



**Skate Houston 2018**  
**Texas Gulf Coast Figure Skating Club**  
**August 31<sup>st</sup> – September 3<sup>rd</sup>, 2018**

Skate Houston 2018 will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

**ELIGIBILITY/TEST LEVEL:**

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

**Age restrictions/requirements:**

Event	Age restriction
<b>Juvenile Girls Well Balanced FS or Short Program</b>	Under 13 years of age
<b>Open Juvenile Ladies Well Balanced FS or Short Program</b>	At least 13 years of age or older.
<b>Juvenile Boys Well Balanced FS or Short Program</b>	Under 14 years of age
<b>Open Juvenile Men Well Balanced FS or Short Program</b>	At least 14 years of age or older.
<b>Pre-Juvenile Girls Well Balanced FS</b>	Under 13 years of age
<b>Open Pre-Juvenile Ladies Well Balanced FS</b>	At least 13 years of age or older.
<b>Pre-Juvenile Boys Well Balanced FS</b>	Under 14 years of age
<b>Open Pre-Juvenile Men Well Balanced FS</b>	At least 14 years of age or older.

Skaters entering **Beginner–Preliminary** events will be divided as closely as possible by age



should the number of entries warrant more than one group.

**ENTRIES:** Registrations will be processed using EntryEeze Online registration. To access EntryEeze, please visit [www.texasgulfcoastfsc.org](http://www.texasgulfcoastfsc.org) No paper entries will be accepted. **On line registration ends at 11:59pm CST on July 21, 2018.** Only complete entries, including :all signatures and US Figure Skating number will be accepted (if number is pending, please write PENDING). Late entries may be accepted at the discretion of the competition committee and chief referee, but must include a **late fee of \$25.** The competition committee reserves the right to limit entries to any event or to cancel an event based upon time restrictions.

**NOTE (Skaters/Parents/Coaches):** There will be a **\$25.00 change fee** assessed for each change to an event or level after the closing date of entries.

There will be NO combined events; Short Program and Free Skate will be considered separate events. Scores will not be combined.

Skaters may compete in **ONE** Free Skate event

Skaters may compete in **TWO** short programs events but **NOT** at the same Level

Event	Comments	Fees
First IJS Events	<p><b>Singles:</b> SHORT – Juvenile, Open Juvenile, Intermediate – Senior;</p> <p><b>FREE SKATE</b> – Pre Juvenile, Open Pre-Juvenile, Juvenile, Open Juvenile, Intermediate – Senior</p> <p><b>Adults:</b> Singles – Silver, Gold, Masters, Intermediate – Senior</p> <p><b>Pairs:</b> Short – Novice - Senior</p>	\$125 or \$65/skater (Pairs)
Additional IJS Events	<p>FREE SKATE - Juvenile – Senior</p>	\$75 or \$40/skater (Pairs)
FIRST 6.0 Event	<p><b>Singles:</b> No Test – Preliminary and all Excel levels</p> <p><b>Adults:</b> Singles – Beginner, High Beginner, Pre-Bronze – Bronze</p> <p><b>Pairs</b> – Pre-Bronze – Silver</p> <p>Centennial: <b>Showcase:</b> All Levels</p> <p><b>Pairs:</b> Pre - Juvenile</p>	\$95 or \$50/skater (Pairs)
<b>Additional 6.0 Event/Compulsory Moves</b>		\$60 or \$30/skater (Pairs)
<b>Theater on Ice/Synchro Exhibition (with Critique if available)</b>		\$100/team
<b>Critique (Pre-Juvenile – Senior)</b>		\$35
<b>Practice Ice (On or before registration deadline)</b>		\$15

<b>Practice Ice (Walk on)</b>	\$20
<b>Premium/midday practice ice (offered on days of events)</b>	\$25
<b>Late Fee – Registration</b>	\$25
<b>Late Fee – Music or PPC</b>	\$35
<b>Changes to event or level after registration deadline</b>	\$25

**CRITIQUES:** Critiques will be offered for Juvenile through Senior free skate events for both singles and pairs. If you would like to be critiqued you **must sign up at registration time**, or you will **not** receive a critique.

**REFUND POLICY:** Entry fees will not be refunded after **July 21, 2018** unless no competition exists or the event is canceled. **There will be no refunds for medical withdrawals.** The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$35.00 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 and EntryEeze website.

