



2019 Sweetheart Classic

February 16-17, 2019

Hosted by:

Glacier Falls Figure Skating Club

and

The Rinks - Anaheim ICE

Entry deadline: Sunday – January 13, 2019

The Rinks - Anaheim ICE

300 West Lincoln Avenue, Anaheim, CA 92805

www.TheRinks.com | (714) 535-7465 extension "0"

Competition Information

Competition Dates:

Saturday, February 16, 2019 (individual events) and Sunday, February 17, 2019 (team events)

Rink Address:

The Rinks - Anaheim ICE
300 West Lincoln Avenue
Anaheim, CA 92805

Competition Chairman and Registrar:

Christopher Pottenger
cpottenger@therinks.com

Chief Referee:

Carylyn Landt
clandt@ucsd.edu

Entries and Entry Fees:

All applications must be completed online at <http://comp.entryeeze.com/Home.aspx?cid=528>.
The entry fees for the 2019 Sweetheart Classic are as follows:

Snowplow Sam through High Beginner Level Events (6.0 Judging System):

First Event: \$65
Additional Events: \$40 per event - (Duet is charged \$40 per skater)

No-Test through Juvenile/Open-Juvenile Level Events and Excel Pre-Preliminary through Juvenile Plus Level Events (International Judging System):

First Event: \$75
Additional Events: \$40 per event - (Duet is charged \$40 per skater)

Ensembles – Mini Production and Production (6.0 Judging System):

\$25 per competitor

Synchronized Skating and Theater on Ice Team Events (6.0 Judging System):

\$175 per team, plus \$10 per competitor

Entry Deadline:

Sunday, January 13, 2019 at midnight. Late entries will be taken from Monday, January 14, 2019 through Wednesday, January 16, 2019 with a \$15 late fee and from Thursday, January 17, 2019 through Friday, January 18, 2019 with a \$30 late fee.

Refund Policy:

Entry fees, minus the online processing fee, can only be refunded prior to the close of entries on Sunday, January 13, 2019. Entry fees will not be refunded after the close of entries on Sunday, January 13, 2019 for any reason, unless the competition is canceled. Contested credit card charges will be assessed a \$25 fee. Payment of the fee will be required before the skater or skaters are allowed to participate in practice ice or events. There are no refunds for medical withdrawals.

Parking:

Please utilize the parking structure located at the south east corner of the arena. Parking tickets from this structure will be validated in the arena for FREE PARKING for the entire day. Street parking is limited to 2 hours and is heavily monitored by local law enforcement.

Awards:

Medals will be presented for all competitors. Awards will be presented upon the posting of each individual event, upstairs in the NHL Rink. Any competitors who are not present during the awards presentation are welcome to pick up their awards the following week in The Rinks - Anaheim ICE Program Office.

Initial / Final Round for Free Skate Events:

All 6.0 divisions will be divided by age into groups no larger than eight skaters, and all IJS divisions will be divided by age into groups no larger than twelve skaters. All events through Beginner will be final rounds. All events High Beginner through Juvenile will have an initial round and final round if there are 10 or more competitors registered in the Free Skate event for the level.

Practice Ice (Individual Events):

Practice ice is sold online at <http://comp.entryeeze.com/Home.aspx?cid=528> after the schedule is finalized and released. Practice ice will be offered in 20 minute sessions for solo events, with a maximum of 20 skaters per session. No music will be played and no props will be allowed on practice ice sessions. The practice ice price is \$18 for a 20 minute session. Practice ice is nonrefundable and cannot be transferred, waitlisted, or sold to another skater.

Practice Ice (Synchronized Skating Team Events and Theater / Production Team Events):

Practice ice is sold online at <http://comp.entryeeze.com/Home.aspx?cid=528> only. Practice ice will be offered in 10 minute sessions for team events, and only one team is allowed on the ice per 10 minute session. The team is allowed to play their music on the practice ice session. Team practice ice must be pre-purchased in order to build the time into the schedule. The team practice ice price, on or before Sunday, January 13, 2019 at midnight, is \$85 for a 10 minute private ice session. Each team may book a maximum of two sessions. This pre-purchased price guarantees you a slot on a practice ice session before your event. Practice ice is nonrefundable and cannot be transferred, waitlisted, or sold to another team.

