



**2018 Southern California Interclub Championships**  
**Hosted by the FSC of Southern California**  
**June 15 - 17, 2018**

The 2018 Southern California Interclub Championships 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.

**SERIES INFORMATION:** This competition is part of the Southern California Interclub Invitational Series and skaters will earn a 25% bonus on points earned.

**ELIGIBILITY/TEST LEVEL:**

**Membership:** Skaters in U.S. Figure Skating (non-Learn To Skate) events - including No Test events - must be full members of US Figure Skating, either as members through a US Figure Skating Club, a Collegiate Club, or as individual members. Skaters in Learn To Skate events may either be members of the U.S. Figure Skating Learn To Skate program - or may be full U.S. Figure Skating members who have not taken any U.S. Figure Skating tests.

**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 may enter each type of event at only one level (free skate, Showcase Light/Dramatic). Skaters in Learn To Skate events may not enter non-Learn To Skate events.

**Age restrictions/requirements:** Skaters entering Juvenile free skate events (Well Balanced Program) must be under 13 years of age at the close of entries. Skaters entering Open Juvenile free skate events (Well Balanced Program), must be at least 13 years of age at the close of entries. Skaters entering beginner through Pre-Juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

**LEARN TO SKATE USA EVENTS**

**ELIGIBILITY**

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

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

For the Free skate 1-6 and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below their class level, the Chairman and Referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. Please be sure to check for the director/instructor's signature confirming the level of the skater.

The **Snowplow Sam – Basic 6 Program** event shall be a program performed with instrumental or vocal music on the full ice surface. Elements may be included from a lower level and may be skated in any order, with no restrictions on number of times element is executed, length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

The **Free Skate 1-6 Program** event shall be a program performed with instrumental or vocal music on the full ice surface. The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels. Elements may be skated in any order, with no restrictions on number of times element is executed, length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

#### **ENTRY FEES**

\$115.00 per person	First event entered – Intermediate through Senior Free Skating
\$95.00 per person	First event entered – Juvenile & lower Free Skating, Adult Free Skating and Showcase
\$60.00 per person	Each subsequent event entered (Showcase, Juvenile Short Program)
\$60.00 per person	Pairs events, Duet Showcase
\$60.00 per person	Learn To Skate USA Pre-Free Skate, Free Skate 1-6
\$55.00 per person	Learn To Skate USA Snowplow Sam, Basic 1-6
\$50.00 per person	Learn To Skate USA Showcase as subsequent event

Entries shall be made on-line through EntryEeze. Skaters will be assessed the EntryEeze processing fees (which are not refundable).

Incomplete entries cannot be accepted and will be returned. The date of receipt of a properly

completed entry with entry fee will govern the date of acceptability.

No "contingent" entries will be accepted. Tests required for eligibility in any event must be passed PRIOR to submission of an entry. Any test(s) passed after the close of entries which adversely affects the eligibility requirements for the event entered will disqualify the entrant.

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

If there is only one entry in an event, the skater may skate up one level, skate an exhibition or critique and earn points in the So Cal Interclub Invitational Series, or receive a refund of their entry fee (no refund if the skater skates up or skates an exhibition).

Completed entries must be done online with EntryEeze NO LATER THAN MONDAY, MAY 14, 2018.

**REFUND POLICY:** Entry fees will not be refunded after Monday May, 14, 2018 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. 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 (if offered) will be available on EntryEeze at least one week before the competition.

**FACILITIES:** The competition will be held at Paramount Iceland Arena, 8040 Jackson St, Paramount, CA. The ice surface is 100' x 200' with slightly rounded corners

**MUSIC:** For the Southern California Interclub Championships 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: May 14, 2018.

The uploaded program music MUST conform to the following specifications:

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

Maximum trailer: Two (2) seconds - The trailer is the silence between the end of the program music and the end of the actual track. The Chief Music Coordinator recommends that there be NO trailer.