**FACILITIES:** Skate Houston will be held at the dual ice surface, Sugar Land Ice & Sports Center, 16225 Lexington Blvd., Sugar Land, TX 77479. Each ice surface is 200' X 85' with rounded corners. The Sugar Land Ice & Sports Center contains a pro shop and locker rooms for changing skating outfits. The Sugar Land Ice & Sports Center is a free-standing facility and can be chilly. Please be sure to dress accordingly

**MUSIC:**

Competitors must provide music for all events, as appropriate.

Competition music for all events that require music must be submitted electronically via the online registration system, EntryEeze, by the music deadline of **August 11<sup>th</sup>, 2018** at 11:59 pm CST.

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

Music Criteria:

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

or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

Competitor's practice ice CDs are to be turned in to the Ice Monitor just prior to the competitor's practice.

### **Music Do's and Don'ts**

- Have a separate CD for practice and competition, and for each competitive program.
- **A duplicate CD should be readily available at event time.**
- Single track CDs only. No CD-RWs.
- CDs must be clearly marked with competitor's name, event, and running time of music.

Music may be picked up at the registration table following each event. Every reasonable care will be taken, but Texas Gulf Coast Figure Skating Club cannot be responsible for CDs left at the end of the competition.

### **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 segment 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 Local Organizing Committee ("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.

### **Interruption in Music – U.S. Figure Skating Rule 1403**

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

### **Administrative Fee for Incorrect Music or Failure to Upload Music**

The LOC may assess each competitor/team an additional charge, up to \$35.00 per event segment, to manually handle a team's music, 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 an administrative fee, the competitor/teams will not receive their credentials at

registration until they pay the fee and turn in their music on CD, conforming to the requirements above.

**LIABILITY:** U.S. Figure Skating, Texas Gulf Coast Figure Skating Club and Sugar Land Ice and Sport Center accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook

### **JUDGING SYSTEM:**

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

- **Well Balanced Program free skate events:** *Pre-Juvenile, Open Pre-Juvenile, Juvenile, open juvenile, Intermediate – Senior, Adult Silver, Adult Gold, Adult Masters*
- **Short program events** *Juvenile, Open Juvenile, Intermediate – Senior*
- *Adult Silver, Adult Gold and Adult Master free skate events*
- *Pairs free skate events, Juvenile – Senior*
- *Pairs short program events Novice - Senior*

[IJS Pre-Juvenile and below events will be called according to the standard rules of IJS \(see TN 201\). Spins will be limited to a maximum of level 1 in free skate events.](#)

All competitors skating in these events need to submit the planned program content form online. This form is found in the Member's Only section at [www.usfigureskating.org](http://www.usfigureskating.org). The deadline to submit the form is August 11, 2018.

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program free skate events, No test - Preliminary*
- *All Excel events*
- *All specialty singles events (spins, jumps, compulsory moves, etc.)*
- *Adult pre-bronze, and bronze free skate events*
- *Free dance events, all levels*
- *Short dance events, all levels*
- *Pattern dance events, all levels*
- *Solo dance, all levels*

**REGISTRATION:** Registration will begin on Friday August 31<sup>st</sup>, 2018 evening starting at 6:00pm and end at Sunday. 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 in lobby of the rink. Please register promptly upon arrival.

**PRACTICE ICE** A limited amount of practice ice will be available before and during the competition beginning Friday, August 31<sup>st</sup>, 2018 . Rates are \$15.00 per 20 minute session for all practice ice sessions. To reserve practice ice, purchase sessions online with your EntryEeze registration. If available, additional practice ice sessions may be purchased on a first-come, first-serve basis at the Practice Ice Table at a rate of \$20.00 (20 minute session) for all other competitors. Using the online registration system you may pay for your practice ice at time of registration. You will only be allowed to pre-pay for 1 official practice ice session for each event you are registered in and up to one additional practice per event.—Once the competition schedule has been finalized you will receive an e-mail notifying you that it is time to select your specific practice ice days and times.

There will be limited amount of practice ice available the days of the events.

**Premium event day warmup ice (middle of the day)** may be purchased at the practice ice desk, in person, for \$25 for each 20-minute session and may be offered online after schedule is completed if space allows.

#### SUMMARY

\$15 Pre-purchased 20-minute practice session (before schedule)

\$20 20-minute practice session online (after schedule release)

\$20 at the competition desk

\$25 for Premium Practice Ice

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

**OFFICIAL PRACTICES** will be assigned by Thursday, August 16<sup>th</sup>, 2018. Please plan your travel time to attend official practice day. The ability to play music on other practice sessions will be on a first come-first serve basis as time allows, and is NOT GUARANTEED.

