



26th Anniversary Rocket City Classic

Hosted by:

The Skating Club of Huntsville

August 24-25, 2018

Entry Deadline

July 25, 2018 11:59PM

Event Location:

**Benton H. Wilcoxon Municipal Ice Complex
3185 Leeman Ferry Rd SW, Huntsville, AL 35801**

Sanctioned by US Figure Skating, Sanction # 27832

The Rocket City Classic will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

ELIGIBILITY/TEST LEVEL:

Test Level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. 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: Skaters entering juvenile free skate events (Short Program / Well Balanced Program) must be under 13 years of age for girls and under 14 years of age for boys at the close of entries. Skaters entering open juvenile free skate events (Short Program / Well Balanced Program), must be at least 13 years of age for girls and at least 14 years of age for boys at the close of entries.

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.

ENTRIES: Online registration only through **EntryEeze** by **Wednesday July 25, 2018 11:59PM**. Late entries may be accepted at the discretion of the competition committee and referee and may be subject to a \$25.00 late fee. Payment of any additional fee will be required before skater is allowed to participate in practice ice or events.

Note: A free digital video of competitor's events will be provided to all skaters. See below for additional details.

Event	Fees	Event	Fees
First IJS Event	\$120.00	First Learn to Skate Event	\$50.00
First Non-IJS Event	\$110.00	Additional Learn to Skate Event	\$25.00
Additional Events	\$40.00	Team Events	\$75.00 and \$5/skater

REFUND POLICY: Entry fees will not be refunded after **Wednesday, July 25, 2018 11:59PM** 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 \$35 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 online via EntryEeze.

FACILITIES: The competition will be held at the Benton H. Wilcoxon Municipal Ice Complex located at 3185 Leeman Ferry Rd SW, Huntsville, AL 35801. Our rink has two NHL regulation ice surfaces measuring 85' x 200'. The facility offers a snack bar, locker rooms for our competitors, and a Pro Shop where skating equipment can be serviced. Visiting vendors will also offer skating and non-skating related products.

MUSIC: For the 2018 Rocket City Classic, online music submission is the ONLY acceptable method to submit program music. After you have paid for your events, the system will prompt



you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment. Be careful, for example, not to mix up your short program and your free skate!

Deadline for uploading is: **August 10, 2018 11:59PM**

The uploaded program music MUST conform to the following specifications:

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

BACKUP MUSIC AT EVENT [CDs]:

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

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are NOT acceptable.
- Clearly marked with a permanent marker (e.g. Sharpie, do NOT use a label or tape) as follows: First Name, Last Name, (Club – Optional but requested), Event, Event Segment and Music Length (e.g. Jane Smith, Acme FSC, Novice Ladies, Free Skate, 3:10 or Synchro Team, Widget FSC, Preliminary, Free Skate, 1:59)
- Each CD may have only ONE [1] music track on it. In the case where a skater competes in both a short program/dance and a free skate/free dance, two [2] separate discs must be available. Any disc with more than one [1] track is NOT acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two [2] seconds.
- Due to the compatibility and reliability reasons, music may NOT be submitted on re-recordable "CD-RW" discs. PLEASE, not CD-RWs!!

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

PENALTY FOR INCORRECT MUSIC OR FAILURE TO UPLOAD MUSIC:

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

LIABILITY: U.S. Figure Skating, The Skating Club of Huntsville, and Benton H. Wilcoxon Municipal Ice Complex 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-mini) will be used for the following events:

- Well Balanced Program Free Skate Events, Juvenile – Senior, and Open Juvenile
- Short Program Events, Juvenile – Senior, and Open Juvenile
- All competitors skating in these events must submit the planned program content (PPC) form online via EntryEeze. The deadline to submit the form is **August 10, 2018 11:59PM**. There will be critiques for all IJS events. This schedule will be posted at registration.

The 6.0 Majority Judging System will be used for the following events:

- Well Balanced Program Free Skate Events, No Test – Pre-Juvenile)
- All Adult events
- All Excel Free Skate Events
- All Learn to Skate Events
- All Specialty Singles Events (Spins, Jumps, Compulsory Moves, Etc.)
- All Pairs Events
- All Showcase Events

REGISTRATION: Registration will be open one to two hours before the first event and run through the last day of the event. The registration table will be located near the main staircase going up to the second level, just inside the main doors to the rink. Please register promptly upon arrival.

PRACTICE ICE: Practice ice for individual skaters will be available on, Friday August 24, and Saturday August 25. Practice ice will be available to reserve online two weeks prior to competition. The pre-paid rate for practice ice is \$12.00 for 20 minutes per skater. Skaters may also purchase practice ice at a walk-on rate of \$15.00 per 20 minutes if space is available. Skaters will be able to choose their own practice ice sessions online after the schedule is posted. Additional practice ice will be available for sale online after those that pre-register for their sessions have chosen them.

PHOTOGRAPHY/VIDEOGRAPHY: Videography and Photography will be provided by ProEventPhoto. Competitors will receive a free video of each of their events, delivered via the ProEventPhoto digital download system, or on a skater-provided USB drive at no additional cost, or on a ProEventPhoto-provided USB drive for an additional \$15. The digital downloads will be available within 3-5 business days after the completion of the event.

