



The Pleasant Prairie Skating School

Announces

2019 Pleasant Prairie Autumn Classic

**USFS Learn to Skate, Synchronized Skating
& More Competition**



Saturday, November 9th 2019

RecPlex Ice Arena

Compulsory – Freestyle

Introductory level, Excel Free Skate and Well Balanced Program Events

Spins and Jumps

AND SYNCHRONIZED SKATING!!!



Entry Deadline: October 20th, 2019

Inquiries: Please contact Katie Luburich at (262) 925-6754

Email: kluburich@pleasantprairiewi.gov

9900 Terwall Terrace

Pleasant Prairie, Wisconsin 53158

www.recplexonline.com/figure-skating

2019 Autumn Classic

MISSION STATEMENT:

The purpose of this competition is to promote a FUN, introductory, competitive experience for the beginning skater.

The 2019 Autumn Classic competition is sponsored by the Pleasant Prairie Skating School and will be held at the RecPlex Ice Arena, 9900 Terwall Terrace, Pleasant Prairie, WI 53158. This competition will incorporate skills from the Learn to Skate USA program into a competition format that can be easily and successfully conducted by registered Learn to Skate USA programs or a U.S. Figure Skating member club. The Autumn Classic is designed to promote a positive competition experience at the grassroots level and have successfully increased skating participation while generating enthusiasm. The ice surface measures 85'x200'. This Compete USA Competition is approved by the USFS and conducted in accordance with the USFS rulebook.

SERIES INFORMATION

The Autumn Classic 2019 Competition is part of the 13th Annual U.S. Figure Skating Illinois Compete USA series. This series will run from July, 1st 2019-June 20th, 2020. Please refer to www.skatingcouncilofillinois.org for more information on the Series.

ELIGIBILITY/TEST LEVEL:

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 1-6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the Pre-Free Skate, Free Skate 1-6, Excel, Well Balanced, and Adult levels eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee (LOC) discovers that a skater has been placed in a category that is below his/her class level, the chair and referee will have the option to move the skater into the proper division, even if it is the day of the competition. This will ensure that every event is as fair as possible to the competitors. It is an ethical violation for coaches to sandbag an event.

ENTRIES AND FEES

An online entry system with secure credit card payment is being used for this competition. **All registration will be done online through entryeze.** All entries must be done online and skaters must be registered **by midnight October 20th, 2019.** Late entries will be accepted at the discretion of the referee and will be assessed at an additional \$25 late fee. You will be assessed an additional \$25 for all checks that are returned, and the skater will only be allowed to compete if payment is subsequently made in cash or money order. <http://comp.entryeze.com/Home.aspx?cid=328>

Entry fees are \$80.00 for the first event and \$30.00 for each additional event. *Your event fee does include a picture package by KrPhotogs!*

SCHEDULE OF EVENTS - Will be posted on the EntryEeze website approximately four to five days prior to competition). Information regarding groups and skating times will also be listed online prior to the beginning of competition.

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 enter \$25 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

MUSIC - The music for all free skating programs and showcase must be provided on CDs by the skater. CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds.

LIABILITY: U.S. Figure Skating, The Pleasant Prairie Skating School and the RecPlex Ice Arena 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 6.0 Judging System will be used for all events.

REGISTRATION: Registration will begin on Saturday, November 9th, 2019. Registration will be open one hour before the first event and run through the last event of the day. The registration table will be located in the main lobby of the ice arena. Please register promptly upon arrival.

PRACTICE ICE – Availability will be determined based on competition schedule. Information regarding practice ice will be emailed out ASAP!

LOCKER ROOMS AND CHANGING AREAS: Please click here to review the [Locker Rooms and Changing Area policy](#). More detailed information can be found in the [SafeSport Handbook](#).

VIDEO TAPING AND PHOTOGRAPHS – A professional videographer and photographer will be available on-site to capture your skaters achievements and success. You may furnish your own tape or purchase same.

OFFICIAL NOTICES: An ice monitor will have the updated times and schedule inside 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 requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

TEST CREDIT: Skaters that meet the requirements for test credit – form must be picked up at the registration desk.