Off-Ice Warm-Up Area:

There are two off-ice warm-up areas available to the skaters and teams. The first area is the lower level of the parking structure to the east of the arena. The second area is the open plaza in the front of the arena. These areas will allow several skaters and teams to be able to practice and warm-up at the same time.

Schedule of Events:

All individual events will be held on two surfaces (both the NHL Rink and Olympic Rink) on Saturday, February 16, 2019. All synchronized skating and team events will be held on the NHL Rink on Sunday, February 17, 2019. This schedule is tentative and subject to change based upon entries. A preliminary and final competition and practice ice schedule will be posted on The Rinks - Anaheim ICE, Glacier Falls Figure Skating Club, and EntryEeze website as soon as available.

Registration:

All skaters are to check in at the registration desk **at least 45 minutes prior** to their scheduled event. If the competition is running ahead of schedule, an event may begin up to 15 minutes earlier than its scheduled time.

Music:

Online music submission is the **ONLY** acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment.

Deadline for uploading music is Sunday, January 27, 2019.

The uploaded program music **MUST** conform to the following specifications:

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

Backup Music at Event (CDs):

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

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are **NOT** acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two [2] seconds.
- Due to the compatibility and reliability reasons, music may **NOT** be submitted on re-recordable "CD-RW" discs. **PLEASE, no CD-RWs!**

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

Penalty for Incorrect Music or Failure to Upload Music:

The LOC will assess each competitor/team an additional charge of \$10 per event segment if the competitor/team: 1) fails to submit their music prior to the close of online music submission, 2) submits files that do not follow the specifications above, or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate). The competitor/teams will not receive their credentials at registration until they pay the penalty fee and turn in their music on CD, conforming to the requirements above.

Entry Verification / Coach Approval / Entry Change Fee:

The information on the entry must be accurate and complete. Coaches must either approve the entries that have been entered or send back a message correcting the entry prior to Friday, January 18, 2019. There will be no charge for any changes that are necessary prior to this deadline. There will be a \$10 fee for any changes made to your original entry form after Friday, January 18, 2019.

Judging System:

The International Judging System (IJS) will be used for the No-Test through Juvenile / Open-Juvenile Free Skate events and Excel Pre-Preliminary through Juvenile Plus Free Skate events. The majority 6.0 Judging System will be used for all other events, including all Synchronized Skating events. Per rule 1235(C) in the U.S. Figure Skating Rulebook, for more information on IJS for No Test, Pre-Preliminary, Preliminary, and Pre-Juvenile Free Skating, please review USFS Technical Notification 201.

Planned Program:

All competitors in the Free Skating events judged by the IJS (No-Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, and Open-Juvenile) will be required to enter their Planned Program Content by Sunday, January 27, 2019. The LOC will assess each competitor/team an additional charge of \$10 per event segment if the competitor/team fails to submit their Planned Program Content prior to the deadline.

Critiques:

Critiques will not be offered for any events.

Judging:

The judges for all events will be seated in the hockey team area on the opposite side of the stands.

Rink Size:

The NHL Rink ice surface is 200' x 85' with rounded corners. The Olympic Rink ice surface is 200' x 100' with rounded corners. Competition events may be held on both rinks.

Admission Fee:

There will be NO SPECTATOR ADMISSION FEE for any events. We welcome all spectators to come support their family and friends.

Security:

The Local Organizing Committee, The Rinks - Anaheim ICE, and the competition officials reserve the right to eject any persons on the premises who violate competition rules, codes of conduct, or present any perceivable threat to safety of persons at the event.

Photography / Videography:

Videos, action photography, and podium shot photography of the event will be available for purchase from a professional video and photography company. The competition committee reserves the right to restrict personal videotaping to your skater only. Personal cameras will be permitted in the bleachers only and may not be plugged into arena outlets. Videotaping for personal profit is not allowed.

Food:

There is a full service snack bar located in The Rinks - Anaheim ICE lobby, as well as a full service bar and grill located upstairs. There are also several fast food restaurants within walking distance of the arena.