*This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/10-1-14*



Photographs can be purchased separately at the event from ProEventPhoto.

A PPV live stream will also be available directly from ProEventPhoto for \$10 per day. This is great for distant relatives and family members who cannot attend the competition. Please see their website (<http://proeventphoto.com>) on the day of the events for more details.

AWARDS: Trophies will be awarded to first place finishers in each event. Skaters placing second, third, and fourth will be awarded medals. Ribbons will be awarded for skaters placing fifth and sixth place in Basic Program events. Awards presentations will take place immediately following the posting of the results for each event or as early as possible. Skaters should report to the awards area promptly in competition attire and skates.

OFFICIAL NOTICES: An official bulletin board will be maintained near the registration desk. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive at least 60 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

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

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

For Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor.

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

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

CONTACT INFO: If you have questions, please contact one of the following members of the Skating Club of Huntsville:

Competition Chairs,

Anne Brown, Co Vice President, (256) 508-3630 or SCofHuntsville@gmail.com

Vicki Edwards, Co Vice President, (256) 509-1433 or SCofHuntsville@gmail.com

ADDITIONAL INFORMATION:

Airport:

The local airport is the Huntsville International Airport (HSV) and is located approximately 20 minutes from the rink.

Official Host Hotels:

The following hotel has been selected as the official host hotel for the Rocket City Classic:

Homewood Suites by Hilton Huntsville-Downtown, AL
714 Gallatin St SW Huntsville, AL 35801 844-292-7768

Vendors:

ProEventPhoto

Program Ads:

Ads will be available for purchase during registration. They are a great way to send a special message from parents, grandparents, siblings, friends, or others to your skaters.

More information about the event can be found on The Skating Club of Huntsville's website at schsv.org.

SINGLES FREE SKATING EVENTS

EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

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

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

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

EVENT: Pre-Free Skate – Free Skate 6 Program

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

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

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

EVENT: Adult 1-6 Free Skate

General event parameters:

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

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

Level	Time	Elements
Adult 1	1:40 Max	<ul style="list-style-type: none">• Forward Marching• Forward two-foot glide• Forward swizzle (4-6 in a row)• Forward snowplow stop – two feet or one foot
Adult 2	1:40 Max	<ul style="list-style-type: none">• Forward skating across the width of the ice• Forward one-foot glides• Forward slalom• Backward skating• Backward swizzles, 4-6 in a row
Adult 3	1:40 Max	<ul style="list-style-type: none">• Forward stroking using the blade properly• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise• Backward skating to a long two-foot glide• Forward chasses on a circle, clockwise and counterclockwise• Backward snowplow stop, Right and Left
Adult 4	1:40 Max	<ul style="list-style-type: none">• Forward outside edge on a circle, right and left• Forward inside edge on a circle, right and left• Forward crossovers, clockwise and counterclockwise• Backward one-foot glides, right and left• Hockey stop, both directions
Adult 5	1:40 Max	<ul style="list-style-type: none">• Backward outside edge on a circle, right and left• Backward inside edge on a circle, right and left• Backward crossovers, clockwise and counterclockwise• Forward outside three-turn, right and left• Beginning two-foot spin
Adult 6	1:40 Max	<ul style="list-style-type: none">• Forward stroking with crossover end patterns• Backward stroking with crossover end patterns• Forward inside three-turn, right and left• T-stop• Lunge• Two-foot spin into one-foot spin

ADULT INTRODUCTORY FREE SKATE PROGRAM

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, or ballet • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	Max. 2 spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test

Adult Pre-Bronze, Bronze – Adult Masters Junior-Senior

Level	Time	Elements
Adult Pre-Bronze	1:40 max	Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.
Adult Bronze	1:50 max	Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.
Adult Silver	2:10 max	Refer to current U.S. Figure Skating Rulebook #4580 for requirements.
Adult Gold	2:40 max	Refer to current U.S. Figure Skating Rulebook #4570 for requirements.
Adult Masters Intermediate-Novice	3:10 max	Refer to current U.S. Figure Skating Rulebook #4540 for requirements.
Adult Masters Junior-Senior	3:40 max	Refer to current U.S. Figure Skating Rulebook #4510 for requirements.



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.

The 6.0 Majority Judging system will be used for these events. Events will be run in accordance with the Excel Technical Handbook on the Excel Program webpage.

