



**2018 Scott Hamilton Invitational
Scott Hamilton Skating Club
August 3-5, 2018
Sanction # 27713**

The Scott Hamilton Invitational 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 that 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.

OFFICIAL ICEMAN SERIES EVENT: The Scott Hamilton Skating Club is thrilled to announce our 2018 August Invitational as an official competition of the Iceman series! The Iceman Programs focus is on bringing boys and male skaters into the sport of figure skating... and keeping them there! Male skaters will receive a mini seminar on how to succeed in Figure Skating, presented by our team at Scott Hamilton Academy and esteemed panel of National/International officials. As if that is not enough on its own...our 2nd annual Scott Hamilton Novice Men Development Award. Novice Men was a pivotal point in Scott's career and he strongly believes ALL Novice Men (no matter what place they end up) should be honored with their names on a plaque.

–"Novice men is where my heart is. The greatest achievement in my career came out of massive underachieving at the Novice Men's level. We celebrate the victors and doubly celebrate those learning from defeat, being strengthened by it & understanding where they need to go!" *Scott Hamilton*

Icemen, you heard straight from an Olympic Champion. To make it in this sport you need to train, you need to compete, but you also need to GROW. Scott Hamilton Invitational is offering you not only the chance to compete against skaters from across the country, but an unprecedented evaluation of component marks and technical marks from our esteem panel of officials whom will offer up critiques and knowledge to all of the competitors in this event in an atmosphere that is friendly, fun and most importantly catered to your development as an elite athlete. It's a pivotal point, you've made it this far - now take it further. Scott's got your back!

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

This event is a standard U.S. Figure Skating Nonqualifying Competition
Sanction # 27713



ENTRIES: A secure online registration is available until midnight **Friday, July 6, 2018** at www.entryeeze.com. Late entries may be acceptable at the discretion of the competition and referee, and will be subject to a \$50 late fee. Payment of fee will be required before the skater is allowed to participate in practice ice or events.

General Entry Fees

First Event	\$110.00
Additional Events	\$60.00
Basic Skills Events	\$55.00 first event*/\$35.00 for each additional event
Pair Events/Dance	\$60.00 per person as first event
Additional Partnered Events	\$55.00 per person as second event

REFUND POLICY: Entry fees will not be refunded after entry deadline 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 by email or online.

FACILITIES: The competition will be held at Ford Ice Center, 5264 Hickory Hollow Place, Antioch, TN 37013. Ford Ice Center has two ice surfaces, each measuring 200'X85'. The facility also has dressing/locker rooms, a concessions area, upstairs viewing and lounge area, and free parking. Admission to the competition is free.

MUSIC UPLOAD AND SUBMISSION:

Online music submission is the **ONLY** accepted method to submit program music. Competitors will upload their music for all **Free, Short Program, and Showcase events** through Entryeeze at the time of registration. The deadline to upload music is Friday, July 20, 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, pattern dance, etc.) per file is allowed.

File format: mp3 – The uploaded file 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: 192kbps
- Maximum file size: 10MB
- Maximum running time: Five (5) minutes
- 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 Music Committee prefers that there be **NO** leader.
- Maximum Trailer: Two (2) seconds – The trailer is the silence between the end of the program music and the actual end of the track. The Music Committee prefers that there be **NO** trailer.

Backup Music at events (CD'S):

In addition to submitting music online, all competitors must have at least one (1) backup CD during the actual competition event. CDs must meet the following requirements:

- In standard audio CD format. Other formats, including mp3 are **NOT** acceptable.
- Clearly marked as follows: LAST NAME, FIRST NAME, EVENT (Ex. SP) and music length (Ex. 2:50).
- Each CD must have only **ONE** (1) music track on it. Any disc with more than one (1) track will **NOT** be accepted!
- Lead in time (time before the music begins) on CDs may not exceed two (2) seconds.

- Due to compatibility and reliability reasons, music may NOT be submitted on re-recordable "CDRW" discs.
- Music may be picked up at the registration table following each event. *Every reasonable care will be taken, but the Scott Hamilton Skating Club cannot be responsible for CDs left at the conclusion of the competition.*

Rules governing music selection can be found in the U.S. Figure Skating rulebook, rules 4040

Basic Skills Programs 1-8 music: Music for Basic Skills Programs 1-8 is the same music used in other SEGL area competitions for Basic Skills events or skaters can use their own music.