Sanction and Eligibility Rules for Participants:

This competition is sanctioned by US Figure Skating (USFS). The 2019 Sweetheart Classic will be conducted in accordance with the rules and regulations of the 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. The competition is open to all skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate USA program/club or any other Learn to Skate USA program/club. Eligibility will be based on skill level as of closing date of entries. Skaters in Snowplow Sam 1 through Basic 6 may not have passed any official U.S. Figure Skating tests, including Moves in the Field or individual dances. Skaters in other events may skate at highest level passed OR one level higher, BUT not both levels in the same event during the same competition. The 2019 Sweetheart Classic is a qualifying event for the 2019 Southern California Interclub Invitational Series Final.

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 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 LOC 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.

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.

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>

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

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.

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](#).

Liability:

U.S. Figure Skating, the Glacier Falls FSC, and The Rinks - Anaheim ICE 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.



endorsed by



US Figure Skating Competition Events

| <u>Event Name</u> | <u>Levels Offered</u> |
|--|--|
| Basic Elements Basic Program with Music | Snowplow Sam – Basic 6 Snowplow Sam – Basic 6 |
| Compulsory – Free Skate Program – Free Skate | Pre-Free Skate – Free Skate 6 Pre-Free Skate – Free Skate 6 |
| Compulsory – Excel Free Skate – Excel | Beginner – Preliminary Beginner – Juvenile / Juvenile Plus |
| Compulsory Moves – Well Balanced Free Skate – Well Balanced (JS) | No-Test – Juvenile / Open-Juvenile No-Test – Juvenile / Open-Juvenile |
| -- | -- |
| Showcase – Light Entertainment SS / Basic / FS Showcase – Dramatic SS / Basic / FS | Snowplow Sam, Basic 1-6, PFS-FS 6 Snowplow Sam, Basic 1-6, PFS-FS 6 |
| Showcase – Light Entertainment Excel Showcase – Dramatic Excel | Beginner and High Beginner Beginner and High Beginner |
| Showcase – Light Entertainment Showcase – Dramatic | No-Test – Juvenile / Teen No-Test – Juvenile / Teen |
| Showcase – Duets | All Levels Snowplow Sam – Juvenile |
| -- | -- |
| Spins – Excel Spins – Well Balanced | Beginner and High Beginner No-Test – Juvenile / Open-Juvenile |
| Jumps – Excel Jumps – Well Balanced | Beginner and High Beginner No-Test – Juvenile / Open-Juvenile |
| -- | -- |
| Learn to Skate USA Synchro Skills Synchronized Skating Team – Short Program Synchronized Skating Team – Free Skate | Snowplow Sam and Level 1-3 Junior and Senior Preliminary – Senior and Collegiate |
| Learn to Skate USA Theatre On Ice Theatre On Ice – CE Theatre On Ice – Free Skate | TO/CE 1-4 Preliminary – Senior and Open Preliminary – Senior and Open |
| Special Olympics Badge Program Therapeutic Program | Badge 1-12 Badge 2-14 |
| Ensembles Ensembles | Mini Production (3-7 Skaters) Production (8-30 Skaters) |

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-feet or one-foot • Backward wiggles, 6-8 in a row |
| Basic 2 | 1:00 max. | <ul style="list-style-type: none"> • Forward one-foot glide (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 |

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 |

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.
- Time: 1:15 maximum

| Level | Time | Skating rules/standards |
|----------------|-----------|---|
| Pre-Free Skate | 1:15 max. | <ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka • 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- maximum 2 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 • Half loop jump • Flip jump |
| Free Skate 5 | 1:15 max. | <ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum 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, ½ loop, Salchow jump sequence • Beginning Axel jump |

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 |
|----------------|-----------|---|
| Pre-Free Skate | 1:40 max. | <ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka • Waltz jump • <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i> |
| 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- 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 backspin 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 • Half Loop jump • Flip jump • <i>NOT ALLOWED – Waltz/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/ half-loop/Salchow jump sequence • Beginning Axel jump |

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 |

WELL BALANCED LEVELS COMPULSORY

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

- To be skated on ½ ice.
- No music
- 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 |
|--------------------------|-----------|--|
| 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 |
| Pre-Juvenile | 1:15 max. | <ul style="list-style-type: none"> • Axel or double Salchow • Jump combination: single/single (may include Axel) • Layback spin or camel spin - minimum three revolutions • Step sequence – must include rotating in both directions |
| Juvenile & Open Juvenile | 1:15 max. | <ul style="list-style-type: none"> • Double Salchow or double toe loop • Jump combination: single/single or double/single • Layback spin or camel spin - minimum four revolutions • Step sequence – must include 3 difficult turns and rotating in both directions |

