

**39<sup>th</sup> Annual  
Northland Figure Skating Competition  
Official host of the 2019 Excel Series Events**



January 31- February 3, 2019

Duluth, MN

Excel Series

Free Skating • Short Program • IJS  
Compulsory • Spins • Jumps • Showcase  
Team Compulsory

Hosted by the Duluth Figure Skating Club [www.duluthfsc.org](http://www.duluthfsc.org)

Chief Referee: Jennifer Marker Johnson  
Chief Technical Accountant: Carolyn Marker  
Chief Accountant: Christine Hills  
Music Coordinator: Mike Wittmann

**THE APPROVED RULE AMENDMENTS TO RULE 4220 & 4230 WILL BE IMPLEMENTED IN THIS COMPETITION  
ISU RULE #611 PER 2019-2020 REQUIREMENTS**

Co- Chairs: Leanne Warren and Kalli Manion  
Email: [northlandcompetition@gmail.com](mailto:northlandcompetition@gmail.com)

**ENTRY DEADLINE IS DECEMBER 9, 2018**  
**FOLLOW US ON  [NORTHLAND COMPETITION](#)**

*This event is a standard U.S. Figure Skating Nonqualifying Competition  
LE/9/1/18*





The **39th Northland Figure Skating Competition** will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

**SERIES INFORMATION:** Northland Figure Skating Competition is a designated Excel Series competition for the 2019 Excel Series. As an Excel Series event, skaters entered in the Series at eligible levels will earn points for their placement here in order to qualify for the National Festival to be held in Coral Springs, Florida, June 7 – 9, 2019. Skaters must register for the Excel Series prior to competing at designated competition or by March 1; registration is available by [clicking here](#) and additional information is available on U.S. Figure Skating's [Excel webpage](#). For any questions related to the Excel Series, please contact [ExcelSeries@usfigureskating.org](mailto:ExcelSeries@usfigureskating.org)

**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. (**Exception** - Juvenile/Open Juvenile skaters wishing to skate a short program may skate a Juvenile/Open Juvenile Freeski and an Intermediate Short Program.)

**Age restrictions/requirements:** Singles free skate events (Well Balanced Program) have the following requirements:  
Juvenile: Girls – 12 years of age or younger; Boys – 13 years of age or younger  
Open Juvenile: Girls – 13 years of age or older; Boys – 14 years of age or older  
Intermediate must be under the age of 18  
Adults must be 21 years of age or older

Skaters entering pre-juvenile and lower events will be divided as closely as possible by age, should the number of entries warrant more than one group.

**ENTRIES:** Online registration is available via secured credit card transaction at [www.duluthfsc.org](http://www.duluthfsc.org) serviced by Entryeeze. Upon receiving your application online, an email will be sent to the skater's coach to verify accuracy of the entry. An official of the skater's home club will also be notified to certify the skater's standing within the club.

**No paper entries will be accepted.** Due to the large number of registrations in previous years, the referee may choose to limit or eliminate certain events. Fees will be as follows:

\$130.00 first event

\$35.00 each additional event

Team compulsory: \$25 per person, per team (this event must be an additional event)

**Note: In the event that a skater is signed up for the incorrect level or event, the Chief Referee must approve all changes. An additional fee of \$25.00 will be charged to the skater if the referee approves any changes. Late entries will be accepted only at the discretion of the Chief Referee and must be accompanied by a \$25.00 late fee.**

**REFUND POLICY:** Entry fees will not be refunded after December 9, 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 \$30.00 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 times will be available on Entryeeze.

**SCHEDULE:** Competitors may be scheduled on any day or time for the announced dates of the competition. Notification of competition and practice ice times will be available on Entryeeze. Please check registration desk during competition as well as the Official Bulletin Board in Edmund Fitzgerald Hall.

**FACILITIES:** The competition will be held January 31 - February 3, 2019 at the Duluth Entertainment Convention Center ([www.decc.org](http://www.decc.org)), 350 Harbor Drive, Duluth, MN 55802. The DECC is a two rink facility with ice surfaces of 190' x 85'. There is a daily parking fee of \$5.00. Concession stands available on premise at various hours, Canal Park offers many different restaurants which is located within walking distance of the DECC.