#### **PHOTOGRAPHY/VIDEOGRAPHY:**

Action photography and videography will be provided by Kevin Devine.

Personal cameras will be permitted in the bleachers only and may not be plugged into the rink outlets. No flash photography during the warm ups or events. The LOC reserves the right to restrict personal video recording to your skater's events only. Video recording for personal profit is not allowed.

Skaters are encouraged to participate in all group award photographs and award presentations in skating costumes and skates

**AWARDS:** Medals will be awarded to first, second, third and fourth place winners in all events. Ribbons will be awarded to fifth and sixth place winners. Trophies will be awarded to Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, and Senior final round winners if number of entries warrant and time permits for final rounds to be held.

Awards will be presented off-ice at the photographer's table after the results for the event are posted.

The **KITTY CARRUTHERS-CONRAD TROPHY** will be awarded to the skater placing 1st in the Novice Ladies Free skate Event.

**OFFICIAL NOTICES:** Official notices regarding Skate Houston will be posted on the Texas Gulf Coast FSC bulletin board in the lobby of the Sugar Land Ice & Sports Center. Competitors and coaches are responsible for periodically checking the bulletin board for schedule changes, important announcements, and/or additional information. Competitors should report to the ice monitor approximately 45 minutes prior to their scheduled event time. Information will be posted on <http://www.texasgulfcoastfsc.org>.

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



### **INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Registration

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

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

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

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

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

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 [skatehouston@texasgulfcoastfsc.org](mailto:skatehouston@texasgulfcoastfsc.org) or view the EntryEeze website for updates.

### **ACCOMODATIONS:**

#### **To be Announced**

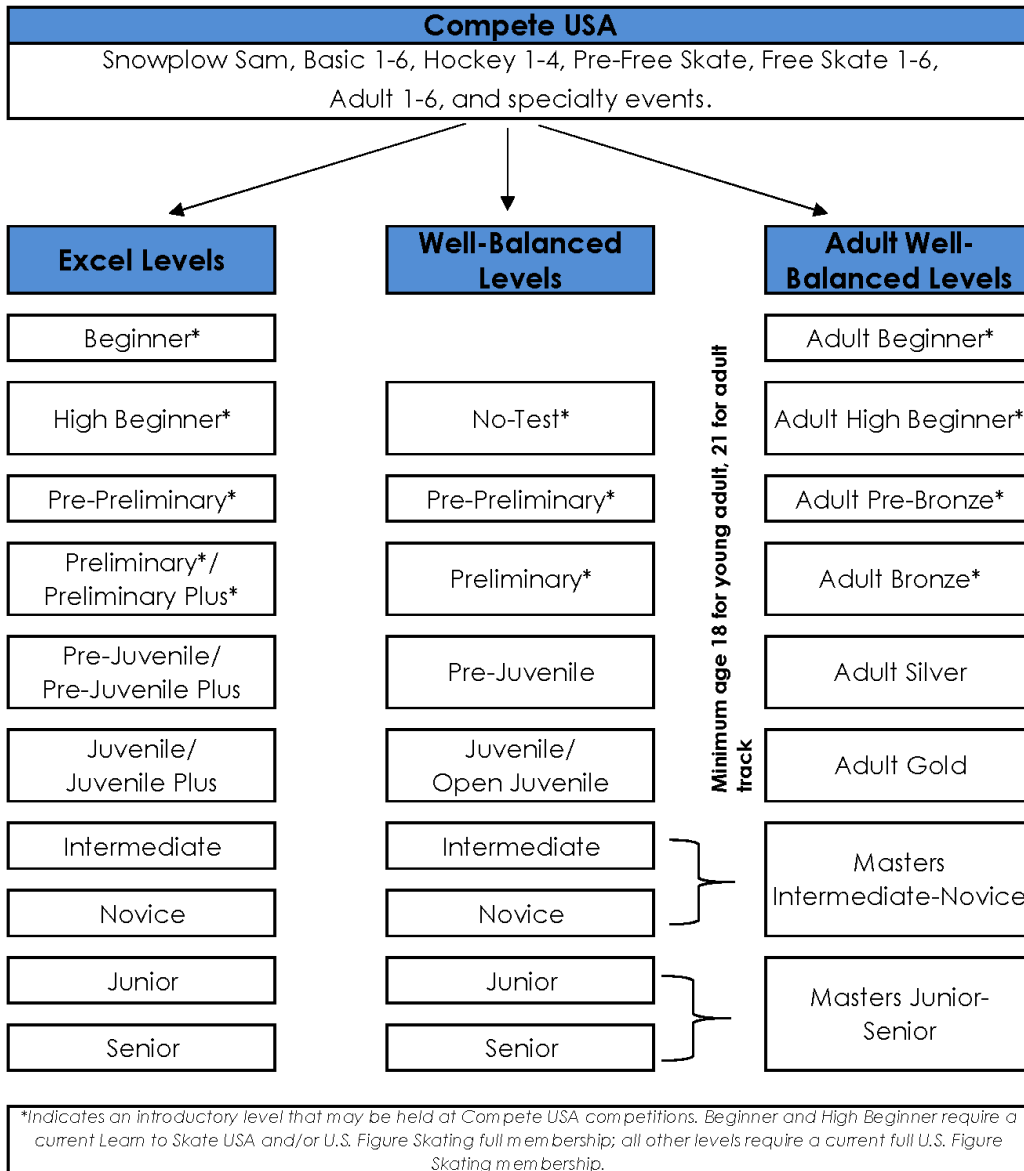
**PLUSH FLOWERS/PROGRAM ADVERTISEMENTS:** Plush toys are allowed to be thrown on the ice. Please keep amount of toys thrown at a minimum. This is for the safety of the skater and to keep delays to the competition at a minimum. **Please do not throw live flowers on the ice. The flowers can leave petals and leaves that can freeze on the ice causing delays.** Forms to advertise in the program are in this announcement. Don't forget to wish your skater or club good luck, or to thank a coach for all they've done!