<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

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<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* One spin may change feet and/or position No flying entry 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 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* One spin may change feet and/or position No flying entry 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 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* One spin may change feet and/or position No flying entry 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-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 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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*** Intermediate and Novice Program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.*

EVENT: Well Balanced Program Free Skate

General Event Parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
- 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.
- Either IJS or the 6.0 judging system may be used for this event.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under “Technical Information,” then “Singles/Pairs”
- * Means element is required

Level	Jumps Elements	Spins	Step Sequences
No Test 1:40 Maximum	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. ○ Jump sequences limited to a maximum of 3 single jumps 	Max 2 Spins <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</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
Pre-Preliminary 1:40 Maximum	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. ○ Jump sequences limited to a maximum of 3 single jumps 	Max 2 Spins <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</p> <p>Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

** Intermediate and Novice program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.

Level	Jumps Elements	Spins	Step Sequences
Preliminary 1:30 +/- 10 sec.	Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel or a waltz jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted ○ Jump sequences limited to a maximum of 3 single or double jumps. 	Max 2 Spins <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</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
Pre-Juvenile 2:00 +/- 10 sec.	Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted ○ Jump sequences limited to a maximum of 3 single or double jumps 	Max 2 Spins <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ May start with a flying entry ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ May start with a flying entry ○ Min 4 revs <p>These spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

Level	Jumps Elements	Spins	Step Sequences
<p>Juvenile (girls- under 13 years, boys- under 14 years) & Open Juvenile (girls -13 years or older, boys- 14 years or older)</p> <p>2:20 +/- 10 sec.</p> <p>(See Governing Council Rules Changes 427, 431, 432, 433)</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 <u>1 triple jump</u> allowed <ul style="list-style-type: none"> ○ No <u>additional</u> triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> ▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump can be included more than twice. The allowed triple can only be included once. • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one may be a 3-jump combination. (see GC rules Changes 432) ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot. * <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry</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* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

Level	Jumps Elements	Spins	Step Sequences
<p>Intermediate</p> <p>2:40 +/- 10 sec.</p> <p>(See Governing Council Rules Changes 437)</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 <ul style="list-style-type: none"> ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated ○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> ▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations are limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • Ladies: 1 spin with only 1 position • Men: 1 camel spin with no change of position: <ul style="list-style-type: none"> ○ no change of foot* ○ 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* <ul style="list-style-type: none"> ○ Maximum of Level 2. Only Simple Variety (seven turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. ○ Must fully utilize the ice surface

Level	Jumps Elements	Spins	Step Sequences
<p>Novice Ladies</p> <p>3:00 +/- 10 sec.</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 <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry</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* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Novice Men</p> <p>3:30 +/- 10 sec.</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 <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry</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* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

Level	Jumps Elements	Spins	Step Sequences
<p>Junior Ladies</p> <p>3:30 +/- 10 sec.</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry</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* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

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

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

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

SINGLES SHORT PROGRAM

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

- A. Juvenile/Open Juvenile Short Programs – **(see Governing Council Rules Changes 429)**
- B. Intermediate Short Program – Rule 4230
- C. Novice Short Program – Rule 4220 **(see Governing Council Rules Changes 438)**
- D. Junior Short Program – Rule 4210
- E. Senior Short Program – Rule 4200

INITIAL / FINAL ROUND FOR FREE SKATE EVENTS

If sufficient entries are received, both initial and final rounds will be conducted for short program and free skating events.

PAIRS SHORT PROGRAM & WELL-BALANCED FREE SKATE

The Short Program & Well-Balanced Free Skate 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.

All short programs and Free Skates will be separate events.

- A. Pre-Juvenile Pairs Well-Balanced Free Skate - Rule 5250
- B. Juvenile Pairs Well-Balanced Free Skate – Rule 5240
- C. Intermediate Pairs Short Program & Well-Balanced Free Skate – Rule 5230
- D. Novice Pairs Short Program & Well-Balanced Free Skate – Rule 5220
- E. Junior Pairs Short Program & Well-Balanced Free Skate – Rule 5210
- F. Senior Pairs Short Program & Well-Balanced Free Skate – Rule 5200

ADULT PAIRS WELL-BALANCED FREE SKATE

- A. Championship Masters Pairs Well-Balanced Free Skate - Rule 5510
- B. Masters Pairs Well-Balanced Free Skate - Rule 5520
- C. Adult Gold Pairs Well-Balanced Free Skate - Rule 5530
- D. Adult Silver Pairs Well-Balanced Free Skate - Rule 5540
- E. Adult Bronze Pairs Well-Balanced Free Skate - Rule 5550
- F. Centennial Pairs Well-Balanced Free Skate - Rule 5560

SINGLES COMPULSORY MOVES

EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

Format: Each skater performs all of the required elements before moving on to the next skater.

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

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

EVENT: Pre-Free Skate – Free Skate 6 Compulsory

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 max

Level	Time	Skating Rules/Standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:15 max	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Backward outside three-turns, right and left • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Backward inside three-turns, right and left • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 max	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, clockwise and counterclockwise • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max	<ul style="list-style-type: none"> • Forward power pulls, right and left • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump

EVENT: Introductory Levels Compulsory

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

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

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

EVENT: Adult 1-6, Adult Beginner and Adult High Beginner Compulsory

General event parameters:

- The skating order of the required elements is optional.
- The elements may only be attempted once
- To be skated in program format with limited connecting steps
- To be skated on ½ ice
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level.

