs in each position & min 5 revs per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 8. Illusion to back scratch spin; may change feet (6 revs) 9. Camel spin to backward camel spin (4 revs per foot) 10. Combination spin – change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 8. Flying sit spin or flying reverse sit spin (6 revs) 9. Solo spin of choice – may not fly (8 revs) 10. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> 6. Flying spin of choice (8 revs) 7. Solo spin of choice (8 revs) – may not fly 8. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)

EVENT: Adult Spins Challenge

General event parameters:

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

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

THEME INTERPRETIVE

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- Warm up time will consist of music being played twice as a group.
- **Skaters after the warm up will go back to a room, with no music being played.**
The room will be attended only by the adult monitor and the competing skaters in that group.
- Skaters will be brought to the ice when the previous skater begins and will face away from the ice to listen to the music for one final time.
- All competitors in an event will interpret the same music.
- Props are not permitted.
- If entry numbers warrant, the combined groups will be divided by Freeskate levels.
- There is to be no instruction allowed during this event from coaches, parents or fellow skaters. The competitors are only allowed to communicate with event officials until they have completed their performance.
- Skaters are judged on interpretation of music with variety and appropriate moves covering the ice surface.
-

EVENT	THEME
Beginner /No Test	Toy Story
Pre-Pre /Preliminary	Elvis
Pre-Juv/Juvenile/Open Juvenile	Michael Jackson
Intermediate/Novice/Junior/Senior	Groovy 60's



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness.
- Props and scenery ARE permitted.

General event parameters:

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

Dramatic Entertainment Levels:

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

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Pre-Preliminary <small>(does not qualify for National Showcase)</small>	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze <small>(does not qualify for National Showcase)</small>	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max

Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max

* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply,; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Light Entertainment Events

Format:

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

General event parameters:

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

Light Entertainment Levels:

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

Event	Must meet requirements*	Must not have passed	Age	Time
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Free Skate or Dance (solo or partnered) Test or higher	No age restriction	1:30 max
Pre-Preliminary <small>(does not qualify for National Showcase)</small>	Pre-Preliminary Free Skate	Pre-Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max



Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze <small>(does not qualify for National Showcase)</small>	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max

* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply,; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Duet Events

Format:

- Duets are theatrical or artistic performances by any competitors.
- Props and scenery ARE permitted.

General event parameters:

7. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
8. The determination of level will be based upon test requirement at the entry deadline

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Duet Event Levels:

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

Event	Must meet requirements*	Must not have passed	Age	Time
No Test	Must have passed Free Skating or Dance test (solo or partnered standard track)	Free Skate or Dance (solo or partnered) Test or higher		
No Test	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Pre-Preliminary	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max



Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max

Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3 rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5 th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3 rd Figure Test (prior to 10/1/77) OR 8 th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max

* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply,; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.

SOLO PATTERN DANCE EVENT

All dances are open with no age restrictions. Test requirements as per highest compulsory Dances passed as of **entry deadline**. May not skate down from skater's test level. Please list dances you wish to participate in on the enclosed entry form. There must be a minimum of two competitors in each event, otherwise the dance event will be cancelled. **There will be no critiques.**

Level	Dances
Preliminary	Rhythm Blues Dutch Waltz Canasta Tango (3P)
Pre-Bronze	Cha-Cha Fiesta Tango Swing
Bronze	Willow Waltz Ten Fox Hickory Hoedown (3P)
Pre-Silver	European Waltz (2P) Foxtrot Fourteenstep
Silver	Silver Tango Rocker Foxtrot American Waltz (2P)

Pre-Gold	Blues Killian Paso Doble Starlight Waltz
Gold	Argentine Tango (2P) Viennese Waltz (3P) Westminster Waltz (2P) Quickstep



U.S. Figure Skating Nonqualifying Competitions

EVENT: Couples Dance Events

Couples Dance will be conducted upon request with Initial and Final Round as per Qualifying Rules for the 2018/2019 Competition Season.