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

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





**EVENT:** 2018-2019 Excel Free Skate

General event parameters:

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

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

Level	Jumps	Spins	Step Sequences
<p style="text-align: center;"><b>Excel Beginner Free Skate</b> <b>1:40 max</b></p> <p>Must not have passed higher than Learn to Skate USA Free Skate 2</p>	<p><b>Max.4 jump elements:</b></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Single rotation jumps: Salchow, toe loop only</li> <li>• Half Loops not allowed</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same jump</li> </ul>	<p><b>Maximum of 2 spins:</b></p> <ul style="list-style-type: none"> <li>• Two upright spins,</li> <li>• no change of foot</li> <li>• no flying entry</li> <li>• Min. 3 revolutions</li> </ul>	<p><b>Maximum 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt)               <ul style="list-style-type: none"> <li>○ Must use one-half of 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 style="text-align: center;"><b>Excel High Beginner Free Skate</b> <b>1:40 Max</b></p> <p>Must not have passed higher than Learn to Skate USA Free Skate 4</p>	<p><b>Max. 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: toe loop Salchow, half loop, loop</li> <li>• Flip, Lutz &amp; Axel NOT permitted</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	<p><b>Maximum of 2 spins:</b></p> <ul style="list-style-type: none"> <li>• Both spins must be in a single position</li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted back spins: upright</li> </ul> <p>Minimum 3 revolutions Spins must be of a different character</p>	<p><b>Maximum 1 sequence</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt)               <ul style="list-style-type: none"> <li>○ Must use one-half of 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>



Level	Jumps	Spins	Step Sequences
<p><b>Excel Pre-Preliminary 1:40 Max</b></p> <p>Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b> All single jumps allowed, except for the Axel</p> <ul style="list-style-type: none"> <li>o No single Axels, double, or higher jumps allowed</li> <li>o Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> </ul> <p>Jump sequences are limited to a maximum of 3 single jumps</p>	<p><b>Maximum 2 spins:</b> One spin must be in a single position*</p> <p>One spin may change feet and/or position</p> <p>No flying entry Minimum 3 revolutions Spins must be of a different character</p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>Excel Preliminary 1:30 +/- 10 seconds</b></p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <li>o No single Axels, double, or higher jumps allowed</li> <li>o Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>o Jump sequences are limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>Excel Preliminary Plus 1:30 +/- 10 seconds</b></p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including single Axel <ul style="list-style-type: none"> <li>o No double, or higher jumps allowed</li> <li>o Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>o Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>