Level	Time	Elements
Adult 1	1:30 Max	<ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:30 Max	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 Max	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chases on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left
Adult 4	1:30 Max	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
Adult 5	1:30 Max	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
Adult 6	1:30 Max	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin
Adult Beginner	1:30 Max	<ul style="list-style-type: none"> • Bunny hop or mazurka • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • Alternating right and left forward outside edges across the width of the ice • Alternating right and left forward inside edges across the width of the ice • Backward moving outside 3-turn right and left
Adult High Beginner	1:30 Max	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • Alternating right and left backward outside edges across the width of the ice • Alternating right and left backward inside edges across the width of the ice • Backward Moving inside 3-turn right and left

EVENT: Adult Compulsory Moves

General event parameters:

- Elements may be performed only once
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Elements
Adult Pre-Bronze	1:30 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 • Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in a combination and 3 jumps in a sequence <ul style="list-style-type: none"> • Forward upright spin (Min. 3 revolutions) • Forward spiral (any edge)
Adult Bronze	1:30 Max	<ul style="list-style-type: none"> • Single Salchow • Waltz jump – toe loop combination jump • Sit spin (Min. 3 revolutions) • 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	2:30 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	2:30 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

EVENT: Compulsory Moves

General Event Parameters:

- No Test – Juvenile: Elements skated on ½ ice
- Intermediate – Senior: Elements skated on full-ice
- The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Music is not allowed.
- 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) • Solo spin - sit <u>or</u> camel spin - minimum three revolutions • Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Toe Loop jump • Jump combination: single/single (no Axel) • Sit spin or camel spin - minimum three revolutions • Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Single Lutz • Jump combination: single/single (may include Axel) • Back upright spin - minimum three revolutions • Forward inside spiral
Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> • Single jump (may include Axel) • Jump combination: single/single (may include Axel) • Layback spin or camel spin - minimum three revolutions • Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ul style="list-style-type: none"> • Single Axel • Jump combination: single/single or double/single • Layback spin or camel spin - minimum three revolutions • Step sequence – circular
Intermediate	1:30 max.	<ul style="list-style-type: none"> • Double Salchow or double toe loop • Jump combination: single/single or double/single • Flying spin, minimum five revolutions • Step sequence – straight line
Novice	1:30 max.	<ul style="list-style-type: none"> • Double loop • Jump combination: double/single or double/double • Flying spin - minimum five revolutions • Step sequence – straight line
Junior	1:30 max.	<ul style="list-style-type: none"> • Double flip • Jump combination: double/double or triple/double • Combination spin - minimum 10 revolutions • Step sequence – straight line
Senior	1:30 max.	<ul style="list-style-type: none"> • Double Lutz • Jump combination: double/double or triple/double • Combination spin - minimum 10 revolutions • Step sequence – straight line

SINGLES JUMPS CHALLENGE

EVENT: Jumps Challenge

General Event Parameters:

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

Level	Time	Skating rules / standards
Beginner	1:15 max	<ul style="list-style-type: none"> • Waltz jump (from backward crossovers) • $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz • Single Salchow
High Beginner	1:15 max	<ul style="list-style-type: none"> • Waltz jump (from backward crossovers) • Single Salchow • Jump combination – waltz jump-toe loop
No-Test	1:15 max	<ul style="list-style-type: none"> • Single toe loop • Single loop • Jump combination – Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max	<ul style="list-style-type: none"> • Single toe loop • Single flip • Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max	<ul style="list-style-type: none"> • Single flip • Single Lutz • Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max	<ul style="list-style-type: none"> • Single Axel • Single or double jump • Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max	<ul style="list-style-type: none"> • Single Axel • Double Salchow • Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max	<ul style="list-style-type: none"> • Single Axel • Double loop* • Jump combination – double/single (no Axel)
Novice	1:30 max	<ul style="list-style-type: none"> • Double loop • Double flip* • Jump combination – double/double (may be double Axel)
Junior	1:30 max	<ul style="list-style-type: none"> • Choice of double or triple jump • Double or triple flip* • Jump combination – double/double (may be double Axel)
Senior	1:30 max	<ul style="list-style-type: none"> • Choice of double or triple jump • Double or triple Lutz* • Jump combination – double/double or triple/double (may be double Axel)

EVENT: Adult Jumps Challenge

General event parameters:

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

Level	Time	Elements
Adult Beginner	1:00	<ul style="list-style-type: none"> • Bunny Hop • Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ul style="list-style-type: none"> • Waltz or toe loop jump • ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:00	<ul style="list-style-type: none"> • Single Salchow • Single toe loop • Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	<ul style="list-style-type: none"> • Single flip • Single loop • Single/single combination (Axel is permitted)
Adult Gold	1:15	<ul style="list-style-type: none"> • Single Axel • Single Lutz • Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30	<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
Masters Junior/Senior	1:30	<ul style="list-style-type: none"> • Double loop or double flip • Double Lutz • Jump combination that may include any double jump

SINGLES SPINS CHALLENGE

EVENT: Spins Challenge

General Event Parameters:

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

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

EVENT: Adult Spins Challenge

General event parameters:

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

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

SINGLES STEP SEQUENCES

EVENT: Step Sequences

General Event Parameters:

- Levels are based on the skaters' highest Moves in the Field test passed.
- Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine).
- Skates perform two different step sequences of their choice; any shape or pattern is permitted; however, skaters must make it clear when their first step sequence ends, and their second begins.
- Each of the step sequences must include the required steps and/or turns listed for each level.
- Each step sequence may, and is encouraged to, include additional steps or turns.
- Each step sequence must utilize the full ice surface.
- Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating.