EVENT	INITIAL ROUND - PATTERN DANCES	FINAL ROUND
Pre-Juvenile	Rhythm Blues, Canasta Tango	Cha Cha, Swing Dance
Juvenile	Willow Waltz, Fiesta Tango	Free Dance - 2:15min +/-10s
Intermediate	Rocker Foxtrot, European Waltz	Free Dance - 2:30min +/-10s
Novice	Starlight Waltz, Paso Doble	Free Dance - 3:00min +/-10s



Pony Express Championships Advertising Form

THIS FORM MUST BE POSTMARKED BY AUGUST 20 ,2018

The St. Joseph Figure Skating Club invites you to submit an advertisement to be printed in the program for the **2018 Pony Express Championships**. Putting on a competition is increasingly expensive and selling Advertising and Happy Ads will help us defray some expenses of the competition and Happy Ads make your skater feel special!

(please circle desired ad)

Happy ADS (select one from the next page)	\$ 5.00
BUSINESS CARD AD	\$ 15.00
QUARTER PAGE (camera ready)	\$ 20.00
HALF PAGE (camera ready)	\$ 40.00
FULL PAGE (8 1/2 x 11, camera ready)	\$ 80.00

TOTAL: \$ _____

Please send your Business card, artwork, this form and your check made payable to the SJFSC by August 20, 2018.

PLEASE SEND A SEPARATE CHECK. DO NOT COMBINE IT WITH ENTRY/PRACTICE FEES.

Happy ads on next page may be personalized as desired. **(Skaters love these!)**

Name:

Organization:

Address:

City:

State: _____ Zip _____

Home Phone: _____

Work Phone _____

Ad Size

THANK YOU FOR YOUR SUPPORT!

MAIL TO: 2018 Pony Express Championships
c/o Mavis Anderson
124 West Highland
St. Joseph, Mo 64505

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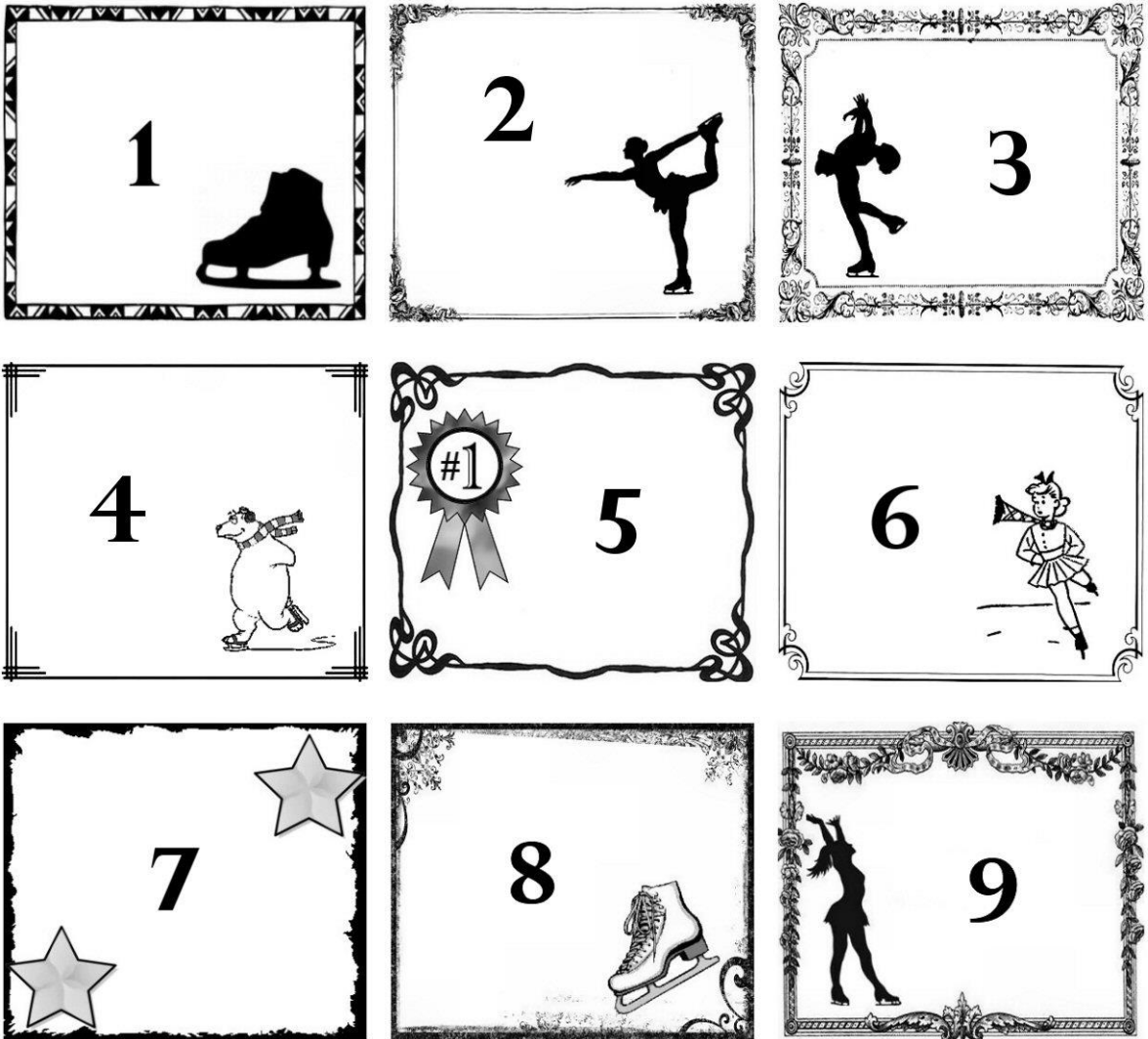
**"Happy Ads" for the
2018 Pony Express Championships Printed Program**