<p>membership required</p>	<ul style="list-style-type: none"> <li>○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> </ul>		
<p><b>Excel Pre-Juvenile 2:00 +/- 10 seconds</b></p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel</li> <li>• No single Axels, double, or higher jumps allowed</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Maximum 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>○ Minimum 6 revolutions</li> <li>○ No flying entry</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ No flying entry</li> <li>○ Minimum 4 revolutions</li> </ul> </li> </ul> <p>Spins must be of a different character</p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <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 choreographic step sequence</li> </ul> </li> </ul>
<p><b>Excel Pre-Juvenile Plus 2:00 +/- 10 seconds</b></p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 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.</li> <li>• Only 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.</li> <li>○ Axel plus up to 1 allowable double jump may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> </ul> </li> <li>• Maximum 2 jump combinations or sequences <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>○ Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequences limited to a maximum of 3 jumps</li> </ul> </li> </ul>	<p><b>Maximum 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>○ Minimum 6 revolutions</li> <li>○ No flying entry</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Spin may start with flying entry</li> <li>○ Minimum 4 revolutions</li> </ul> </li> </ul> <p>Spins must be of a different character</p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <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 choreographic step sequence</li> </ul> </li> </ul>

<p><b>Excel Juvenile 2:20 +/- 10 seconds</b></p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including Axel <ul style="list-style-type: none"> <li>○ No double or higher jumps allowed</li> <li>○ Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Maximum 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>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> <li>• Both Spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Juvenile Plus 2:20 +/- 10 seconds</b></p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump <del>or a</del> <b>waltz jump*</b></li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ No more than 1 Axel plus and 2 different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> </ul> </li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequences limited to a maximum of 3 jumps</li> </ul> </li> </ul>	<p><b>Maximum 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>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> <li>• Both Spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

<p><b>Excel Intermediate**</b> <b>2:40 +/- 10 seconds</b></p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop allowed <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ No more than 1 Axel plus and 2 different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted.</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Maximum 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>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> <li>• Both Spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Novice**</b> <b>Ladies: 3:00 +/- 10 seconds</b> <b>Men: 3:30 +/- 10 seconds</b></p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 6 jump elements for ladies, 7 for men:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed <ul style="list-style-type: none"> <li>○ Double Lutz, double Axel and higher jumps not allowed</li> <li>○ No more than 1 Axel and 3 different double jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> <li>○ There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice</li> </ul> </li> <li>• Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Maximum 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>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 3<sup>rd</sup> spin is option of skater</li> <li>• All spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

<p><b>Excel Junior 3:30 +/- 10 seconds</b></p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump* <ul style="list-style-type: none"> <li>○ All single and double jumps allowed, except the double Axel.</li> <li>○ Double Axel and higher jumps not allowed</li> <li>○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> <li>○ Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Maximum 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>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 2 revolutions in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• All spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Senior 4:00 +/- 10 seconds</b></p> <p>Must not have passed higher than U.S. Figure Skating senior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump* <ul style="list-style-type: none"> <li>○ All single and double jumps allowed, including the double Axel.</li> <li>○ Triple and higher jumps not allowed</li> <li>○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> <li>○ Maximum 3 jump combinations or sequences</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Maximum 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>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 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>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• All spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 2 Sequences:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>

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

## WELL BALANCED FREE SKATE AND SHORT PROGRAM EVENTS

### General event parameters:

1. Skaters may not enter both a Well Balanced Free Skate event and a Excel Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice.
3. See the Rule noted below for each level for test qualifications and age requirements. 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. Either IJS or the 6.0 judging system may be used for these events.
5. 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".
6. Genders may be combined in all Adult events.
7. 2018-19 requirements will be followed

### International Judging System

- o Pre -Juvenile Free Skate Program – Rule 4250
  - o Age Requirement Girls: Under 13 years old
  - o Age Requirement Boys: Under 14 years old
- o Open Pre-Juvenile Free skate program – Rule 4250
  - o Age Requirement Ladies: 13 years of age or older
  - o Age Requirement Men: 14 years of age or older
- o Juvenile Free Skate Program - Rule 4240
- o Open Juvenile Free skate program - Rule 4240
- o Intermediate Free Skate Program – Rule 4230
- o Novice Free Skate Program - Rule 4220
- o Junior Free Skate Program – Rule 4210
- o Senior Free Skate Program – Rule 4200
- o Adult Silver Free Skate program – Rule 4580
- o Adult Gold Free Skate program – Rule 4570
- o Adult Masters Intermediate – Novice Rule 4540
- o Adult Masters Junior – Senior Rule 4510