Level	Time	Required elements
Pre-Preliminary	1:00 max	Each of the two step sequences must include: <ol style="list-style-type: none"> Forward outside 3-turn Inside mohawk Demonstration of forward outside & forward inside edges
Preliminary	1:00 max	Each of the two step sequences must include: <ol style="list-style-type: none"> At least two consecutive forward outside power 3-turns Forward inside 3-turn At least one set of alternating 3-turns (outside or inside)
Pre-Juvenile	1:00 max	Each of the two step sequences must include: <ol style="list-style-type: none"> Backward inside 3-turns on each foot Backward outside 3-turns on each foot At least 2 consecutive power pulls (backward or forward)
Juvenile & Open Juv.	1:30 max	Each of the two step sequences must include: <ol style="list-style-type: none"> Forward outside double 3 (either foot) Forward inside double 3 (either foot) At least 2 consecutive cross strokes (backward or forward)
Intermediate	1:30 max	Each of the two step sequences must include: <ol style="list-style-type: none"> Choice of backward double 3 At least 2 different brackets with clear entry & exit edges Forward inside 1 ½ twizzle Forward outside 1 ½ twizzle
Novice	2:00 max	Each of the two step sequences must include: <ol style="list-style-type: none"> At least 2 different counters with clear entry & exit edges Forward outside & forward inside loop (either foot) Backward outside double twizzle Backward inside double twizzle
Junior	2:00 max	Each of the two step sequences must include: <ol style="list-style-type: none"> At least 2 different rockers with clear entry & exit edges At least 2 different choctaws Backward outside & backward inside loop (either foot) A combination of at least 3 different turns done on one foot
Senior	2:00 max	Each of the two step sequences must include: <ol style="list-style-type: none"> At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot. An upper body movement. <i>(Any movements of the arms, head and torso that have an effect on the balance of the main body core.)</i> <p><i>Note: If necessary, skaters may combine items 1 & 2. For example, performing 3 different consecutive turns on one foot may also count towards the requirement of demonstrating all seven of the listed turns/steps.</i></p>

SINGLES MOVES IN THE FIELD

EVENT: Moves in the field

General Event Parameters:

- Levels are based on the skaters' highest Moves in the field test passed.
- A moves in the field competition event will consist of the skater performing two moves in the field patterns.
- The patterns to be skated depend on which quarter of the year the competition is held. The skater will perform the two patterns listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the moves will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
- Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between.
- The host club may choose to play background music, at a low volume, at their discretion.

Level	January 1- March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Pre-Preliminary	1. Forward perimeter stroking (1/2 rink only) 2. Basic consecutive edges (Forward outside & forward inside only)	1. Forward perimeter stroking (1/2 rink only). 2. Waltz eight (2 patterns/foot)	1. Basic consecutive edges (Backward outside & backward inside only). 2. Forward left & right spirals	1. Waltz eight 2. Forward left & right spirals
Preliminary	1. Forward & backward crossovers 2. Forward power 3-turns	1. Forward & backward crossovers 2. Consecutive outside & inside spirals	1. Forward circle eight 2. Alternating forward 3-turns.	1. Forward circle eight 2. Forward power 3-turns.
Pre-Juvenile	1. Forward & backward perimeter stroking. 2. Forward outside and backward inside 3-turns.	1. Forward & backward power change of edge pulls. 2. Forward inside and backward outside 3-turns.	1. Five-step mohawk sequence. 2. Backward circle eight.	1. Forward outside-backward inside 3-turns. 2. Backward circle eight.
Juvenile	1. Forward power circle 2. Backward power 3-turns.	1. Backward power circle. 2. Forward double 3-turns.	1. Eight-step mohawk sequence. 2. Forward double 3-turns.	1. Forward & backward free skate cross strokes. 2. Backward power 3-turns.
Intermediate	1. Brackets in the field 2. Spiral sequence	1. Brackets in the field 2. Forward twizzles (right forward outside & right forward inside only)	1. Forward twizzles (left forward outside & left forward inside only). 2. Inside slide chasse pattern.	1. Backward double three-turns. 2. Brackets in the field
Novice	1. Inside 3-turns/rocker-choctaws 2. Twizzles (Backward outside only)	1. Forward & backward outside counters. 2. Twizzles (Backward inside only)	1. Forward & backward inside counters. 2. Forward inside & outside loops.	1. Backward rocker choctaw sequence 2. Forward inside & outside loops.

Level	January 1- March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Junior	1. Forward & backward outside rockers 2. Backward loop pattern.	1. Forward & backward inside rockers 2. Choctaw sequence	1. Straight line step sequence. 2. Power pulls	1. Straight line step sequence 2. Backward loop pattern.
Senior	1. Sustained edge step 2. Serpentine step sequence	1. Spiral sequence 2. Serpentine step sequence	1. Backward outside power double 3-turns to power inside double rockers. 2. Serpentine step sequence	1. Backward inside double 3-turns to power double outside rockers 2. Serpentine step sequence

SOLO FREE DANCE

EVENT: Solo Free Dance

The Solo Free Dance requirements are listed in the National Solo Dance Series Handbook.