LIABILITY: U.S. Figure Skating, Scott Hamilton SC, and Mid Ice LLC 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:

- *Short program events, juvenile-senior, including open juvenile*
- *Well Balanced Program free skate events, preliminary-senior, including open juvenile and adult silver-masters*
- *Juvenile-senior Spins and jumps events, including open juvenile and adult gold-masters*

Skaters competing in IJS free skate or short program events must submit a planned program content form online through Entryeeze. The deadline to submit the form is **Monday, July 23, 2018**.

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program free skate events, pre-preliminary.*
- *Introductory free skate events (beginner, high beginner, no-test) – All Test Track events*
- *All specialty singles events (spins, jumps, compulsory moves, etc.) with the exception of juvenile-senior and adult gold-masters spins and jumps.*
- *All pairs events*
- *All showcase events*

REGISTRATION: Registration will begin on Friday, August 3, 2018 one to two hours before the first practice ice and run through the last event of the day. Please register promptly upon arrival.

LOCKER ROOMS AND CHANGING AREAS: This event will be following the Locker Rooms and Changing Area policy included in the SafeSport Handbook.

PRACTICE ICE: Practice ice for individual skaters will be available on Friday, Saturday, and Sunday. 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 if arranged prior to the **July 6, 2018** date. *Skaters who pre-register will need to go online after the entry deadline during the "selection period" to select their practice ice sessions.* Additional practice ice will be available for sale online after those that pre-register for their sessions have chosen them at a rate of \$15.00 per 20 minutes. Skaters may also purchase practice ice at a walk-on rate of \$15.00 per 20 minutes if space is available. Most practice ice sessions will be limited to 20 skaters.

PHOTOGRAPHY/VIDEOGRAPHY: Photography and video services will be available for purchase. Videos may not be available for certain half ice events. Flash photography is not allowed in the arena, as it is a safety hazard to skaters.

AWARDS: All events will be final rounds. Awards will be presented to first through fourth place. Awards will be presented immediately following the posting of the results for each event. Skaters should report to the awards area promptly in their competition attire and skates. **One** Team trophy will be awarded to the club, other than the host club, that accumulates the most team points.

CRITIQUES: Individual critiques by a judge along with the technical specialist or controller will be offered to skaters and coaches after each IJS free skate event, Juvenile through Senior and Adult Gold-Masters.

OFFICIAL NOTICES: An official bulletin board will be maintained in main lobby of the rink. 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 required to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

EVENT SCHEDULE: A final competition and practice ice schedule will be posted on the Entryeeze link for this event approximately 10 days prior to the competition. The competition schedule is set by the referee, and no changes will be made to the schedule once it is announced unless an error has been made by the referee.

INFORMATION REGARDING COACHES: INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

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

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

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

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

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

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

CONTACT INFO: If you have questions about this event, please contact the Competition Chairperson, Jean Colello, at presidentcotthamiltonsc@gmail.com.

ADDITIONAL INFORMATION:

The SHSC has a partnership with the following hotels:

Holiday Inn Express & Suites Nashville Southeast – Antioch Hollow

201 Crossings Place, Antioch, TN 37013
615-731-2361

Hampton Inn Nashville – I-24 Hickory

201 Crossings Place, Antioch, TN 37013
615-731-9911

Please use the following link to get the group discounted rate. The cut-off date for this link and the group-booking price is Friday, July 13, 2018 (3 weeks prior to check in). The link and group-booking rate will not be available after the deadline, no exceptions. Guests credit cards will not be charged until check in and they have up to 24 hours prior to arrival date to cancel without being charged for the booking.

<https://www.hiexpress.com/redirect?path=hd&brandCode=EX&localeCode=en®ionCode=1&hotelCode=bnacr&P MID=99801505&GPC=shs&viewfullsite=true>

Participants should note that the Nashville Area is currently experiencing a hotel room shortage. Please make sure you plan and reserve your rooms early.