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, and third places. ALL other places will receive ribbons. ALL awards will be given at appropriate times throughout the competition.

ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

When hosting a Compete USA competition, it is important that you verify the compliance of each coach/instructor who plans to coach on-site at the event. You can verify the status of coaches/instructors by checking the lists on www.usfigureskating.org by going to the Coaches page and clicking on the Information for Clubs. For Learn to Skate USA instructor verification, log in to the Management System, then Program Admin, Program Management and Instructor Compliance.

To be credentialed at a Compete USA event, coaches/instructors are required to have:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- SafeSport training completed (for coaches/instructors 18 years old and older)
- Background check successfully passed (for coaches/instructors 18 years old and over)
- Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliant coach (for coaches under 18 years old)

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

If a coach/instructor attempts to work at your event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.

All officials and adult volunteers attending Compete USA events must also be SafeSport compliant.

DRIVING DIRECTIONS

From the North or South - Take I-94 to Exit 347 at Highway 165. Travel East on Hwy 165 approximately 1 mile and turn left on Terwall Terrace into Prairie Springs Park to the RecPlex. Drive around the building and the first parking lot on the left. Drive to the second parking lot on the left where the Ice Arena is located.

HOTELS - Ask the hotels about their Seasonal Packages as you make reservations. For more information, please visit the Pleasant Prairie Convention and Visitor's Bureau website at www.visitpleasanprairie.com.

DoubleTree by Hilton Pleasant Prairie

11800 108th St. Pleasant Prairie, WI 53158
Phone: 262.857.3377

100% smoke free hotel located at I-94 and Hwy. 165. 120 recently renovated rooms ... on site restaurant, pub and room service ... indoor pool, whirlpool, and fitness center ... across from Pleasant Prairie Premium Outlet Mall. As a welcomed guest, also enjoy complimentary shuttle service within five miles of the hotel.

Fairfield Inn & Suites by Marriott

10601 120th Ave. Pleasant Prairie, WI 53158
Phone:
262.455.7795

Travel with confidence and experience outstanding service for an easy and comfortable stay at an exceptional value. Guests will enjoy complimentary hot breakfast and Wi-Fi throughout the hotel, and our pool and fitness center will help you stay on track. Located at I-94 and Hwy. 165, just minutes from the Pleasant Prairie RecPlex, and Pleasant Prairie Premium Outlet Mall, you'll always find the courteous service you deserve, plus all the little things you expect from Fairfield.

Holiday Inn Express Hotel & Suites

7887 94th Ave. Pleasant Prairie, WI 53158
Phone: 262.942.6000
Toll Free: 800-465-4329

1 mile east of I-94 off Hwy. 50. All suite property, featuring a complimentary hot breakfast and Express Start Breakfast bar each morning, spacious meeting room, whirlpool, fitness center, high-speed WiFi throughout the hotel, and the area's largest indoor heated hotel pool. Enjoy area attractions like the Jelly Belly Candy Shop & Tour, the Pleasant Prairie Premium Outlet Mall, and stay smart, stay refreshed, stay express with us!

Competition Inquiries: Katie Luburich, Figure Skating Events Coordinator, kluburich@pleasantprairiewi.gov or 262-925-6754

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

FREE SKATE & SHORT PROGRAM SINGLES

[Snowplow Sam- Free Skate 6 Program \(with music\)](#)

[Excel Free Skate \(new for 2019-20 season\)](#) – effective September 1, 2019

[Singles Well Balanced Free Skate \(No Test - Preliminary\)](#)

COMPULSORY MOVES – SINGLES

[Snowplow Sam – Free Skate 6 Program](#)

[Excel Compulsory \(Excel Beginner – Excel Preliminary\)](#)

[Compulsory Moves \(No Test – Preliminary\)](#)

SPECIALITY EVENTS - SINGLES

[Jumps Challenge](#)

[Spin Challenge](#)

[Step Sequences](#)

[Synchronized Skating](#)

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

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

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

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INTRO TO PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