SOLO DANCE SERIES PATTERN DANCE

The Solo Dance Series pattern dance event is comprised of two dances at each level.

EVENT: Solo Pattern Dance

General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

Level	January 1- March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-bronze	1. Swing 2. Cha-Cha	1. Fiesta Tango 2. Swing	1. Cha-Cha 2. Fiesta Tango	1. Swing 2. Cha-Cha
Bronze	1. Hickory Hoedown 2. Willow Waltz	1. Ten Fox 2. Hickory Hoedown	1. Willow Waltz 2. Ten Fox	1. Hickory Hoedown 2. Willow Watz
Pre-silver	1. Fourteenstep 2. European Waltz	1. Foxtrot 2. Fourteenstep	1. European Waltz 2. Foxtrot	1. Fourteenstep 2. European Waltz
Silver	1. American Waltz 2. Silver Tango	1. Rocker Foxtrot 2. American Waltz	1. Silver Tango 2. Rocker Foxtrot	1. American Waltz 2. Silver Tango
Pre-gold	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz
Gold	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep

This event is a standard U.S. Figure Skating Nonqualifying Competition
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THEATRE on ICE EVENTS

EVENT: Theatre On Ice (TOI) Events, Learn to Skate USA levels

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

- Programs should contain skating skills from the Learn to Skate USA program levels listed.
- Elements from higher levels are not allowed.
- Elements from lower levels are encouraged.
- Coaches should refer to the U.S. Figure Skating Learn to Skate USA Instructor's Manual for further details on the elements.
- Props, scenery and theatrical makeup are not allowed.

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

Learn to Skate USA Theatre On Ice Levels

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

EVENT: Theatre On Ice (TOI) Events – Choreographic Exercise (CE) and Free Skate

Format: Theatre On Ice consists of two programs the free skate and the Choreographic Exercise (CE), which is similar to a short program in singles skating. These two events are judged separately. All levels will be judged on both programs for a combined score at the Theatre On Ice National competition.

A Theatre On Ice team may have no fewer than eight (8) members all of whom must skate at some point during the visible portion of the performance. A team may have only 4 alternates but no more than 24 may skate in a competition. Open level teams are limited to a maximum of twenty (20) skaters on a team. The same skaters must skate both CE and Free Skate in combined events. Curtain: There will not be any curtain used for the Theatre On Ice events, except at the National Theatre On Ice competition.

Current guidelines and procedures for Theatre On Ice Choreographic Exercise (CE) and Free Skate can be found at www.usfigureskating.org, under "Programs" on the Theatre On Ice page. Theatre On Ice is a creation using all aspects of figure skating, incorporating a theme, emotion or story, enhanced by music. It is a package that includes five dimensions:

- Theme
- Music/Sound
- Choreography/Skating movements
- Performance/The rapport between the skaters and/or sub-groups of skaters
- Costuming, props and/or scenery

THEATRE ON ICE CHOREOGRAPHIC EXERCISE (CE)

All three Choreographic Elements should be present and integrated into the entire program. Development of the elements in a variety of ways will be rewarded. Elimination of an element will be reflected in the score.

Theme: The Meaning of Life

Choreographic Process: Diminution

A choreographic sequence of movement that decreases upon repetition.

Note: Diminution can be used to relate to size, energy, density, and number of movements in a sequence. (Opposite of Accumulation)

Gesture: Adagio

Slow, continuous, and sustained body movement.

Theatre On Ice Events and Levels Offered For Competition

Senior

Test, Team Size and Age Requirements

- Test and age qualifications as of April 1, 2017
- Minimum of eight skaters on a team - maximum of 24 skaters*
- All team members must have passed the Juvenile Moves in the Field test by April 1, 2017
- No maximum test level restriction
- Skaters must have reached the age of 14** by April 1, 2017, with the exception of 5 skaters which may be outside the age range.

Program Duration

- CE 2:30 +/- 10 seconds
- Free skate 5:30 +/- 15 seconds

Junior

Test, Team Size and Age Requirements

- Test and age qualifications as of April 1, 2017
- Minimum of eight skaters on a team - maximum of 24 skaters*
- All team members must have passed the Juvenile Moves in The Field test by April 1, 2017
- There is no maximum test level restriction
- Skaters must have reached the age of 11 but not the age of 19** by April 1, 2017 with the exception of 5 skaters which may be outside the age range.

Program Duration

- CE 2:30 +/- 10 seconds
- Free skate 5:00 +/- 15 seconds

Novice

Test, Team Size and Age Requirements

- Test and age qualifications as of April 1, 2017
- Minimum of eight skaters on a team - maximum of 24 skaters*
- All team members must have passed the Preliminary Moves in the Field Test. by April 1, 2017
- There is no maximum test level restriction
- Skaters must have reached the age of 8 but not the age of 16** by April 1, 2017 with the exception of 5 skaters which may be outside that age range.