**MUSIC:** Only standard format CD's clearly marked with the competitor's name will be accepted. A CD must have only ONE track on it. Each CD must be in a paper CD sleeve with a see-through window. Standard hard plastic jewel cases or other CD holders are no longer acceptable. The official competition music must be turned in at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration desk after completion of the event. Music WILL NOT be mailed to skaters after the competition. Music will not be played during practice ice.

**LIABILITY:** U.S. Figure Skating, the Duluth Figure Skating Club, and the Duluth Entertainment 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: Juvenile through Senior Well Balanced Program Free Skate events, short program, Adult Gold and Masters events, all Excel "PLUS" Levels (Preliminary PLUS, Pre-Juvenile PLUS, Juvenile PLUS), and Intermediate through Senior Excel events. All competitors skating in these events need to submit the planned program content form online via Entryeeze by **January 18, 2019.**

The 6.0 Judging System will be used for: Pre-Preliminary through Pre-Juvenile and Open Juvenile Well Balanced Program Free Skate events, Introductory events, all other levels of the Excel series program, and all levels of spins, jumps, compulsory, team compulsory, and showcase events.

**REGISTRATION:** The registration desk is located in Edmund Fitzgerald Hall and will open at 2 pm on Thursday, February 31<sup>st</sup>, and one hour prior to the first scheduled event on all other days and will remain open through the last event of the day. The skater must have their music in order to check in, even if their first event does not require music. Skaters are required to check in at least one hour prior to their first event.

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

**PRACTICE ICE:** Practice ice will be available for purchase via Entryeeze or at the Registration desk. Pre-paid practice ice is being offered to skaters for a cost of \$15.00 per 20-minute session. Skaters will be able to choose their own practice ice sessions online after practice ice selection opens on Entryeeze, but will need to indicate the number of sessions desired during the registration process and must be pre-paid with your entry. Additional practice ice will be available to purchase for \$17.00 per session once the schedule has been posted and those skaters who have pre-registered for practice ice have had time to make their selections. Practice ice will also be available to purchase at the registration desk for \$20.00 per session. Refunds will not be given for unused practice ice session.

**PHOTOGRAPHY:** An official photographer will be taking action shots of all skaters and events, as well as at awards. **New this year, your registration fee includes all photos, including awards, from one event. Additional photos and/or events will be available to purchase.**

**VIDEOGRAPHY:** **New this year, your entry fee includes a video of one event. Additional videos and/or events will be available to purchase.**

**AWARDS:** All award ceremonies will be off ice in Edmund Fitzgerald Hall shortly after the final results are posted. Awards will be given to all Limited Beginner through Pre-Preliminary skaters and to the top four skaters in all other groups.

**OFFICIAL NOTICES:** An official bulletin board will be maintained in Edmund Fitzgerald Hall near the registration desk. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 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 may request their test credit forms at the registration desk. **Test Credit Forms must be requested prior to the last IJS event of the competition.** Forms must be picked up at the registration desk prior to the end of the competition and will require a \$5.00 fee.

**TEST SESSION:** A USFS test session will precede the competition on Thursday, January 31, 2019. Registration will be available online at [www.duluthfsc.org](http://www.duluthfsc.org). **Deadline is January 10, 2019.**

#### **IMPORTANT NOTICE FOR ALL COACHES:**

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

##### Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training\*
- Continuing Education Requirements (CERs) for the 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

##### Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training\* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

\*SafeSport training is available through [www.usfsaonline.org](http://www.usfsaonline.org) for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The local organizing committee will have a list of compliant coaches who are approved to receive 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. Coaches will need to wear the official competition name badge in order to be permitted in the designated coaching area at rink side during events.