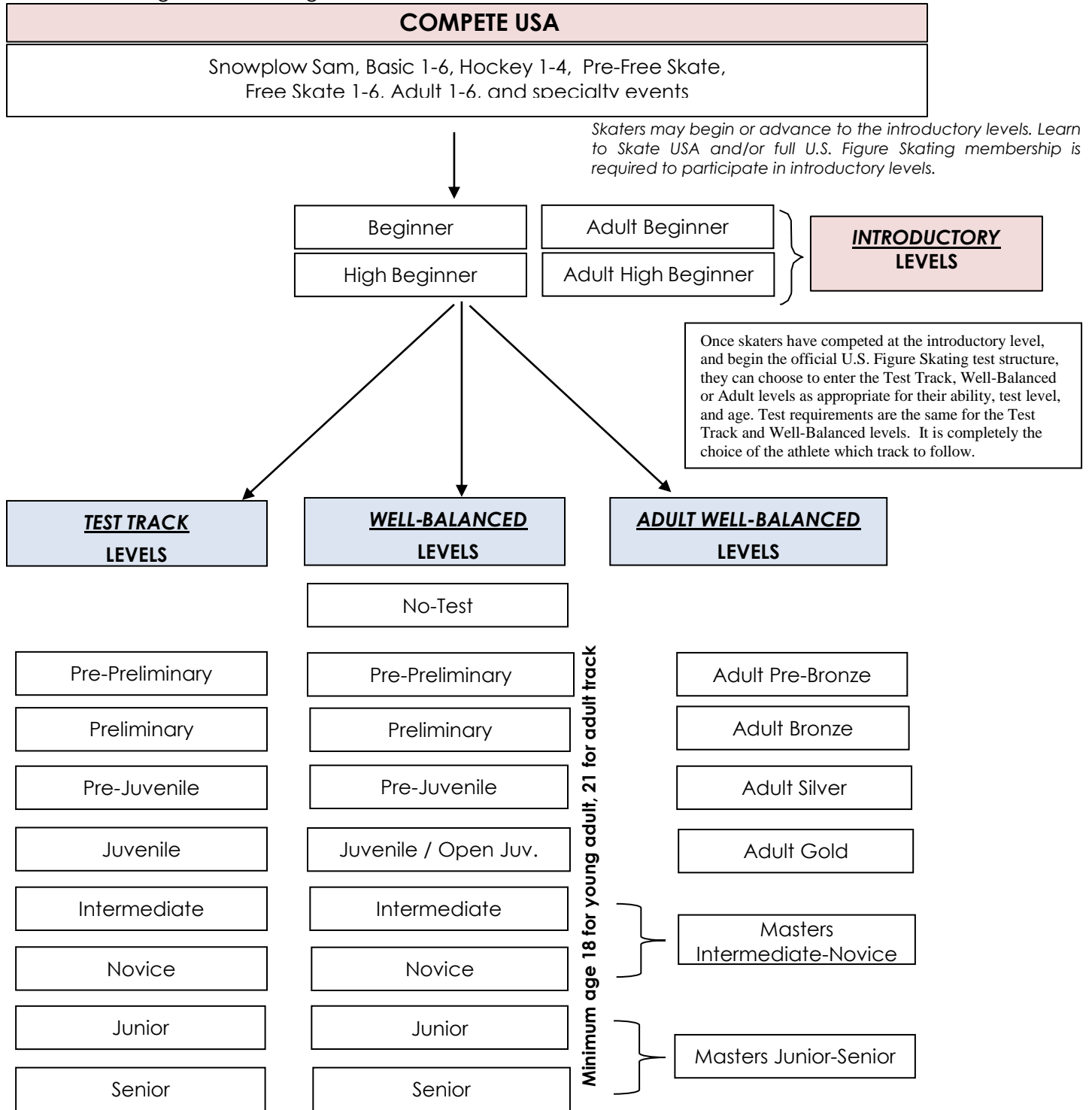
TRANSPORTATION:

Nashville International Airport (BNA) is approximately 10 miles from the Ford Ice Arena and it takes approximately 25 minutes by car. There are many different hotel options near the airport, in nearby downtown Nashville, or by the facility. Car rental desks are available at the airport for your convenience. Please note your travel time can be considerably longer during peak rush hour travel times.

SINGLES FREE SKATING EVENTS

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

Illustration of Singles Free Skating Events:



This event is a standard U.S. Figure Skating Nonqualifying Competition Sanction # 27713



EVENT: SNOWPLOW SAM - BASIC PROGRAM WITH MUSIC



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

- To be skated on full ice.
- 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: SPECIAL OLYMPICS BADGE 1 TO BADGE 12 - BASIC PROGRAM WITH MUSIC



