

2020 CASPER INVITATIONAL/ COWBOY STATE GAMES

Hosted by the Casper Figure Skating Club Feb. 1st and 2nd , 2020

The Casper Invitational will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates 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. In addition, as the Figure Skating event of the Wyoming State Games, it is also open to all Wyoming residents and residents of any state that currently has an agreement with Wyoming to allow its figure skaters to qualify by competing in Wyoming. Those competing as a State Games competitor may be affiliated with the USFS, ISI, or unaffiliated with any organization. Please refer to the current rulebook for non-U.S. Citizens.

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.

AGE RESTRICTIONS/REQUIREMENTS: Age restricted events (see rule book or appropriate Hand Book/Guidelines for restrictions) are based upon the skater's age as of **September 1, 2019.**

SERIES INFORMATION



The Casper Invitational is part of the 2020 the 2020-21 Adult Competition Series.

ENTRIES & FEES

Secure online registration and credit card payment available at www.centennialskatingclub.org powered by EntryEeze. Entries must be submitted online no later than **midnight on January 11, 2020.** Late entries, if accepted, will be assessed a late fee as listed below.

First 6.0 Event	\$100
2 nd & subsequent 6.0 Event	\$25
First Basic/Beginner/Therapeutic	\$65
2 nd & subsequent Basic/Beg	\$20
FF Memorial Rocker Foxtrot	\$5
Showcase Duets/Dance Couples	\$25/skater
Mini Production Ensembles	\$25/skater
Late Entry Fee (after 1/11/2020)	\$50
Change Fee (after 1/11/2020)	\$50
Late Music Fee (after 1/17/20)	\$25
Music Change Fee(after 1/17/20)	\$25



ADDITIONAL ENTRY INFO

The competition committee reserves the right to limit entries in any event or to cancel an event. Entry fees will only be refunded in accordance with stated refund policy. Notification of competition and practice ice times will NOT be available by phone, mail, or email. Skater and Coach schedules will be available on the web at: www.entryeeze.com. Persons contesting a valid credit card charge will be charged an additional \$30.00 fee per charge. All further payments must be made by cash, money order, or certified funds. Skaters will not be allowed to practice or compete until all such debts are satisfied.

CHANGES

All entry changes AFTER THE CLOSE OF ENTRIES – January 11, 2020 (event and/or level) are subject to referee approval and a \$50.00 change fee.

REFUND POLICY

Full refunds including practice ice, minus the online convenience fee, are available if withdrawal is prior to CLOSE OF ENTRIES – January 11, 2020. After CLOSE OF ENTRIES, refunds are only available if the event is not held due to lack of entries – 2 competitors

constitute an event. Pre-Paid practice ice is not refundable or transferable. There will be NO medical refunds given. The online convenience fee is not refundable for any reason.

FACILITIES

The Casper Invitational will be held at the Ice Casper Ice Arena 1801 East Fourth Street Casper, Wyoming 82601. The rink is 200 x 85.

MUSIC

Competition music for all events that require music must be submitted electronically via the online registration system by the music deadline of **Friday, January 17, 2020 at 11:59 pm.** 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 log out of your account and return later to upload your music by going to the "competition" tab and then selecting "my music". Your music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

Music Criteria:

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

Competitors must also bring a copy of their competition music on a digital device such as a phone or a zip/thumb drive as a backup in case of technical difficulties.

Anyone not submitting their music by the deadline date will be assessed a \$25.00 admin fee that will be collected online or at the registration desk before the skater is allowed to skate.

Anyone needing to change their music after the music deadline will be assessed a \$25.00 change fee that will be collected online or at the registration desk. Please make sure you have uploaded the correct music!

LIABILITY

U.S. Figure Skating, the Casper Figure Skating Club, and the Casper Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM

The 6.0 judging system will be used for Pre-Preliminary to Senior Free Skate, Adult Silver to Masters Free Skate, Excel Plus levels, Excel Intermediate to Excel Senior.

LOCKER ROOMS/CHANGING AREAS

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

PRACTICE ICE

We will be offering practice ice:

- 1) Unofficial practice ice NO MUSIC (20 min. session no music played) that will be available throughout the competition, selectable by the skater from the schedule once posted. Max number of sessions is 2 per skater for pre-purchase.

Practice ice pricing:

- 1) Unofficial practice ice – no music
 - a. 20.00 pre-purchased
 - b. 25.00 purchase from the schedule
 - c. 30.00 at registration

You will receive an email with a PIN number in order to access your practice ice records and select your sessions. No showcase props are allowed on practice ice sessions. PRACTICE ICE SESSIONS ARE NON-TRANSFERABLE AT ANY TIME AND NON-REFUNDABLE AFTER CLOSE OF ENTRIES.