### 6.0 Majority

- o No Test Free Skate program – Rule 4280
- o Pre – Preliminary Free Skate Program – Rule 4270
- o Preliminary Free Skate program – Rule 4260
- o Adult Pre-Bronze Free Skate program – Rule 4600
- o Adult Bronze Free Skate program – Rule 4590
- o Adult Beginner Free Skate program – see below
- o Adult High Beginner Free Skate program – see below

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, or ballet</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins <ul style="list-style-type: none"> <li>• Two forward 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 USA Free Skate 1 Badge Test
Adult High	Max 4 jump elements:	Max 2 spins:		

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





Beginner 1:40 Maximum	<ul style="list-style-type: none"> <li>Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip</li> <li>Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>Max. 2 of any same type jump.</li> </ul>	<ul style="list-style-type: none"> <li>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 USA Free Skate 1 Badge Test
--------------------------	---	--	--	--

### 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.

- o Juvenile/Open Juvenile Short program – Rule 4062 – age requirements same as corresponding WB FreeSkate event
- o Intermediate short program – Rule 4230
- o Novice short program – Rule 4220
- o Junior short program – Rule 4210 (2018-19 requirements)
- o Senior short program – Rule 4200

### INITIAL / FINAL ROUND FOR FREE SKATE EVENTS

If entries warrant, a final round free skate will be held for Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, and Senior events.

### FINAL ROUND is based on Initial Round Free Skate Program ONLY

**The Final Round will consist of the Free Skate program only.**

## EVENT: COMPULSORY MOVES

### STANDARD LEVELS COMPULSORY EVENTS

General event parameters:

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

Pre-Preliminary – Juvenile: Elements skated on ½ ice.

Intermediate – Senior: Elements skated on full-ice.

Elements may be performed only once.

Music is not allowed.

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>Waltz jump</li> <li>½ jump of choice</li> <li>Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)</li> <li>Forward or backward spiral</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>Toe loop jump</li> <li>Salchow jump</li> <li>Forward scratch spin - minimum three revolutions</li> <li>Forward or backward spiral</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>Loop jump</li> <li>Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>Solo spin - sit or camel spin - minimum three revolutions</li> <li>Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>
Pre – Preliminary and limited pre-preliminary	1:15 max.	<ol style="list-style-type: none"> <li>Single Toe Loop (<b>for competitions held after January 1, 2015</b>)</li> <li>Jump combination: single/single (no Axel)</li> <li>Sit spin or camel spin - minimum three revolutions</li> <li>Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>Single Lutz</li> <li>Jump combination: single/single (may include Axel)</li> <li>Back upright spin - minimum three revolutions</li> <li>Forward inside spiral</li> </ol>
Pre – Juvenile & <a href="#">Open Pre-Juv.</a>	1:15 max.	<ol style="list-style-type: none"> <li>Single jump (may include Axel)</li> <li>Jump combination: single/single (may include Axel)</li> <li>Layback spin or camel spin - minimum three revolutions</li> <li>Step sequence - circular</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>Single Axel</li> <li>Jump combination: single/single or double/single</li> <li>Layback spin or camel spin - minimum three revolutions</li> <li>Step sequence – circular</li> </ol>
Intermediate	1:30 max	<ol style="list-style-type: none"> <li>Double Salchow or double toe loop</li> <li>Jump combination: single/single or double/single</li> <li>Flying spin, minimum five revolutions</li> <li>Step sequence – straight line</li> </ol>
Novice	1:30 max	<ol style="list-style-type: none"> <li>Double Loop</li> <li>Jump combination: double/single or double/double</li> <li>Flying spin, minimum five revolutions</li> <li>Step sequence – straight line</li> </ol>
Junior	1:30 max	<ol style="list-style-type: none"> <li>Double Flip</li> <li>Jump combination: double/double or triple/double</li> <li>Combinaiton spin, minimum 10 revolutions</li> <li>Step sequence – straight line</li> </ol>
Senior	1:30 max	<ol style="list-style-type: none"> <li>Double lutz</li> <li>Jump combination: double/double or triple/double</li> <li>Combinaiton spin, minimum 10 revolutions</li> <li>Step sequence – straight line</li> </ol>

## Adult COMPULSORY EVENTS

### General event parameters:

Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.