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 one level higher.

| | | | |
|---|--|---|---|
| <p>Excel Beginner Free Skate 1:40 Max.</p> <p><u>Must not</u> have passed higher than Learn to Skate USA Free Skate 2</p> | <p>Maximum 4 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: Salchow, toe loop only • Half Loops are not allowed. • Maximum 2 jump combinations or sequences • Maximum 2 of any same jump | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins • No change of foot • No flying entry • Minimum 3 revolutions | <p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <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><u>Must not</u> have passed higher than Learn to Skate USA Free Skate 4</p> | <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: toe loop, Salchow, half-loop, loop • Flip, Lutz, & Axel NOT permitted • Maximum 2 jump combinations or sequences • Maximum 2 of any same jump | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Both spins must be in a single position • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright • Minimum 3 revolutions • Spins must be of a different character | <p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <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>Full U.S. Figure Skating membership required</p> | <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 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 • Jump sequences are limited to a maximum of 3 single jumps | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character | <p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <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 Preliminary 1:30 +/- 10 sec.</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:</p> <ul style="list-style-type: none"> • 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 • Jump sequences are limited to a maximum of 3 single jumps | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character | <p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <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 |

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| <p>Excel Preliminary Plus 1:30 +/- 10 sec.</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>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> 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 Jump sequences limited to a maximum of 3 single jumps | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character | <p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <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-Juvenile 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>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an axel type jump. | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot No flying entry Minimum 4 revolutions <p>Spins must be of a different character</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize 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 choreographic step sequence |
| <p>Excel Pre-Juvenile Plus 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>Maximum 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 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> Double loop, double flip, double Lutz, double Axel and higher jumps not allowed. 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 Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combination limited to 2 jumps. One 3 jump combination is allowed Jump sequence is any listed jump followed by an axel type jump. | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Spin may start with flying entry Minimum 4 revolutions <p>Spins must be of a different character</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize 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 choreographic step sequence |

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|---|--|--|---|
| <p>Excel Juvenile 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>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including Axel <ul style="list-style-type: none"> ○ No double or higher jumps allowed ○ 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 <ul style="list-style-type: none"> ○ 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 ○ Jump sequence is any listed jump followed by an axel type jump. | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions • Both Spins may start with a flying entry. • Spins must be of a different character | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface |
| <p>Excel Juvenile Plus 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>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ 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 ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump. | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions • Both Spins may start with a flying entry. • Spins must be of a different character | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface |



WELL BALANCED FREE SKATE PROGRAM

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 one level higher.

For specific requirements for the 2018-2019 Free Skate programs, please refer to the U.S. Figure Skating website at [USFS Technical Information](#).

SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Costuming and make-up for showcase programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

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

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

| LEVEL | QUALIFICATIONS | PROGRAM LENGTH |
|--|--|-----------------|
| Snowplow Sam | May not have passed any higher than Snowplow Sam 4 level. | Time: 1:00 max. |
| Basic 1-6 | May not have passed any higher than Basic 6 level. | Time: 1:00 max. |
| Pre-Free Skate-Free Skate 6/ Beginner/ High Beginner | May not have passed any official U.S. Figure Skating free skate tests. | Time: 1:30 max. |
| No Test/ Pre-Preliminary | Must have passed no higher than U.S. Figure Skating Pre-Preliminary free skate test. | Time: 1:30 max. |
| Preliminary | Must have passed no higher than U.S. Figure Skating Preliminary free skate test. | Time: 1:40 max. |
| Pre-Juvenile | Must have passed no higher than U.S. Figure Skating Pre-Juvenile free skate test. | Time: 1:40 max. |
| Juvenile / Teen | Must have passed no higher than U.S. Figure Skating Juvenile free skate test. | Time: 2:10 max. |