### **Backup Music at Event (CDs)**

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

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

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

### **Penalty for Incorrect Music or Failure to Upload Music**

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

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

**LIABILITY:** U.S. Figure Skating, the Southern California Interclub Association of Figure Skating Clubs, and Paramount Iceland accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

### **JUDGING SYSTEM:**

The International Judging System (IJS) will be used for the following events:

- *Well Balanced Program free skate events, Pre-Preliminary – Senior, Adult Bronze -- Gold and Adult Masters*
- *Short program events, Juvenile – Senior*

- Pairs free skate events, Juvenile – Senior
- Pairs short program events, Intermediate – Senior

All competitors skating in these events need to submit the planned program content form on EntryEeze. The deadline to submit the form is Monday, May 15, 2018. **Skaters who do not submit PPC's by the deadline will be assessed a \$10 fee which must be paid before a credential will be issued.** A handwritten copy of the PPC must also be presented to receive a credential for those who did not submit online.

The 6.0 Majority Judging System will be used for

- Adult Pre-Bronze free skate events
- *Introductory free skate events (Beginner, High Beginner, No-Test)*
- *All Learn To Skate events*
- *All Showcase events*

**REGISTRATION:** Registration will be open one to two hours before the first event and run through the last event of the day. The registration table will be located at the entrance to the rink lobby. Please register promptly upon arrival.

**PRACTICE ICE:** Practice ice may be offered on the days of competition depending on sufficient ice time. Entered skaters will be notified if practice ice will be available and may be reserved on EntryEeze if offered.

**CRITIQUES:** Skaters in all IJS Free Skate events Juvenile and higher will be eligible for a critique by one member of the Tech Panel and one judge from their panel. Critiques will take place shortly after each free skate event. Interested skaters will need to sign-up on EntryEeze to be eligible for a critique to help with scheduling. There is no additional charge for the critiques.

**PHOTOGRAPHY/VIDEOGRAPHY:** Video, action photos and awards photos will be available.

**AWARDS:** Awards will be presented through fourth place for Final rounds of all events. Awards will be presented to all entries in Learn To Skate events. Duplicate awards will be presented in the case of ties.

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

### **INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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

- Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- 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.
- 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 ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Learn To Skate Program must have successfully passed the annual background screen and be registered as a Learn To Skate instructor member.

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

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

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

**CONTACT INFO:** If you have questions, please contact:

Phyllis McCain, Competition Chairperson  
(818) 519-4412 (no calls after 9pm)  
pmccainbvg@gmail.com

Ann Jensen, Competition Registrar  
(310) 849-9550 (no calls after 9pm)  
annmjensen@aol.com

**ADDITIONAL INFORMATION:**

**Hotels in the area include:**

Courtyard Long Beach Airport  
3841 N. Lakewood Blvd.  
Long Beach, CA 90808

Holiday Inn Long Beach Airport  
2640 N. Lakewood Blvd.  
Long Beach, CA 90815

Extended Stay America Suites  
4105 East Willow Street  
Long Beach, CA 90815

Residence Inn  
4111 East Willow Street  
Long Beach, CA 90815

**CHAPERONES AND COACHES BADGES**

! One chaperone badge for each competitor under the age of 18 will be available at no cost at the time of entry. The name of designated chaperone **MUST** be entered in EntryEeze.

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

No chaperone or professional badges will be issued unless names are listed on EntryEeze.

**FEES FOR SPECTATOR ADMISSION**

All day .....\$5.00  
All Event Passes .....\$10.00

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

**EVENT:** Well Balanced Program Free Skate

General event parameters:

- a) Skaters will skate to the music of their choice. Vocal music is permitted.
- b) 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.
- c) IJS will be used for Pre-Preliminary and higher events. 6.0 system will be used for all lower events.
- d) 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](http://www.usfigureskating.org), under "Technical Information," then "Singles/Pairs"

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

**SINGLES FREE SKATING EVENTS**

See current rulebook for updated rules and requirements.