The "Happy Ads" section of the printed program is the first place skaters look when they get a program. They enjoy the special messages from their parents, grandparents, siblings, friends, and other family members.

Please select the number of the ads you wish to purchase: _____

Skater's name (as it is to be printed in the ad): _____

Your short message (please print clearly):





38th Annual Pony Express Championships



Compete USA

September 23, 2018

To Be Held At:
Bode Ice Arena
2500 Southwest Parkway
St. Joseph, MO. 64503

Deadline Entry: August 14th, 2018

Hosted by



Competition Rules and Eligibility

The 38th Annual Pony Express Figure Skating Championships competition will be conducted according to the current (2018) USFS Official Rulebook.

The Compete USA competition is open to ALL skaters who are current eligible (ER 1.00) members of either the LTS USA program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host LTS USA Program/club or any other LTS USA Program/club.

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and LTS USA 1-6, Pre-Free Skate** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

Series Information

Mid-West Figure Skating Council Championship Series: St. Joseph Figure Skating Club is a member of the Mid-West Figure Skating Council (MWFSC) and is participating in the Mid-West Council Championship Series (MWCCS). Points will be awarded for Basic Elements, Basic Program and Artistic events. All MWFSC series competitions will use USFS Standard Announcement for elements / required content. At this time those competitions are Heart of America, Wichita Mid-Continent, Pony Express and Line Creek Fall Fling.

Skaters competing in this Series will receive points for placement in each of the above events at the recognized competitions. At the end of the season, the top point skaters will receive awards from MWFSC and the club with the most skater accumulated points will receive the Traveling Championship Trophy for that year.

There is an annual \$5 registration fee to enter the Championship Series, which can be paid at the first competition the skater enters or by registering on the Council website at MWFSC.org.

Entries and Fees

Online entries with secure credit card payment may be made at www.stjosephfsc.org (follow Pony Express Competition links to EntryEeze registration). Electronic entries must be paid with a successful credit card transaction to be considered valid and must be completed no later than **11:59PM Central time, August 14th, 2018**.