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. | Upright one-foot spin (3) Upright back spin (3) Sit spin (3) |
| High Beginner | 1:30 max. | Upright one-foot spin (4) Upright spin with change of foot (3 each foot) Sit spin (3) |
| No Test | 1:30 max. | Upright spin with change of foot (3 each foot) Sit spin (3) Camel spin (3) |
| Pre – Preliminary | 1:30 max. | Spin with one change of position and no change of foot (6) Backward sit spin (3) Camel spin (4) |
| Preliminary | 1:30 max. | Spin with one change of foot and one change of position (min. 3 each foot) Change sit spin (min 3. each foot) One position spin – skater’s choice (upright, sit or camel) (4) |
| Pre-Juvenile | 1:30 max. | Backward entry Camel spin (4 revs) Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position) Forward to backward scratch spin (min 4 revs per foot) |
| Juvenile & Open Juv. | 1:30 max. | Sit spin (4) Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) Girls – layback spin (6 revs); Boys – camel spin (5 revs) |

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. | Waltz jump (from backward crossovers) ½ flip or ½ Lutz Single Salchow |
| High Beginner | 1:15 max. | Waltz jump (from backward crossovers) Single Salchow Jump combination – Waltz jump-toe loop |
| No Test | 1:15 max. | Single toe loop Single loop Jump combination – Any two ½ or single revolution jumps (no Axel) |
| Pre – Preliminary | 1:15 max. | Single toe loop Single flip Jump combination - Any two ½ or single revolution jumps (no Axel) |
| Preliminary | 1:15 max. | Single flip Single Lutz Jump combination – Any single jump + single loop (may be Axel) |
| Pre-Juvenile | 1:15 max. | Single Axel or double Salchow Single or double jump Jump combination – single/single (may include Axel) |
| Juvenile & Open Juvenile | 1:15 max. | Single Axel Double Salchow or double toe loop Jump combination – single/single or double/single (may include single Axel) |

SYNCHRONIZED SKATING - SNOWPLOW SAM SYNCHRO, SYNCHRO SKILLS 1-3, PRELIMINARY

The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:

- Unison of body alignment, and learning to guide with the head.
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity.
- Incorporating skills from Basic 1-6, Pre-Free Skate and Free Skate 1-2 to strengthen skating skills.
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating (see program requirements).

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA Synchronized Skating teams must be registered with U.S. Figure Skating and have a team number.

In order for the team to be eligible for Snowplow Sam Synchro or Synchro Skills 1-3 events, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skater's test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

Age/Number of Skaters: Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of the team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each Synchro Skills team may have between 8-16 skaters. A Snowplow Sam Synchro team may have between 5-12 skaters. Teams may have a maximum of four alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective level.

Costume Rules: Learn to Skate USA synchronized skating teams should follow **Rule 7022 Clothing and Equipment** (U.S. Figure Skating Rulebook) when selecting their clothing for competition.

Synchronized Skating Team – Well Balanced (Preliminary – Senior and Collegiate)

Please refer to the U.S. Figure Skating Rulebook for more detailed information on Well Balanced Synchronized Skating Team Events.

SYNCHRONIZED SKATING SNOWPLOW SAM, SYNCHRO SKILLS 1-3 PRELIMINARY

Required elements – Each level has specific required elements that must be completed:

| LEVEL | CIRCLE | LINE | BLOCK | WHEEL | INTERSECTION |
|--|--|---|---|---|---|
| SNOWPLOW SAM SYNCHRO 5-12 skaters, majority under 7 years old Maximum 2 minutes 10 seconds | One circle, which must contain a forward inside or outside edge 1 foot glide and/or 2 foot glide. May have backwards skating. | One line, skated forward, which must cover half ice to full ice. | One block, skated forward, which must cover half ice to full ice, and must have only 1 configuration. | One wheel, skated forward, in any shape. | One intersection: Two lines facing each other, 2-foot glide at point of intersection. |
| SYNCHRO SKILLS 1 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds | One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted. | One line, which must cover half ice to full ice and may include forward and/or backward skating. | One block, which must cover half ice to full ice, and must have only 1 configuration. | One wheel of the team's choice with backward pumps. | One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection. |
| SYNCHRO SKILLS 2 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds | One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide. | One line, which must cover full ice and may include forward and/or backward skating. | One block, which must cover the ice and must have 1 or 2 configurations. | One wheel of the team's choice with backward pumps and/or chasses. | One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection. |
| SYNCHRO SKILLS 3 8-16 skaters, majority at least 12 years old Maximum 2 minutes 10 seconds Minimum of two different hand holds | One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide. | Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating. | One block, which must cover the ice and must have 2 different configurations. | Wheel element of the team's choice with backward pumps, chasses, and/or crossovers. | One intersection. |
| PRELIMINARY 8-16 skaters who are under age 12, majority under age 10 2:00 +/- 10 seconds Minimum of two different hand holds | One circle element | One line element | One block element | One wheel element | One intersection element (forward only) |