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

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

Level	Time	Skating rules/standards
Intro to Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> • One outside and one inside moving three turn • Lunge rising up to forward stroking position • Tap toe • Stand still waltz jump
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, one set each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka - right or left • Waltz jump <p><i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></p>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop jump • Half flip jump • <i>NOT ALLOWED – Waltz jump/toe loop combination</i>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin, optional entry and free foot position- maximum 2 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED – Salchow/toe loop combination</i>
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, minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination • <i>NOT ALLOWED – Waltz/loop combination</i>
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 3 revolutions • Euler jump (half loop jump) • Flip jump • <i>NOT ALLOWED – Waltz/Euler (half loop)/Salchow sequence</i>
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 3 revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, Mohawks and toe steps • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ Euler (half loop)/Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

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SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **All elements must be skated in the order listed.**

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

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PRE-FREE SKATE – FREE SKATE 1-6 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
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Intro to Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • One outside and one inside moving three turn • Lunge rising up to forward stroking position • Tap toe • Stand still waltz jump
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, one set each direction clockwise and counterclockwise • Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka-right OR left • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turns, right and left • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turns, right and left • Beginning back spin, optional entry and free-foot position - maximum 3 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, 2 sets clockwise and 2 sets counterclockwise • Advanced back spin with free foot in crossed leg position- minimum 3 revolutions • 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 3 revolutions • Euler (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), 2-3 sets both directions • Camel spin - minimum 3 revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ Euler (half loop)/ Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

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U.S. Figure Skating Nonqualifying Competitions

EVENT: 2019-2020 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 competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

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

<p>Excel Beginner Free Skate 1:40 Max</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 4 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Eulers (half loops) are not allowed. Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Two upright spins No change of foot No flying entry Minimum 3 revolutions</p> <p style="text-align: center;">Max Level: Base</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must use one-half of the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
<p>Excel High Beginner Free Skate 1:40 Max</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop Flip, Lutz, & Axel NOT permitted Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Both spins must be in a single position • No change of foot • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright <p>Minimum 3 revolutions</p> <p style="text-align: center;">Max Level: Base</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must use one-half of the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence

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

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EXCEL COMPULSORY

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

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

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

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U.S. Figure Skating Nonqualifying Competitions

EVENT: WELL BALANCED FREESKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice.
- 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.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed <p>Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump)</p>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <p>Step Sequence Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>Jumps may be included in the step sequence</p>
Pre-Preliminary	1:40 Maximum	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface <p>Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	1:30 +/- 10 sec. Max.	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface <p>Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>Jumps may be included in the step sequence</p>

This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/7/1/19

		single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump		
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EVENT: COMPULSORY MOVES

General event parameters:

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.

1. *Skaters may have the option to skate one level higher in compulsories than free skate program*

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence

2019 Autumn Classic

EVENT: Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

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

EVENT: Step Sequences

General event parameters:

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

Level	Time	Required elements
Pre-Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> - Forward outside 3-turn - Inside mohawk - Demonstration of forward outside & forward inside edges
Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> - At least two consecutive forward outside power 3-turns - Forward inside 3-turn - At least one set of alternating 3-turns (outside or inside)

EVENT: Spins Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none">1. Upright one-foot spin (3 revs)2. Upright back spin (3 revs)3. Sit spin (3 revs)
High Beginner	1:30 max.	<ol style="list-style-type: none">1. Upright one-foot spin (4 revs)2. Upright spin with change of foot (3 revs on each foot)3. Sit spin (3 revs)
No-Test	1:30 max.	<ol style="list-style-type: none">1. Upright spin with change of foot (3 revs on each foot)2. Sit spin (3 revs)3. Camel spin (3 revs)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none">4. Spin with one change of position and no change of foot (6 revs)5. Backward sit spin (3 revs)6. Camel spin (4 revs)
Preliminary	1:30 max.	<ol style="list-style-type: none">4. Spin with one change of foot and one change of position (min. 3 revs each foot)5. Combination sit spin with change of foot (min. 3 revs each foot)6. One position spin – skater's choice (upright, sit or camel), (4 revs)