Program Duration

- CE 2:30 +/- 10 seconds
- Free skate 4:30 +/- 15 seconds

Intermediate

Test, Team Size and Age Requirements

- Test and age qualifications as of April 1, 2017
- Minimum of eight skaters on a team - maximum of 24 skaters
- All team members must have passed the Pre-Preliminary Moves in the Field test
- There is no maximum test level restriction
- Skaters must be 18 years of age or under on April 1, 2017

Program Duration

- CE 2:30 +/- 10 seconds
- Free Skate 4:30 +/- 15 seconds

Preliminary

Test, Team Size and Age Requirements

- Test and age qualifications as of April 1, 2017
- Minimum of eight skaters on a team - maximum of 24 skaters
- All team members must have passed the Pre-Preliminary Moves in the Field test
- No maximum test level restriction
- Skaters must be 12 years of age or under on April 1, 2017, with the exception of 5 skaters which may be outside the age range.
- Handheld props are allowed
- Scenery is not allowed

Program Duration

- CE 2:00 +/- 10 seconds
- Free skate 2:30 +/- 15 seconds

Open

Test, Team Size and Age Requirements

- Test and age qualifications as of April 1, 2017
- Minimum of eight skaters on a team - maximum of 24 skaters
- All team members must have passed at least one U.S. Figure Skating moves in the field, free skate, ice dance or pairs test (not including Learn to Skate USA) by April 1, 2017
- No age restrictions

Program Duration

- CE 2:30 +/- 10 seconds
- Free skate 4:30 +/- 15 seconds

Adult

Test, Team Size and Age Requirements

- Test and qualifications as of April 1, 2017
- Minimum of eight skaters on a team - maximum of 24 skaters
- All team members must have passed at least one U.S. Figure Skating moves in the field, free skate, ice dance or pairs test (not including Learn to Skate USA) by April 1, 2017
- Skaters must have reached the age of 18 by April 1, 2017

Program Duration

- CE 2:30 +/- 10 seconds
- Free skate 5:30 +/- 15 seconds

Special Olympics / Therapeutic Skating*

Test, Team Size and Age Requirements

- Test qualifications as of April 1, 2017
- Minimum of eight skaters on a team - maximum of 20 skaters
- All team members must have passed any Special Olympics, Therapeutic Skating or have mastered any Special Olympics level with the exception of four skaters who must be enrolled in a Special Olympics or Therapeutic Skating class
- May have up to one mentor on the ice per skater on the team
- Mentors must be listed on the Special Olympics/Therapeutic Skating Theatre On Ice team rosters

*This event is a standard U.S. Figure Skating Nonqualifying Competition
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- The crossover rule (shown above) does not apply to other team skaters mentoring the Special Olympics/Therapeutic Skating Theatre On Ice teams
- Props may be used (including walkers for skaters if needed)
- Scenery is allowed
- Costumes may be worn
- No age restrictions
- Must be members of U.S. Figure Skating or a registered U.S. Figure Skating Learn to Skate USA member

Program Duration

- Free skate 3:00 +/- 15 seconds

SHOWCASE EVENTS

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.

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.

Event	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

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:

- 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.
- 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.

Dramatic 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	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	13 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 FD (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 FS (prior to 10/1/94) Pre -Juvenile FS Adult Silver Free Dance Intermediate Free Dance Preliminary FD (prior to 9/2/2000) 3 rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile FS (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze FD (prior to 9/2/2000) 4 th 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 3 rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver FD (Prior to 9/2/2000) 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 maxj32

* 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). 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.

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:

- 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.
- 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.

Light Entertainment Levels:

Event	Must meet requirements*	Must not have passed	Age	Time
No Test**	No Free Skate test passed-	Pre-Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Pre-Preliminary **	Pre-Preliminary Free Skate	Preliminary Free Skate OR Any Free Dance	No Age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 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	No age restriction	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

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

*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.

**These levels do not qualify for National Showcase.

SYNCHRONIZED SKATING EVENTS

LEARN TO SKATE USA SYNCHRO SKILLS 1 – 3

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating. (See program requirements.)

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA Synchronized Skating teams must be registered with U.S. Figure Skating and have a team number.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skaters' test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

Age/Number of Skaters: Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each team may have between 8-16 skaters. Teams may have a total of four athletes on their roster in addition to the maximum number permitted on the ice for their respective level.

Costume Rules: Learn to Skate USA synchronized skating teams should follow **Rule 7022 Clothing and Equipment** (U.S. Figure Skating Rulebook) when selecting their clothing for competition.

Coach Compliance: Coaches bringing their Learn to Skate USA synchronized skating team to a Compete USA competition should have, at a minimum, the Learn to Skate USA Instructor Membership, background check and complete the Learn to Skate USA Instructor Certification.

LEARN TO SKATE USA SYNCHRO SKILLS 1-3

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

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

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

SYNCHRO SKILLS 3 8-16 skaters, majority at least 12 years old Maximum 2 minutes 40 seconds Minimum of two different hand holds	One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide.	Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 different configurations.	Wheel element of the team's choice with backward pumps, chases, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.
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The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:

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

Restrictions in Synchro Skills 1 & 2:

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

Restrictions in Synchro Skills 3:

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

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

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

SNOWPLOW SAM SYNCHRO

We are piloting this competitive event at Compete USA competitions. This will not be offered at synchronized skating nonqualifying competitions this season.