Paper entries must be postmarked on or before August 14th, 2018 and must include all entry fees and an additional \$5 processing fee. A postage meter will **not** be considered an acceptable proof of mailing date. Checks should be made payable to St. Joseph FSC. Paper entries should be mailed to:

2018 Pony Express Competition
c/o Mavis Anderson
124 West Highland Ave.
St. Joseph, MO. 64505

Late entries will be accepted at the discretion of the LOC (Local Organizing Committee) if accompanied by a \$25 late fee. The LOC reserves the right to limit entries in any event or to cancel an event based upon time restrictions. If only one competitor appears at an event, the referee will give the skater the option to compete. If the competitor chooses to compete, judges shall award their marks according to the rules and the applicable scoring system used. The competitor will receive first place. If the competitor/team chooses not to skate, the entry fee will be refunded. There will be a \$30 fee for returned checks. No refunds will be given after Aug 14th, 2018 unless an event is cancelled or the competition is not held, per the rulebook. **If you register online, the processing fee is not refundable for any reason.**

PLEASE CHECK YOUR ENTRY CAREFULLY WITH YOUR COACH BEFORE SIGNING UP. Any changes requested after August 14th, will incur a \$25 change fee. Changes made after August 27th may not appear in the program.

Fees* are as follows:

First LTS USA Event	\$50.00
Second and Each Additional LTS USA Event(s).....	\$20.00
Paper Entry fee	\$5.00
Entry into Midwest Figure Skating Council Series.....	\$5.00

** Please note: Entry fee does not include practice ice. Practice ice is purchased separately.*

Practice Ice

Practice ice will be on Sunday, September 23, 2018, prior to the beginning of the Compete USA Competition. Practice ice sessions will be \$10 and will be 20 minutes. No music will be played. Please mark on the entry form if you wish to purchase practice ice and include payment with the entry fee. No refunds will be given for practice sessions not used.

Facility

This year's Pony Express Competition will be held at Bode Ice Arena which is located at 2500 SW Parkway, St. Joseph, Mo. The ice surface is 185'x 85'.

Registration

The Registration desk will be located in the lobby of Bode Ice Arena. Competitors should check in at the Registration desk as early as possible upon arrival. The Registration desk will open one hour before the first practice ice on the first day and one hour before the first event each subsequent day.

Official Notices

An official bulletin board will be maintained in the lobby. It is the skater's responsibility to check the bulletin board for event or schedule changes. **Skaters must check in with the ice monitor and should be prepared to compete 1 hour prior to scheduled times.**

Music

Competition music for all skaters must be submitted electronically. Competitors must provide music for all events, as appropriate. Competition music for all events that require music must be submitted electronically via EntryEeze by the competition deadline **August 14th, 2018, at 11:59 pm.**

After paying 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".

Your music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

Music Criteria:

1. File Format: MP3 (the online system will automatically check this)
2. Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and they may request you upload a corrected file)
3. Sample Rate: 44,100 kHz (this will be checked by the music chairperson and they may request you upload a corrected file)
4. Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be NO leaders or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties and must be turned in at the registration desk at the time of check-in.

Only CDs (standard CD-R format only) will be accepted. CD-RWs will NOT be accepted due to compatibility issues. CDs must be clearly marked with the competitor's name, event, and running time. CDs must only have one piece of music per CD. The official competition CD turned in at the Registration Desk is reserved for use during the event and may not be retrieved for Practice Ice use.

Please keep additional copies of your music readily available for both practice ice and rink side during competition events. Music may be picked up at the registration desk following each event. Every reasonable care will be taken, but the SJFSC cannot be responsible for music left at the end of the competition.

Music issues during a performance – In most situations the event referee will NOT stop a performance due to music skipping, poor quality, music stops completely, incorrect tempo or similar issues. For such situations during a performance, the skater should immediately approach the event referee for resolution. Please note rule 1403C of the USFS rulebook: If tempo or quality of the music is deficient, the competitor/couple/team must stop skating and notify the event referee.....Backup music CD must be readily available at rinkside.