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. There can be no exceptions to this policy. 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.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit:  
<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

**CONTACT INFO:** If you have questions, please contact [northlandcompetition@gmail.com](mailto:northlandcompetition@gmail.com)

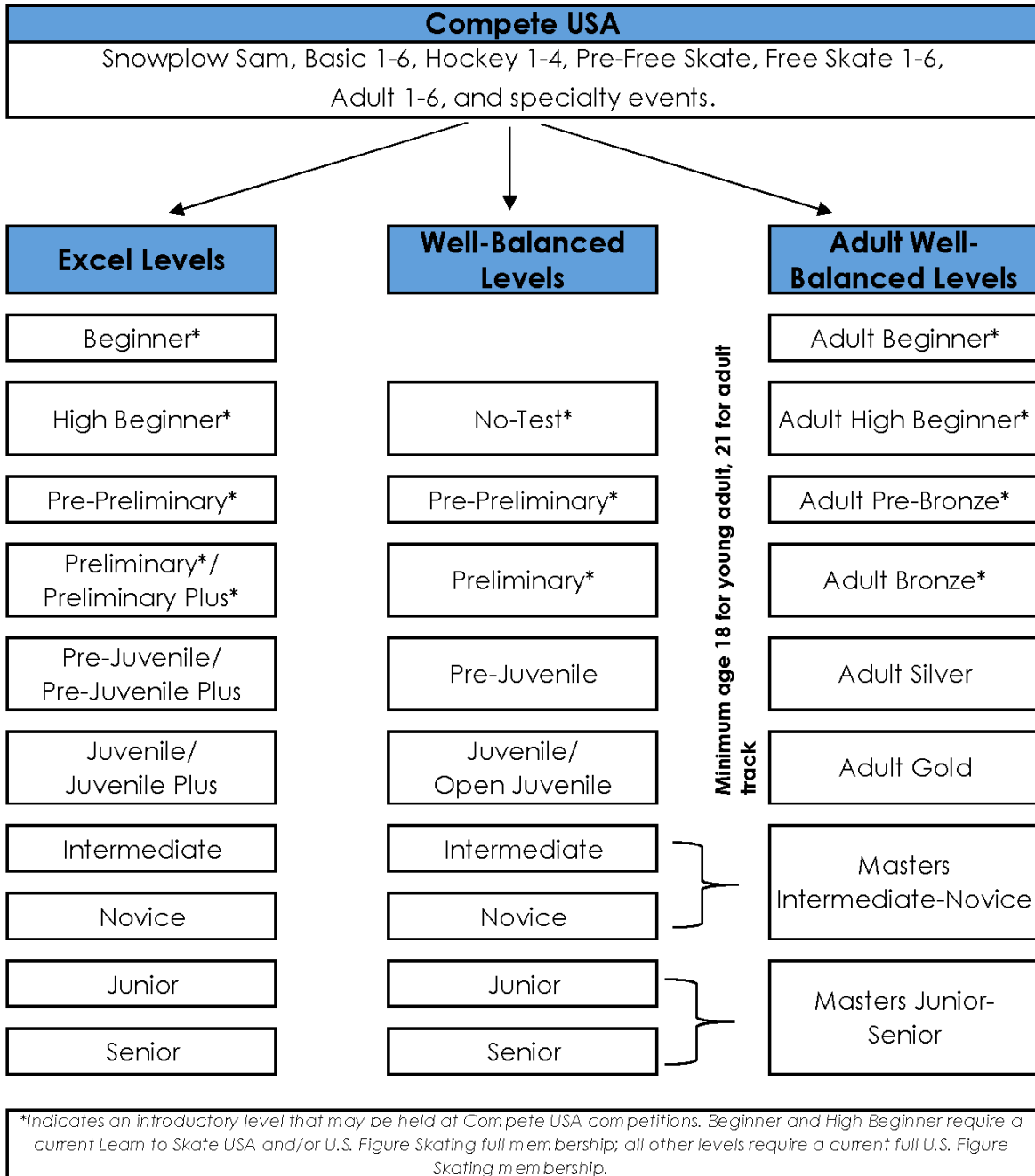
**LODGING INFORMATION:** Blocks of rooms have been reserved at the following hotels under **Northland Figure Skating Competition**

Comfort Suites Canal Park: 218-727-1378  
Hampton Inn Canal Park: 218-720-3000  
Holiday Inn and Suites Downtown: 800-439-4745  
Park Point Marina Inn: 218-491-7111  
Pier B: 218-481-8888  
Radisson Duluth Harborview: 218-727-8981  
The Suites Hotel at Waterfront Plaza: 800-794-1716