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
Snowplow Sam Synchro 5-12 skaters, majority under 7 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward inside or outside edge 1 foot glide. May have backwards skating.	One line, skated forward, which must cover half ice to full ice.	One block, skated forward, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, skated forward, in any shape.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.

Backwards skating is allowed, but not required, in the circle and is not permitted in any other elements or transitions. No additional elements are allowed.

7270 Preliminary Synchronized Skating

A. Test qualifications as of the closing date for entries: None

B. Requirements as of the preceding July 1: 8-16 skaters who are under age 12 with the majority of skaters under age 10

PRELIMINARY SYNCHRONIZED WELL-BALANCED FREE SKATE 2:00 +/- 10 seconds Must contain the following five elements in any order	
BLOCK	One block element
CIRCLE	One circle element
INTERSECTION	One intersection element (forward only)
LINE	One line element
WHEEL	One wheel element
STANDARDS <ul style="list-style-type: none"> • <u>A minimum of two different clearly recognizable holds are required. These holds may be done in elements or transitions and must be shown by the whole team for three seconds or more.</u> • All elements must meet general criteria and basic requirements in order to be counted (see rule 7150). • Other elements may be incorporated into the free skate and will be judged in the program component mark. • Creative innovations and variations are permitted in the transitions and required elements, and will be reflected in the program component mark. • The team must predominantly act as one unit. Division of the team into several units is allowed during the creative element and transitions. Additionally, several units can be used as short transitions if the element following the transition so requires, such as preparation for an intersection or the beginning of a creative element. Excessive division into small groups without the reasons mentioned above is not according to the requirements. • Features and additional features are optional. Step sequences are permitted in non-step sequence elements and may also be used during transitions. • <u>Turns and linking steps may be used during elements.</u> • Mirror image pattern is permitted in elements and transitions. • Syncopated choreography may be used. • For illegal and non-permitted elements, see rules 7160 and 7170. • Definitions of general terms, steps and turns, features and requirements and additional features/extra features can be found in rules 7110-7140. 	

SPECIAL OLYMPICS EVENTS

EVENT: SPECIAL OLYMPICS BADGE PROGRAM

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

<p>Badge 1</p> <ul style="list-style-type: none"> A. Stand unassisted for five seconds B. Sit on ice or fall and stand up unassisted C. Knee dip standing still unassisted D. March forward ten steps assisted 	<p>Badge 7</p> <ul style="list-style-type: none"> A. Backward stroking across the rink B. Gliding backward to forward two-foot turn C. T-stop left or right D. Forward two foot turn on a circle: left and right
<p>Badge 2</p> <ul style="list-style-type: none"> A. March forward ten steps unassisted B. Swizzles, standing still: three repetitions C. Backward wiggle or march assisted D. Two-foot glide forward for distance of at least length of body 	<p>Badge 8</p> <ul style="list-style-type: none"> A. Five consecutive forward crossovers: left and right B. Forward outside edge: left and right C. Five consecutive backward ½ swizzles on a circle: left and right D. Two-foot spin
<p>Badge 3</p> <ul style="list-style-type: none"> A. Backward wiggle or march B. Five forward swizzles covering at least ten feet C. Forward skating across the rink D. Forward gliding dip covering at least length of body: left and right 	<p>Badge 9</p> <ul style="list-style-type: none"> A. Forward outside 3 turn: left and right B. Forward inside edge: left and right C. Forward lunge or shoot the duck at any depth D. Bunny hop
<p>Badge 4</p> <ul style="list-style-type: none"> A. Backward two-foot glide covering at least length of body B. Two-foot jump in place C. One foot snowplow stop: left and right D. Forward one foot glide covering at least length of body: left and right 	<p>Badge 10</p> <ul style="list-style-type: none"> A. Forward inside three-turn: left and right B. Five consecutive backward crossovers: left and right C. Hockey stop D. Forward spiral three times length of body
<p>Badge 5</p> <ul style="list-style-type: none"> A. Forward stroking across rink B. Five backward swizzles covering at least ten feet C. Forward two-foot curves left and right across rink D. Two-foot turn front to back, on the spot 	<p>Badge 11</p> <ul style="list-style-type: none"> A. Consecutive forward outside edges: minimum of two on each foot B. Consecutive forward inside edges: minimum of two on each foot C. Forward inside Mohawk: left and right D. Consecutive backward outside edges: minimum of two on each foot E. Consecutive backward inside edges: minimum of two on each foot
<p>Badge 6</p> <ul style="list-style-type: none"> A. Gliding forward to backward two-foot turn B. Five consecutive forward one-foot swizzles on circle: left and right C. Backward one foot glide length of body: left and right D. Forward pivot 	<p>Badge 12</p> <ul style="list-style-type: none"> A. Waltz jump B. One foot spin: minimum of three revolutions C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise D. Combination of three moves chosen from badges 9-12