Awards

Medals will be given for 1st through 4th places and ribbons will be awarded for 5th and 8th place for each event. All awards will be presented off-ice at the photographer's desk immediately after final results are posted for that event. Medals may be engraved for an additional cost at the time of the awards.

Pictures and Videos

Videotapes of each event and official awards photos may be arranged through the official event photographer. St. Joseph Figure Skating Club is not responsible for any arrangements made with the professional photographer. Individuals may use only hand held cameras and no rink power outlets may be used. **No flash photography is permitted of skaters on the ice.**

Merchandise

2018 Pony Express Championships shirts are available for pre-order purchase through entry-eeze registration. Programs and results will be available from the registration desk. There will be vendors with skating apparel and other items.

ADDITIONAL INFORMATION:

Hotel Information:

Official Hotels:

Stoney Creek Hotel & Conf. Center
1201 N. Woodbine
St Joseph, MO 64506
www.StoneyCreekHotels.com

Phone: (816) 901-9600 1-800-659-2220
Rate: \$99/night – 2 Queen or King Beds
Block Room Cut-Off Date: August 20, 2018
Block ID – 6004709

Offer Free Hot breakfast daily.
All blocks held until August 20, 2018, make reservations early !!!
Changes can always be made later.

Additional Information and Questions

For additional and updated information, visit our club websites at www.stjosephfsc.org under the *Pony Express Championships* tab. The latest competition information, event schedules, and practice schedules will be posted as soon as they are available.

For more information or specific questions regarding the Pony Express Competition, please **email us at stjosephfsc@gmail.com**

Or feel free to contact one of the following:

Mavis Anderson, Competition Co-Chair	(816) 752-8694
Jennifer Hudgins, Competition Co-Chair	(660) 247-3962

SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
 - To be skated on 1/3 to 1/2 ice (determined by the LOC)
 - No music
 - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
 - **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry • T-stop, right or left

PRE-FREE SKATE - COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka • Waltz jump

EXCEL COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • One-foot upright spin - minimum 3 revolutions • Choreographic step sequence
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Salchow/toe loop combination • Sit spin - minimum 3 revolutions • Choreographic step sequence
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Flip jump • Loop/loop jump combination • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Flip/loop jump combination • Camel, sit combination spin – minimum 6 revolutions total • Choreographic step sequence

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on full ice with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position • T-stop, right or left

PRE-FREE SKATE – PROGRAM WITH MUSIC

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

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka • Waltz jump • <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i>

OPEN PAIRS EVENTS

This is a fun event open to any team who wants to present a pairs program of 1:30 to 2:00 minutes skated to the music of your choice. There are no restrictions for gender, age or skating level. The music selection can be any style, with or without vocals. No overhead lifts are permitted. The program will be judged on the unison of the pair team and on original choreography.



U.S. Figure Skating Nonqualifying Competitions

EVENT: Compete USA Showcase Events

Format: Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

General event parameters:

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

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

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

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



2018 Pony Express Championships Learn to Skate USA Competition Entry Application Form

September 23, 2018

ENTRY FORM MUST BE POSTMARKED BY August 14th, 2018

Skater's Last Name		Skater's First Name		USFSA/Basic Skills #	
Address			City		State
Parent/Guardian Name			Phone		
Email			Home Club		
Date of Birth		Age		Gender	
Highest USFS Basic Skills Test Passed			Highest ISI Test Passed		
Coach's Name		Coach's Address			
Coach's Phone		Coach's Email			

Check the events you wish to enter:

BASIC ELEMENTS EVENT:

<input type="checkbox"/> Snowplow Sam	<input type="checkbox"/> Basic 1	<input type="checkbox"/> Basic 2	<input type="checkbox"/> Basic 3	<input type="checkbox"/> Basic 4	<input type="checkbox"/> Basic 5	<input type="checkbox"/> Basic 6	<input type="checkbox"/> Pre-Free Skate
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BASIC PROGRAM EVENT:

<input type="checkbox"/> Snowplow Sam	<input type="checkbox"/> Basic 1	<input type="checkbox"/> Basic 2	<input type="checkbox"/> Basic 3	<input type="checkbox"/> Basic 4	<input type="checkbox"/> Basic 5	<input type="checkbox"/> Basic 6	<input type="checkbox"/> Pre-Free Skate
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BASIC 8 ARTISTIC EVENT:

<input type="checkbox"/> Snowplow Sam	<input type="checkbox"/> Basic 1 & 2	<input type="checkbox"/> Basic 3 & 4	<input type="checkbox"/> Basic 5 & 6	<input type="checkbox"/> Pre-Free Skate
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OPEN PAIRS EVENT:

<input type="checkbox"/> All Levels

EVENT FEES

First Event	_____	@ \$50.00	= \$ _____
Additional Events	_____	@ \$20.00	= \$ _____
Practice Ice Session	_____	@ \$10.00	= \$ _____
MWC Championship Series (if joining series).....	_____	@ \$5.00	= \$ _____
Circle Shirt Size (if joining series):			
Child S	Child M	Child L	Adult XS
Adult S	Adult M	Adult L	Adult XL
Paper Entry Fee (if not using EntryEeze).....	_____	@ \$5.00	= \$ _____
TOTAL ENTRY FEE			= \$ _____



Signatures & Certification of Competitor:

The Competitor is eligible to enter the events checked. It is agreed that the Competitor and family holds USFS, St. Joseph Figure Skating Club, Bode Ice Arena, and all their employees and agents harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Competitor Signature _____	Date _____
Parent/Guardian Signature _____	Date _____
Instructor/Coach Signature _____	Date _____
Program Director/Club Officer Signature _____	Date _____

If mailing in a paper entry form, be sure to include the following items with your entry:

- Completed entry form
- Entry fees and practice ice fees - check payable to St. Joseph FSC
- Signatures from competitor (parent/guardian if applicable), coach, and club officer

Mail Completed Applications and Payment (checks to St. Joseph FSC) to:

**2018 Pony Express Championships
c/o Mavis Anderson
124 West Highland Ave.
St. Joseph, MO. 64505**

Pony Express Championships Advertising Form

THIS FORM MUST BE POSTMARKED BY August 14th, 2018

The St. Joseph Figure Skating Club invites you to submit an advertisement to be printed in the program for the **2018 Pony Express Championships**. Putting on a competition is increasingly expensive and selling Advertising and Happy Ads will help us defray some expenses of the competition and Happy Ads make your skater feel special! (please circle desired ad).

Happy ADS (select one from the next page)	\$ 5.00
BUSINESS CARD AD	\$ 15.00
QUARTER PAGE (camera ready)	\$ 20.00
HALF PAGE (camera ready)	\$ 40.00
FULL PAGE (8 1/2 x 11, camera ready)	\$ 80.00

TOTAL: \$ _____

Please send your Business card, artwork, this form and your check made payable to the SJFSC by August 20, 2018.

PLEASE SEND A SEPARATE CHECK. DO NOT COMBINE IT WITH ENTRY/PRACTICE FEES.

Happy ads on next page may be personalized as desired. **(Skaters love these!)**

Name:

Organization:

Address:

City:

_____ **State:** _____ **Zip** _____

Home Phone: _____

Work Phone _____

Ad Size

THANK YOU FOR YOUR SUPPORT!

MAIL TO:

2018 Pony Express Championships
c/o Mavis Anderson
124 West Highland
St. Joseph, Mo 64505

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"Happy Ads" for the

2018 Pony Express Championships Printed Program

The "Happy Ads" section of the printed program is the first place skaters look when they get a program. They enjoy the special messages from their parents, grandparents, siblings, friends, and other family members.

Please select the number of the ads you wish to purchase: _____

Skater's name (as it is to be printed in the ad): _____

Your short message (please print clearly):