## 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.



**THE FOLLOWING RULE AMENDMENTS WILL BE IMPLEMENTED IN THIS COMPETITION**

**EVENT: WELL BALANCED FREE SKATE**

**435.APPROVED – Singles Committee**

Amend rule 4220 (page 157, Rulebook) as follows:

**NOVICE LADIES WELL-BALANCED FREE SKATE**  
**3:00 3:30 +/- 10 seconds** Maximum of six seven jump elements

*Note: Test rules would be updated accordingly*

**Implementation date:** Feb. 1, 2019

**436.APPROVED – Singles Committee**

Amend rule 4230 (page 159, Rulebook) as follows:

**INTERMEDIATE WELL-BALANCED FREE SKATE**

**2:40 3:00 +/- 10 seconds**

**Implementation date:** Feb. 1, 2019

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

**ISU Rule 611 – Short Program Singles – Junior**

**2019-2020**

**Men**

- a) Double or triple Axel
- b) Double or triple Loop jump;
- c) Jump combination consisting of a double and a triple jump or two triple jumps;
- d) Flying sit spin;
- e) Camel spin with only one change of foot;
- f) Spin combination with only one change of foot;
- g) Step sequence fully utilizing the ice surface.

**Ladies**

- a) Double Axel
- b) Double or triple Loop jump;
- c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps;
- d) Flying sit spin;
- e) Layback / sideways leaning spin or camel spin without change of foot;
- f) Spin combination with only one change of foot;
- g) Step sequence fully utilizing the ice surface.

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

**FREE SKATE & SHORT PROGRAM SINGLES**

[Singles Short Program \(Intermediate - Senior\)](#)

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

**ADULT FREE SKATE EVENTS**

[Adult Singles Free Skate](#)





## U.S. Figure Skating Nonqualifying Competitions

### EVENT: 2018-2019 Excel Free Skate

General event parameters:

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

<p><b>Excel Beginner Free Skate</b> 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 2</p>	<p>Maximum 4 jump elements:</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>• Eulers (half loops) are not allowed.</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same jump</li> </ul>	<p><b>Maximum 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>• Minimum 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><b>Excel High Beginner Free Skate</b> 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 4</p>	<p>Maximum 5 jump elements:</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: toe loop, Salchow, Euler (half loop), loop</li> <li>• Flip, Lutz, &amp; Axel NOT permitted</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same jump</li> </ul>	<p><b>Maximum 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> <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>○ 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><b>Excel Pre-Preliminary</b> 1:40 Max</p> <p>Must not have passed higher than U.S. Figure Skating pre-preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><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>○ 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> </ul> </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 sequence is any listed jump immediately followed by a waltz jump.</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>○ 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><b>Excel Preliminary</b> 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><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>○ 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> </ul> </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 sequence is any listed jump immediately followed by a waltz jump.</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>○ 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><b>Excel Preliminary Plus</b> 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><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>○ No double, or higher jumps allowed</li> <li>○ 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>○ 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 sequence is any listed jump followed by an axel type jump.</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>○ 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><b>Excel Pre-Juvenile</b> 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><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 sequence is any listed jump immediately followed by an axel type jump.</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 style="text-align: center;"><b>Excel Pre-Juvenile Plus</b> 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><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> <li>○ Number of 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 sequences <ul style="list-style-type: none"> <li>○ Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</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> <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> <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 style="text-align: center;"><b>Excel Juvenile</b> 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><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 sequence is any listed jump followed by an axel type jump.</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 style="text-align: center;"><b>Excel Juvenile Plus</b> 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 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.</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> <li>○ Number of 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 sequences <ul style="list-style-type: none"> <li>○ Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</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> 2:40 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><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>○ Jump sequence is any listed jump followed by an axel type jump.</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> Ladies: 3:00 +/- 10 seconds Men: 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><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>○ Jump sequence is any listed jump followed by an axel type jump.</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</b> 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><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> </ul> </li> <li>• Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>• Jump sequence is any listed jump followed by an axel type jump.</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 style="text-align: center;"><b>Excel Senior</b> 4:00 +/-10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating senior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><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>○ Jump sequence is any listed jump followed by an axel type jump.</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>
---	---	--	---

**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.**

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

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



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: COMPULSORY MOVES

General event parameters:

1. No Test – Pre-Juvenile: Elements skated on ½ ice
2. Juvenile – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Spin with one change of position and no change of foot – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Spin with one change of foot and one change of position – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Pre-Juvenile	1:15 max.	<ul style="list-style-type: none"> <li>• Axel or double Salchow</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Layback spin or camel spin - minimum three revolutions</li> <li>• Step sequence – must include rotating in both directions</li> </ul>
Juvenile & Open Juv.	1:15 max.	<ul style="list-style-type: none"> <li>• Double Salchow or double toe loop</li> <li>• Jump combination: single/single or double/single</li> <li>• Layback spin or camel spin - minimum four revolutions</li> <li>• Step sequence – must include 3 difficult turns and rotating in both directions</li> </ul>
Intermediate	1:30 max.	<ul style="list-style-type: none"> <li>• Double Salchow, double toe loop or double loop</li> <li>• Jump combination: single/single or double/single, double/double</li> <li>• Flying spin, minimum five revolutions</li> <li>• Step sequence – must include 4 difficult turns and rotations in both directions</li> </ul>
Novice	1:30 max.	<ul style="list-style-type: none"> <li>• Double loop or double flip</li> <li>• Jump combination: double/single or double/double</li> <li>• Flying spin - minimum six revolutions</li> <li>• Step sequence – must include 5 difficult turns and rotations in both directions</li> </ul>

Junior	1:30 max.	<ul style="list-style-type: none"> <li>• Double flip or double Lutz</li> <li>• Jump combination: double/double or triple/double</li> <li>• Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot)</li> <li>• Step sequence – must include 7 difficult turns and rotations in both directions</li> </ul>
Senior	1:30 max.	<ul style="list-style-type: none"> <li>• Double Lutz or double Axel</li> <li>• Jump combination: double/double or triple/double</li> <li>• Combination spin - all 3 basic positions required (min. 6 on each foot)</li> <li>• Step sequence – must include 7 difficult turns and rotations in both directions</li> </ul>





## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Jumps Challenge

#### General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated  $\frac{1}{2}$  ice; Juvenile – senior will be skated on full ice

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



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Spins Challenge

#### General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3 revs)</li> <li>2. Upright back spin (3 revs)</li> <li>3. Sit spin (3 revs)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (4 revs)</li> <li>2. Upright spin with change of foot (3 revs on each foot)</li> <li>3. Sit spin (3 revs)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright spin with change of foot (3 revs on each foot)</li> <li>2. Sit spin (3 revs)</li> <li>3. Camel spin (3 revs)</li> </ol>
Pre-Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Spin with one change of position and no change of foot (6 revs)</li> <li>2. Backward sit spin (3 revs)</li> <li>3. Camel spin (4 revs)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Spin with one change of foot and one change of position (min. 3 revs each foot)</li> <li>2. Combination sit spin with change of foot (min. 3 revs each foot)</li> <li>3. One position spin – skater's choice (upright, sit or camel), (4 revs)</li> </ol>
Pre-Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>1. Backward entry Camel spin (4 revs)</li> <li>2. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position)</li> <li>3. Forward to backward scratch spin (min 4 revs per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>1. Sit spin (4)</li> <li>2. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot)</li> <li>3. Girls – layback spin (6 revs); Boys – camel spin (5 revs)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying camel spin-basic camel position required (5 revs)</li> <li>2. Sit spin to backward sit spin-basic sit position required (4 revs per foot)</li> <li>3. Combination spin – change of foot &amp; all 3 basic positions required (2 revs in each position &amp; min 5 revs per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Illusion to back scratch spin; may change feet (6 revs)</li> <li>2. Camel spin to backward camel spin (4 revs per foot)</li> <li>3. Combination spin – change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying sit spin or flying reverse sit spin (6 revs)</li> <li>2. Solo spin of choice – may not fly (8 revs)</li> <li>3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying spin of choice (8 revs)</li> <li>2. Solo spin of choice (8 revs) – may not fly</li> <li>3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