All events are skated on ½ ice.

Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules/standards
Adult Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Bunny hop or mazurka</li> <li>2. Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> <li>3. Forward moving inside open Mohawk (right and left) – heel to instep</li> <li>4. Alternating right and left forward outside edges across the width of the ice</li> <li>5. Alternating right and left forward inside edges across the width of the ice</li> <li>6. Backward moving outside 3-turn right and left</li> </ol>
Adult High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz Jump</li> <li>2. ½ Flip</li> <li>3. Alternating right and left backward outside edges across the width of the ice</li> <li>4. Alternating right and left backward inside edges across the width of the ice</li> <li>5. Backward moving inside 3-turn right and left</li> </ol>
Adult Pre-Bronze	1:15 max.	<ol style="list-style-type: none"> <li>1. 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</li> <li>2. Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>3. Forward upright spin (Min. 3 revolutions)</li> <li>4. Forward spiral (any edge)</li> </ol>
Adult Bronze	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Salchow</li> <li>2. Waltz Jump – toe loop combination jump</li> <li>3. Sit spin (min. 3 revolutions)</li> <li>4. Spiral sequence (min. 2 spirals)</li> </ol>
Adult Silver	1:30 max.	<ol style="list-style-type: none"> <li>1. Single Loop</li> <li>2. Single/Single jump combination</li> <li>3. Sit spin (min. 3 revolutions)</li> <li>4. Straight Line step sequence</li> </ol>
Adult Gold	1:30 max.	<ol style="list-style-type: none"> <li>1. Single Lutz or Axel</li> <li>2. Single/single or single/double jump combination</li> <li>3. Camel spin (min. 4 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Masters Intermediate/Novice	2:00 max.	<ol style="list-style-type: none"> <li>1. Axel, double Salchow, double toe loop or double loop</li> <li>2. 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.</li> <li>3. Solo spin of skater's choice (min. 6 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Masters Junior/Senior	2:00 max.	<ol style="list-style-type: none"> <li>1. Choice of any double jump</li> <li>2. Jump combination that may include any double jump</li> <li>3. Solo spin of skater's choice (min. 8 revolutions)</li> <li>4. Straight line step sequence</li> </ol>

## SINGLES JUMPS CHALLENGE

General event parameters:

1. If dissatisfied with first attempt, the skater may execute a second jump attempt. If performed, the second attempt will be the one judged..
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
3. Adult silver and lower will be skated ½ ice; adult gold – masters junior/senior will be skated on full ice
4. Jumps with an “\*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary (& limited pre-pre)	1:15 max.	1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile & Open Pre-Juv.	1:15 max.	1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:30 max.	1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	1. Single Axel 2. Double Loop* 3. Jump combination – double/single (no Axel)
Novice	1:45 max.	1. Double Loop 2. Double Flip* 3. Jump combination –double/double (may be double Axel)
Junior	1:45 max.	1. Choice of double or triple jump 2. Double or Triple Flip* 3. Jump combination –double/double (may be double Axel)

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



Senior	1:45 max	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump</li> <li>2. Double or Triple Lutz*</li> <li>3. Jump combination –double/double or triple/double (may be double Axel)</li> </ol>
--------	----------	---

### Adult Levels Jump Challenge

General event parameters:

If dissatisfied with first attempt, the skater may execute a second jump attempt. If performed, the second attempt will be the one judged.

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	Skating rules / standards
Adult Pre-Bronze	1:00 max.	<ol style="list-style-type: none"> <li>1. Waltz or toe loop jump</li> <li>2. ½ flip, ½ Lutz or ½ loop</li> <li>3. Sit spin (3)</li> </ol>
Adult Bronze	1:00 max.	<ol style="list-style-type: none"> <li>1. Single Salchow</li> <li>2. Single toe loop</li> <li>3. Any single jump + single toe loop combination (No axels allowed)</li> </ol>
Adult Silver	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Flip</li> <li>2. Single Loop</li> <li>3. Single/single combination (Axel permitted)</li> </ol>
Adult Gold	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Single Lutz</li> <li>3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)</li> </ol>
Masters Intermediate/Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Axel</li> <li>2. Double Salchow, double toe loop or double loop</li> <li>3. Jump combination (double/double, single/double or double/single) that may include double Salchow, double toe loop or double floop and any single jump including Axel</li> </ol>
Masters Junior/Senior.	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop or double flip</li> <li>2. Double Lutz</li> <li>3. Jump combination that may include any double jump</li> </ol>

## SINGLES SPINS CHALLENGE

General event parameters:

Spins may be skated in any order

Connecting steps are allowed but will not be taken into consideration in scoring.