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

- To be skated on full ice.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- 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
Badge 1	1:10 max.	<ul style="list-style-type: none"> • Stand unassisted for five seconds • Sit on ice or fall and stand up unassisted • Knee dip standing still unassisted • March forward ten steps assisted
Badge 2	1:10 max.	<ul style="list-style-type: none"> • March forward ten steps unassisted • Swizzles, standing still: three repetitions • Backward wiggle or march assisted • Two foot glide forward for distance of at least length of body
Badge 3	1:10 max.	<ul style="list-style-type: none"> • Backward wiggle or march • Five forward swizzles covering at least ten feet • Forward skating across the rink • Forward gliding dip covering at least length of body: left and right
Badge 4	1:10 max.	<ul style="list-style-type: none"> • Backward two-foot glide covering at least length of body • Two foot jump in place • One foot snowplow stop: left and right • Forward one foot glide covering at least length of body: left and right
Badge 5	1:10 max.	<ul style="list-style-type: none"> • Forward stroking across rink • Five backward swizzles covering at least ten feet • Forward two-foot curves left and right across rink • Two-foot turn front to back, on the spot
Badge 6	1:10 max.	<ul style="list-style-type: none"> • Gliding forward to backward two-foot turn • Five consecutive forward one-foot swizzles on circle: left and right • Backward one foot glide length of body: left and right • Forward pivot
Badge 7	1:10 max.	<ul style="list-style-type: none"> • Backward stroking across the rink • Gliding backward to forward two-foot turn • T-stop left or right • Forward two foot turn on a circle: left and right
Badge 8	1:10 max	<ul style="list-style-type: none"> • Five consecutive forward crossovers: left and right • Forward outside edge: left and right • Five consecutive backward ½ swizzles on a circle: left and right • Two-foot spin
Badge 9	1:10 max	<ul style="list-style-type: none"> • Forward outside 3 turn: left and right • Forward inside edge: left and right • Forward lunge or shoot the duck at any depth • Bunny hop
Badge 10	1:10 max	<ul style="list-style-type: none"> • Forward inside three-turn: left and right • Five consecutive backward crossovers: left and right • Hockey stop • Forward spiral three times length of body

Badge 11	1:10 max	<ul style="list-style-type: none"> • Consecutive forward outside edges: minimum of two on each foot • Consecutive forward inside edges: minimum of two on each foot • Forward inside Mohawk: left and right • Consecutive backward outside edges: minimum of two on each foot • Consecutive backward inside edges: minimum of two on each foot
Badge 12	1:10 max	<ul style="list-style-type: none"> • Waltz jump • One foot spin: minimum of three revolutions • Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise • Combination of three moves chosen from badges 9-12

EVENT: PRE-FREE SKATE – FREE SKATE 6 PROGRAM EVENT



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 (Right and Left) • 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 • Beginning Axel jump

EVENT: TEST TRACK FREE SKATE INTRODUCTORY THROUGH SENIOR LEVELS

General event parameters:

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

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

Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile 2:20 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • <i>Only solo spin may fly</i> 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate 2:40 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow and double toe loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions), • One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test

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

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 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.
- 6.0 judging system will be used for levels up through pre-juvenile. Juvenile and Open Juvenile, through Senior events will be judged using IJS.
- 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”
- The competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.
- Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.
- **Well Balanced program elements utilize season 2018-2019**

EVENT: ADULT 1-6 PROGRAM WITH MUSIC



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.
- 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 (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements 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 chases on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left

This event is a standard U.S. Figure Skating Nonqualifying Competition
Sanction # 27713



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 (min 2 revs on 1 foot)



EVENT: 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

EVENT: ADULT 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 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 competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates, which have been posted on the U.S. Figure Skating website.
- Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.
- **Adult Free Skates program elements utilize season 2018-2019**

EVENT: 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.

- **All Short programs will utilize the requirements for the season 2018-2019**
- **Juvenile –Senior short program events will be offered**
- **Juvenile/Open Juvenile short program follows Intermediate SP rules (Rule 4230)**

Intermediate short program – Rule 4230
Novice short program – Rule 4220
Junior short program – Rule 4210
Senior short program – Rule 4200

EVENT: SNOWPLOW SAM - BASIC 6 ELEMENTS

Format: When directed by a judge or referee each skater will perform each required elements in the order listed below (no excessive connecting steps). Example: Each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice.
- 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, maximum 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. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 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 • Beginning 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: 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.	<ol style="list-style-type: none"> 1. Loop Jump 2. Jump combination to include a toe loop (may not use a loop or axel) 3. Solo spin – sit <u>or</u> camel spin – minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Toe Loop jump 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular

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Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence – straight line
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence – straight line
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line

EVENT: ADULT 1-6 AND INTRODUCTORY COMPULSORY



General event parameters:

- The skating order of the elements is optional.
- Element 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 • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • 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 • Hockey stop, both directions • Backward one-foot glides, right and left

This event is a standard U.S. Figure Skating Nonqualifying Competition
Sanction # 27713



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 (min 2 revs)
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 (min 2 revs on 1 foot)
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:

- Pre-Bronze to Silver: Elements skated on ½ ice
- Gold/Masters: Elements skated on full-ice
- Elements may be performed only once
- Music is not allowed
- Minimum number of revolutions is 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 • 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 • Backward Upright Spin – entry optional (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

This event is a standard U.S. Figure Skating Nonqualifying Competition Sanction # 27713



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

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 ½ ice; Juvenile – Senior will be skated on full ice
- Jumps with a "*" must preceded with connecting steps (Intermediate-Senior)

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

This event is a standard U.S. Figure Skating Nonqualifying Competition Sanction # 27713



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	<ol style="list-style-type: none"> 1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"> 1. Waltz or toe loop jump 2. ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:00	<ol style="list-style-type: none"> 1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	<ol style="list-style-type: none"> 1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	1:15	<ol style="list-style-type: none"> 1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> 1. Axel 2. Double Salchow , double toe loop or double loop 3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Double Lutz 3. Jump combination that may include any double jump

EVENT: SPINS CHALLENGE

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright back scratch spin (3) 3. Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 8. Forward scratch to back scratch spin (3) 9. Combination spin with no change of foot (4) 10. Sit spin (3)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 8. Camel spin (3) 9. Combination spin – camel to sit spin; no change of foot (6) 10. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 8. Sit spin (4) 9. Combination spin – with change of foot; optional change of position (4 per foot) 10. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 8. Flying camel spin (5) 9. Sit spin to backward sit spin (4 per foot) 10. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 8. Choice of camel, sit or layback spin (6) 9. Camel spin to backward camel spin (4 per foot in position) 10. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 8. Flying sit spin or flying reverse sit spin (6) 9. Solo spin of choice (6) – may not fly 10. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> 8. Flying spin of choice (6) 9. Solo spin of choice (6) – may not fly 10. 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	<ol style="list-style-type: none"> 1. Pivot 2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (3) 2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4) 3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30	<ol style="list-style-type: none"> 1. Solo spin, no change of foot (4) 2. Second solo spin, different from the first; change of foot optional (4) 3. Combination spin with only one change of foot and at least one change of position (4 each foot)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 6 revolutions) 2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 8 revolutions) 2. Solo spin with a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry

EVENT: Pairs Free Skate Events

Pairs events will be conducted in accordance with the U.S Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. **Pairs free skates will utilize elements from season 2018-2019.**

EVENT: Pairs Short Program Events

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. **Pairs short program will utilize elements from season 2018-2019.**

- A. Intermediate short program – Rule 5230
- B. Novice short program – Rule 5220
- C. Junior short program – Rule 5210
- D. Senior short program – Rule 5200

EVENT: COMPETE USA SHOWCASE EVENTS

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

Showcase categories may include:

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

General event parameters:

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

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

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

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

EVENT: SHOWCASE EVENTS – DRAMATIC ENTERTAINMENT EVENTS

Format:

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

General event parameters:

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

Dramatic Entertainment Levels:

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

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

This event is a standard U.S. Figure Skating Nonqualifying Competition
Sanction # 27713



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

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

This event is a standard U.S. Figure Skating Nonqualifying Competition
Sanction # 27713



EVENT: SHOWCASE EVENTS – DUET EVENTS

Format:

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

General event parameters:

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

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

Duet Event Levels:

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

Event	Must meet requirements*	Must not have passed	Age	Time
No Test	Must have passed Free Skating or Dance test (solo or partnered)	Free Skate or Dance (solo or partnered) Test or higher		
No Test	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Pre-Preliminary	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max

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

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

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Sanction # 27713



EVENT: SHOWCASE EVENTS – LIGHT ENTERTAINMENT EVENTS

Format:

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

General event parameters:

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

Light Entertainment Levels:

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

Event	Must meet requirements*	Must not have passed	Age	Time
No Test (does not qualify for)	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Pre-Preliminary (does not)	Pre-Preliminary Free Skate	Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
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 (does not qualify for National Showcase)	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max

* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply.; and the same level must be chosen for all showcase events at the competition (for example, a

This event is a standard U.S. Figure Skating Nonqualifying Competition
Sanction # 27713



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

EVENT: SOLO PATTERN DANCE

General event parameters:

1. Levels are based upon the skaters' highest pattern dance test passed.
2. A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
3. 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).
4. 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 Waltz
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
International	1. Cha Cha Congelado 2. Silver Samba	1. Rhumba 2. Yankee Polka	1. Tango Romantica 2. Cha Cha Congelado	1. Silver Samba 2. Rhumba