---

### EVENT: Adult Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated  $\frac{1}{2}$  ice; adult gold – masters junior/senior will be skated on full ice
3. Jumps with an "\*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none"><li>1. Bunny Hop</li><li>2. Mazurka or ballet jump</li></ol>
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"><li>1. Waltz or toe loop jump</li><li>2. <math>\frac{1}{2}</math> flip, <math>\frac{1}{2}</math> Lutz or <math>\frac{1}{2}</math> loop</li></ol>
Adult Bronze	1:00	<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	<ol style="list-style-type: none"><li>1. Single flip</li><li>2. Single loop</li><li>3. Single/single combination (Axel is permitted)</li></ol>
Adult Gold	1:15	<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	<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 loop and any single jump including Axel</li></ol>
Masters Junior/Senior	1:30	<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>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Adult Spins Challenge

#### General event parameters:

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

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

## EVENT: Showcase Events – Light Entertainment Events

### Format:

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

### General event parameters:

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

### Light Entertainment Levels:

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

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

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

## EVENT: TEAM COMPULSORY

Teams should be comprised of 3-5 skaters and can be a combination of Ladies and Men. Each skater will do one required element. If there are not five skaters on a team, the skaters may do a maximum of two elements. The elements may be completed in any order but each element shall be allowed only one attempt. Additional elements are not allowed. No music allowed. One skater should perform at a time. Elements are skated on full ice. Referee will indicate when each team should commence but not the individual skaters. Judging done with one mark for each team.

When registering for the competition it is imperative that ONE member of the team register the entire team online or by paper registration. Team registration is separate from skaters' individual event(s). Every team will need a team name and team contact. The person registering the team will need to enter each team member's name, date of birth, USFS number, and test levels passed, and pay the entire team fee of \$25 per team member. This is a fun event and encourages team spirit among the clubs and the skaters. The more members, the lower the cost per skater.

Event	Five Required Elements (One to two minutes will be allotted for each team).
No Test/High Beginner/Beginner	<ol style="list-style-type: none"> <li>1) One (1) foot forward upright spin ~ no change of direction (minimum 3 revolutions)</li> <li>2) Moves in the Field ~ forward outside consecutive edges</li> <li>3) Forward Spiral</li> <li>4) One (1) foot forward upright spin to back spin, minimum 3 revolutions each foot</li> <li>5) Combination of 2 single jumps ~ one must be a toe loop, no turn in between, no Axel allowed</li> </ol>
Pre-Preliminary	<ol style="list-style-type: none"> <li>1) Upright scratch spin (minimum 3 revolutions)</li> <li>2) Moves in the Field – back outside consecutive edges</li> <li>3) Forward outside spiral</li> <li>4) Combination spin ~ Forward upright spin to back spin to forward upright spin. All spins on one (1) foot and at least 3 revolutions in each position. Minimum of 9 revolutions total.</li> <li>5) Any combination of 2 single jumps ~ no turn in between, no Axel allowed.</li> </ol>
Preliminary/Pre-Juvenile	<ol style="list-style-type: none"> <li>1) Sit spin (minimum 5 revolutions)</li> <li>2) Straight line or diagonal footwork sequence utilizing ½ the ice surface</li> <li>3) Left forward inside spiral</li> <li>4) Combination spin with at least one change of position and no change of foot. Minimum of 6 revolutions. No flying entries allowed.</li> <li>5) Single/Single (Axel permitted) combination jump.</li> </ol>
Juvenile/Intermediate	<ol style="list-style-type: none"> <li>1) Camel spin (minimum 5 revolutions)</li> <li>2) Straight line or diagonal footwork sequence utilizing the entire ice surface.</li> <li>3) Spiral sequence (at least 2 spiral positions and at least one change of foot).</li> <li>4) Combination spin with at least one change of position and only one change of foot. At least 2 revolutions in each position. Minimum 5 revolutions on each foot.</li> <li>5) Double/Single or Double/Double combination jump.</li> </ol>
Novice and Above	<ol style="list-style-type: none"> <li>1) Flying spin (minimum 6 revolutions)-only one position and no change of foot.</li> <li>2) Circular or serpentine footwork sequence using the entire ice surface.</li> <li>3) Spiral sequence (minimum 3 spiral positions and at least one change of foot).</li> <li>4) Combination spin with at least two changes of position and at least one change of foot. At least 2 revolutions in each position. Minimum 12 revolutions total.</li> <li>5) Double/Double combination jump.</li> </ol>