Spins may not be repeated. Only required elements may be included.

All events are skated on ½ ice with no music.

Minimum number of revolutions are noted in parentheses.

Genders may be combined

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>Upright one-foot spin (3)</li> <li>Upright two-foot (3)</li> <li>Sit spin (3)</li> </ol>
High Beginner	1:30 max..	<ol style="list-style-type: none"> <li>Upright one-foot spin (3)</li> <li>Upright two-foot (3)</li> <li>Sit spin (3)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>Upright one-foot spin (3)</li> <li>Upright two-foot (3)</li> <li>Sit spin (3)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>Upright one-foot spin (3)</li> <li>Upright two-foot (3)</li> <li>Sit spin (3)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>Forward scratch to backspin (3)</li> <li>Combination spin no change of foot (4)</li> <li>Sit spin (3)</li> </ol>
Pre – Juvenile & Open Pre-Juv.	1:30 max.	<ol style="list-style-type: none"> <li>Camel spin (3)</li> <li>Combination spin – camel to sit spin; no change of foot (6)</li> <li>Forward to backward scratch spin (3 per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>Sit spin (4)</li> <li>Combination spin – with change of foot; optional change of position (4 per foot)</li> <li>Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>Camel spin (5)</li> <li>Sit spin to backward sit spin (4 per foot)</li> <li>Combination spin – change of foot &amp; change of position (4 per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>Choice of camel, sit or layback spin (6)</li> <li>Camel spin to backward camel spin (4 per foot in position)</li> <li>Combination spin – change of foot &amp; two changes of position (2 per position and 5 per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>Flying spin of choice (6)</li> <li>Solo spin of choice 960 – may not fly</li> <li>Combination spin – with change of foot &amp; utilizing all three positions (2 per</li> </ol>

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



		position & 5 per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying spin of choice (6)</li> <li>2. Solo spin of choice 960 – may not fly</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>

### ADULT LEVELS SPIN EVENTS

General event parameters:

Spins may be skated in any order, not repeated. Only required elements may be included.

Minimum number of revolutions are noted in parentheses.

Connecting steps are allowed, but will not be taken into consideration in scoring.

All events are skated on ½ ice with no music.

Genders may be combined.

Level	Time	Skating rules / standards
Adult Pre-Bronze	1:00 max.	<ol style="list-style-type: none"> <li>1. One-foot upright spin (3)</li> <li>2. Two-foot upright spin (3)</li> </ol>
Adult Bronze	1:00 max.	<ol style="list-style-type: none"> <li>1. One-foot upright spin (3)</li> <li>2. Two-foot upright spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Adult Silver	1:15 max.	<ol style="list-style-type: none"> <li>1. Camel Spin (3)</li> <li>2. Layback, sideways leaning or sit spin (4)</li> <li>4. Combination spin with at least one change of position, no change of foot (3 in each position)</li> </ol>
Adult Gold	1:15 max.	<ol style="list-style-type: none"> <li>1. Solo spin, no change of foot</li> <li>2. Second solo spin, different from the first; change of foot optional (4)</li> <li>3. Combination spin with at only one change of foot and at least one change of position (4 each foot),</li> </ol>
Masters Intermediate/Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Solo spin of skater's choice (min. 6 revolutions)</li> <li>2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry</li> <li>3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)</li> </ol>
Masters Junior/Senior.	1:30 max.	<ol style="list-style-type: none"> <li>1. Solo spin of skater's choice (min. 8 revolutions)</li> <li>2. Solo spin with a flying entry</li> <li>3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot) May have flying entry</li> </ol>

### PAIRS FREE SKATING EVENTS

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

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





A. Pre-juvenile – senior <http://www.usfigureskating.org/story?id=84109>

### **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.

A. Novice short program – Rule 5220

B. Junior short program – Rule 5210

C. Senior short program – Rule 5200

### **SHOWCASE EVENTS**

A. Dramatic Entertainment [www.usfigureskating.org/programs?id=59260](http://www.usfigureskating.org/programs?id=59260)

B. Light Entertainment [www.usfigureskating.org/programs?id=59260](http://www.usfigureskating.org/programs?id=59260)