Restrictions in Snowplow Sam Synchro and Synchro Skills 1:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Lines may not pivot.
 - Snowplow Sam Synchro teams: backwards skating is allowed, but not required, in the circle and is not permitted in any other elements or transitions.
- Teams may not do steps higher than Basic 6.

Restrictions in Synchro Skills 2:

- Additional elements are not allowed (the team must do only their required elements).
- Wheels may not travel, change rotational direction or change configuration.
- Circles may not change rotational direction or change configuration. Traveling is allowed, but not required.
- Lines may not pivot.
- Synchro Skills 2 teams may not do steps higher than Free Skate 2, with the exception of split jumps, stag jumps and split falling leaf jumps.

Restrictions in all levels: All of the synchronized skating "illegal elements" found in Rule 7160 of the U.S. Figure Skating Rulebook.

Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules

THEATRE ON ICE

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating. (See program requirements.) Props, scenery and theatrical makeup are not allowed.

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of Learn to Skate USA. It is strongly suggested that teams register with U.S. Figure Skating, but this is not required.

Members of other organizations are eligible to compete, but must be registered with a Learn to Skate USA program or as full members of U.S. Figure Skating.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than the pre - preliminary Moves in the Field or adult pre-bronze test in any discipline.

Age/Number of Skaters: Skaters may not have reached 18 years of age as of September 1 of the current skating season. Teams should be comprised of 8 – 16 skaters.

Program Duration: Teams will skate a program to music of their choice (vocals are allowed) 1½ min. +/-10 sec. There are no restrictions or requirements on music choice but each level has a different THEME, CHOREOGRAPHIC PROCESS and MOVEMENT or GESTURE (see program requirements).

Judging Notes: The main emphasis of each level is mastering the Learn to Skate USA of Theatre On Ice and showing control in the skating skills from the badge levels required. The focus is not difficulty, but the performance and expression of the three required elements.

When possible, judges should be selected from those who have participated in a U.S. Figure Skating or PSA seminar where Theatre On Ice has been discussed, or have some familiarity with the discipline of Theatre On Ice.

Theatre On Ice Team – Well Balanced (Preliminary – Senior and Open)

Please refer to the U.S. Figure Skating Rulebook for more detailed information on Well Balanced Theatre On Ice Team Events.

THEATRE ON ICE EVENTS

Format: The competitive programs shall create a story based on the theme while demonstrating the choreographic process and gesture or movement.

- Programs should contain skating skills from the Learn to Skate USA program levels listed.
- Elements from higher levels are not allowed.
- Elements from lower levels are encouraged.
- Coaches should refer to the U.S. Figure Skating Learn to Skate USA Instructor's Manual for further details on the elements.
- Props, scenery and theatrical makeup are not allowed.

Please refer to the Learn to Skate USA Instructor's Manual for more detailed information on Theatre On Ice 1-4.

| Level | Program Length | Test, Team Size and Age Requirements |
|----------|---------------------|---|
| TOI/CE 1 | 1:30 +/- 10 seconds | <ul style="list-style-type: none"> • Theme: Joy (emotion) • Choreographic process: Repetition • Movement or gesture: Allegro (fast movement) <p>Skaters should demonstrate elements from Learn to Skate USA Basic 1 - 4. Elements from higher levels are not allowed.</p> |
| TOI/CE 2 | 1:30 +/- 10 seconds | <ul style="list-style-type: none"> • Theme: Body as an instrument • Choreographic process: Canon • Movement or gesture: Soft movement (fluid and light) <p>Skaters should demonstrate elements from Learn to Skate USA Basic 5 -6 Elements from higher levels are not allowed.</p> |
| TOI/CE 3 | 1:30 +/- 10 seconds | <ul style="list-style-type: none"> • Theme: Traveling through space • Choreographic process: Mirroring • Movement or gesture: Unison <p>Skaters should demonstrate elements from Learn to Skate USA Pre-Free Skate - Free Skate 3. Elements from higher levels are not allowed.</p> |
| TOI/CE 4 | 1:30 +/- 10 seconds | <ul style="list-style-type: none"> • Theme: Rhythm • Choreographic process: Call and response • Movement or gesture: Percussive (sharp, fast movement) <p>Skaters should demonstrate elements from Learn to Skate USA Free Skate 4 - 6. Elements from higher levels are not allowed.</p> |