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

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



	<ul style="list-style-type: none"> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>		
<p style="text-align: center;"><b>NOVICE LADIES</b></p> <p style="text-align: center;"><b>3:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> <li>○ 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"> <li>▪ 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</li> </ul> </li> <li>○ 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</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p style="text-align: center;"><b>NOVICE MEN</b></p> <p style="text-align: center;"><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> <li>○ 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"> <li>▪ 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</li> </ul> </li> <li>○ 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</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
	<b>JUMP ELEMENTS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>

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

<p><b>SENIOR MEN</b></p> <p><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence* <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>
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*Note: Changes to program length and number of jump elements for Junior and Senior Men is pending approval by ISU Congress and U.S. Figure Skating Governing Council.*

### SINGLES SHORT PROGRAM – 2018/2019 Singles Short Program Elements

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. Intermediate short program – Rule 4230
- B. Novice short program – Rule 4220
- C. Junior short program – Rule 4210
- D. Senior short program – Rule 4200
- E. Juvenile short program (same rules as Intermediate short program except that triple jumps are not permitted and the step sequence will be called as level Base) and is open to Juvenile and Open Juvenile skaters – event will be divided by age if entries warrant.

### COMBINED SHORT PROGRAM & WELL BALANCED FREE SKATE EVENTS

All singles Free Skating and Pairs events which include a short program (except for Juvenile) will be combined events and awards will be presented based on the combined result of the final round.

### INITIAL / FINAL ROUND FOR FREE SKATE EVENTS

For **SENIOR, JUNIOR, NOVICE, INTERMEDIATE AND JUVENILE STANDARD FREE SKATING EVENTS**, if there are more than 24 skaters in an event, there shall be a Qualifying Round and a Championship Round. Competitors will be divided into Qualifying Round groups, with seeding, and advance to a Championship Round in accordance with Rule 2462. Each Round shall consist of programs as set forth in Rule 2467.

For **ALL OTHER FREE SKATING EVENTS**, if there are more than 12 skaters in any event, the competitors will be divided into groups of no more than 12 skaters, divided by age. If skaters are divided into groups, there will be NO FINAL ROUND

### EVENT: Introductory Levels Free Skate Program

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. Level will be determined by the highest free skate test passed regardless of Moves in the Field tests passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

3. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 max	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>a) Jumps with no more than one-half rotation (front to back or back to front).</li> <li>b) Max. 2 jump sequences</li> <li>c) Max. 2 of any same jump</li> </ul>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>a) Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	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 free skating badge tests
High Beginner 1:40 max	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>b) Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>c) Single rotation jumps: Salchow and toe loop only.</li> <li>d) Max. 2 jump combinations or sequences</li> <li>e) Max. 2 of any same type jump.</li> </ul>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>a) Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	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 free skating badge tests
No-Test 1:40 max .	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>b) Up to 2 may be jump combos or sequences</li> <li>c) Jump combos are limited to 2 jumps</li> <li>d) Jump sequences are limited to 3 single jumps</li> <li>e) No Axels or double jumps are permitted</li> </ul>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>a) Spins must be of different character.</li> <li>b) Each spin must have a Minimum of 3 revolutions.</li> <li>c) Spins may change feet, position and start with a fly.</li> </ul>	One step sequence that utilizes ½ of the ice surface	



## Compete USA Competitions

### EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

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

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

Level	Time	Skating rules/standards
		a) March followed by a two-foot glide and dip

Snowplow Sam	1:10 max.	b) Forward two-foot swizzles, 2-3 in a row c) Forward snowplow stop d) Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	a) Forward two-foot glide and dip b) Forward two-foot swizzles, 6-8 in a row c) Beginning snowplow stop on two-feet or one-foot e) Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	d) Forward one-foot glide, either foot e) Scooter pushes, right and left foot, 2-3 each foot f) Moving snowplow stop g) Two-foot turn in place, forward to backward f) Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	h) Beginning forward stroking showing correct use of blade i) Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive j) Forward slalom k) Beginning backward one-foot glide, either foot g) Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	l) Backward one-foot glides, right and left m) Forward outside edge on a circle, clockwise or counter clockwise n) Forward crossovers, 4-6 consecutive, both directions o) Beginning two-foot spin, 2-4 revolutions h) Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	p) Backward outside edge on a circle, clockwise or counterclockwise q) Backward crossovers, 4-6 consecutive, both directions r) Advanced two-foot spin, 4-6 revolutions s) Forward outside three-turn, right and left i) Hockey stop
Basic 6	1:10 max.	t) Forward inside three-turn, right and left u) Bunny Hop v) Forward spiral on a straight line, right or left w) Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry j) T-stop, right or left



## Compete USA Competitions

### EVENT: Pre-Free Skate – Free Skate 6 Program

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

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	a) 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 b) One-foot upright spin, optional entry and free-foot position (minimum three revolutions) c) Mazurka

		a) Waltz jump
Free Skate 1	1:40 max	b) Forward power stroking, 4-6 consecutive strokes c) Upright spin, entry from backward crossovers - minimum 4-6 revolutions d) Toe loop jump e) Half flip jump
Free Skate 2	1:40 max.	f) Alternating forward outside and inside spirals on a continuous axis (2 sets) g) Beginning back spin, up to two revolutions h) Half Lutz i) Salchow jump
Free Skate 3	1:40 max	j) Alternating Mohawk/crossover sequence, right to left and left to right k) Advanced back spin with free foot in crossed leg position, min 3 revs l) Loop jump m) Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	n) Forward power 3's, 2-3 consecutive sets, right or left o) Sit spin - minimum three revolutions p) Half Loop jump q) Flip jump
Free Skate 5	1:40 max.	r) Backward outside three-turn, Mohawk (backward power three-turn), both directions s) Camel spin - minimum three revolutions t) Waltz-loop jump combination u) Lutz jump
Free Skate 6	1:40 max.	v) Split jump or stag jump w) Camel, sit spin combination - minimum of four revolutions total x) Waltz jump, ½ loop, Salchow jump sequence y) Axel jump

## EVENT: Adult Free Skate

Adult events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. IJS will be used for Adult Silver, Gold and all Masters Levels. 6.0 system will be used for all lower events.

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

<p><b>INTERMEDIATE-NOVICE</b></p> <p><b>3:10 maximum</b> * means element is required</p>	<ul style="list-style-type: none"> <li>• Only 1 jump combination or sequence may include 2 double jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> <li>• If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>• All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>• Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>		<ul style="list-style-type: none"> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<p><b>CHAMPIONSHIP ADULT GOLD &amp; ADULT GOLD</b></p> <p><b>2:40 maximum</b></p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps</li> <li>• Each jump combination or sequence may include only 1 double jump</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> <li>• If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>• All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow.</li> <li>• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 4 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<p><b>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</b></p> <p><b>2:10 maximum</b></p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences</li> <li>• 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps</li> <li>• Additional jump sequences which contain non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps, including single Axel, are permitted</li> <li>• No double or triple jumps are permitted</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• <u>1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</u></li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<p><b>ADULT BRONZE</b></p> <p><b>1:50 maximum</b></p>	<p><b>Max 4 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences;</li> <li>• 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• <u>1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</u></li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>

<b>ADULT PRE BRONZE</b>  <b>1:40 maximum</b>	<b>Max 4 Jump Elements</b> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences</li> <li>• 1 jump combination/sequence may contain 3 jumps, and the other may contain only 2 jumps.</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted</li> <li>• No single Lutz, single Axel or double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Connecting steps throughout the program are required</li> </ul>
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## SHOWCASE EVENTS

- A. Learn to Skate
- B. Introductory Events
- C. Standard Events
- D. Adult Events

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.

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



Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
Adult Pre-Bronze <small>(does not qualify for National Showcase)</small>	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max

**EVENT:** Showcase Events – Dramatic Entertainment

Format:

- a) Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- b) Props and scenery are permitted

**EVENT:** Showcase Events – Light Entertainment

Format:

- c) 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.
- d) Props and Scenery are permitted

General event parameters:

- a) 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.
- b) The determination of level will be based upon test requirement at the entry deadline
- c) Current guidelines and procedures for non-qualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

**EVENT:** Showcase Events – Duet Events

Format:

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

General event parameters:

- a) 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.
- b) The determination of level will be based upon test requirement at the entry deadline

Current guidelines and procedures for non-qualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

**Duets must compete at the highest test level of the two skaters.**