SPECIAL OLYMPICS BADGE 1-12

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

Badge 1

- A. Stand unassisted for five seconds
- B. Sit on ice or fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

Badge 2

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of body

Badge 3

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: left and right

Badge 4

- A. Backward two-foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: left and right
- D. Forward one foot glide covering at least length of body: left and right

Badge 5

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two-foot curves left and right across rink
- D. Two-foot turn front to back, on the spot

Badge 6

- A. Gliding forward to backward two-foot turn
- B. Five consecutive forward one-foot swizzles on circle: left and right
- C. Backward one foot glide length of body: left and right
- D. Forward pivot

Badge 7

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop left or right
- D. Forward two foot turn on a circle: left and right

Badge 8

- A. Five consecutive forward crossovers: left and right
- B. Forward outside edge: left and right
- C. Five consecutive backward ½ swizzles on a circle: left and right
- D. Two-foot spin

Badge 9

- A. Forward outside 3 turn: left and right
- B. Forward inside edge: left and right
- C. Forward lunge or shoot the duck at any depth
- D. Bunnyhop

Badge 10

- A. Forward inside three-turn: left and right
- B. Five consecutive backward crossovers: left and right
- C. Hockey stop
- D. Forward spiral three times length of body

Badge 11

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: left and right
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

Badge 12

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12

THERAPEUTIC SKATING 2-14

Competition hosts can use the skills listed below to create either a elements or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

Therapeutic 2 – ON ICE

- A. Stand on ice
- B. Fall and stand up
- C. Knee dip in place
- D. March forward 10 steps

Therapeutic 3

- A. Three swizzles standing still
- B. March forward 10 steps
- C. Forward two-foot glide
- D. Backward wiggle and march assisted

Therapeutic 4

- A. Backward wiggle or march
- B. Five forward swizzles
- C. Forward skating
- D. Forward gliding dip

Therapeutic 5

- A. Backward two-foot glide
- B. Two-foot jump in place
- C. One-foot snowplow stop, R or L
- D. Forward one-foot glide

Therapeutic 6

- A. Forward stroking across the rink
- B. Five backward swizzles
- C. forward two-foot curves
- D. Two-foot turn front to back standing still

Therapeutic 7

- A. Gliding forward to backward two-foot turn
- B. Five forward one-foot swizzles, R or L
- C. Backward one-foot glide, R or L
- D. Forward pivot

Therapeutic 8

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop R or L
- D. Forward two-foot turn on a circle, R and L

Therapeutic 9

- A. Forward outside edge on a circle
- B. Forward inside edge on a circle
- C. Five forward crossovers
- D. Five backward half swizzles, R or L

Therapeutic 10

- A. Forward outside three-turn, R and L
- B. Forward lunge or shoot the duck
- C. Back outside edge on a circle, R and L
- D. Back inside edge on a circle, R and L

Therapeutic 11

- A. Forward inside three-turn, R and L
- B. Five backward crossovers, R and L
- C. Hockey stop
- D. Two-foot spin

Therapeutic 12

- A. Two forward outside edges
- B. Two forward inside edges
- C. Forward Mohawk, R and L
- D. Forward spiral

Therapeutic 13

- A. Backward outside edges
- B. Two backward inside edges
- C. Two-foot to one-foot spin
- D. Side toe hop, R or L

Therapeutic 14

- A. One-foot spin
- B. Forward crossover inside Mohawk backward crossover step forward
- C. Backward crossovers to a back outside edge
- D. Waltz jump from a standing or moving position