REGISTRATION

The registration desk will be located in the lobby and will open 30 minutes prior to the first practice ice session of the day and will close after the start of the last practice ice session or event of the day. Please register promptly when you arrive at the ice arena.

VIDEO/PHOTOGRAPHY

NO FLASH PHOTOGRAPHY allowed in the rink area during competition. Flash photography is dangerous to the skaters! The competition committee reserves the right to remove anyone from the rink who ignores requests and warnings regarding the use of flash photography.

AWARDS

Awards will be presented as closely to the conclusion of each event as possible. We will award metals/ribbons for all placements. The top three placements in all events for Wyoming residents, as well as any state that has an agreement to allow its figure skaters to qualify by competing in Wyoming, will be sent to the 2022 State Games of America office for reference.

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>

CONTACTS

Competition Chair: Kayla Tanner
Kid2178@gmail.com
Chief Referee: Janna Blanter
jblanter@yahoo.com

HOST HOTEL

Our host hotel:
Holiday Inn Casper East
721 Granite Peak Dr.
Casper, Wyoming 82609
307-577-5000

Mention Casper Invitational to receive our event pricing or see direct link on the front page of the online registration system.

SINGLES FREE SKATE 6.0 MAJORITY SCORING

See the 2019/2020 rulebook for current rules, age restrictions, and requirements. **Level offered:** Excel Beginner, Excel High Beginner, Excel Pre-Preliminary, No Test, Pre-Preliminary, Excel Preliminary, Excel Pre-Juvenile, Excel Juvenile, Adult Beginner, Adult High Beginner, Adult Pre-Bronze, and Adult Bronze.

COMPULSORY MOVES (same elements and rules as standard non-qualifying announcement)

Levels offered: Excel Beginner, Excel High Beginner, Excel Pre-Preliminary, Pre-Preliminary, Excel Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Adult Beginner, Adult High Beginner, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Int/Nov, and Masters Jr/Sr. Test requirements are listed under Free Skating above. The Chief Referee and Competition Committee may elect to combine genders due to limited entries. See event level element descriptions at the end of this announcement.

SPINS (same elements and rules as standard non-qualifying announcement)

Levels offered: No Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Adult Beginner, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Int/Nov, and Masters Jr/Sr. Test and age requirements are listed under Free Skating above. The Chief Referee and Competition Committee may elect to combine genders due to limited entries. See event level element descriptions at the end of this announcement.

JUMPS (same elements as standard non-qualifying announcement – event rules are different)

Levels offered: No Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Adult Beginner, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Int-Nov, and Masters Jr-Sr. Test and age requirements are listed under Free Skating above. The Chief Referee and Competition Committee may elect to combine genders due to limited entries. See event level element definitions at the end of this announcement. **The event will be conducted as follows:** At the conclusion of the warm-up period the first skater will perform each jump in the order that they are listed in the requirements. Each jump will be attempted a maximum of 2 times – a 2nd attempt at a jump will be optional and, if attempted, will be the jump that receives the mark from the judges. The process will be repeated for the remaining skaters. In levels where the skater is given a choice of jumps to be performed, the first attempt will determine the jumps to be judged and the skater may not change jumps on the optional second attempt.

ADULT SOLO DANCE

Levels offered: Adult Preliminary, Adult Pre-Bronze, Adult Bronze, Adult Pre-Silver, Adult Silver, Adult Pre-Gold, Adult Gold. Skaters will skate both pattern dances in the level. Pattern dances are per the pattern dances drawn for 2019-2020. Skaters may provide their own dance music. If no music is provided by the skater by the deadline, the chief referee will choose the music for the skater from the NSDS solo dance music for the appropriate level.

ADULT SOLO FREE DANCE

Levels offered: Adult Bronze, Adult Silver, Adult Gold. See Rules 6700, 6720, and 6740.

ADULT PARTNERED DANCE

Standard levels offered: Adult Pre-Bronze, Adult Bronze, Adult Pre-Silver, Adult Silver, Adult Pre-Gold, Adult Gold, Masters Open, Championship, and Centennial. Skaters will skate all segments in the level. Pattern dances are per the Pattern Dances drawn for 2019/2020. Skaters may provide their own pattern dance music. If no music is provided, the chief referee will choose the music for the couple from the NSDS solo dance music for the appropriate level.

SHOWCASE EVENTS - DRAMATIC, LIGHT ENTERTAINMENT, DUETS, AND INTERPRETIVE

Skaters must belong to a club, LTS USA, OR be an individual member of US Figure Skating to participate in these events. Levels offered: Basic 1-6, Beginner 1-4, Pre-Free Skate – Free Skate 6, Beginner 5-8, Adult 1-6/Adult 1-3/Adult Beginner/High Beginner, No Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Teen, Intermediate, Young Adult, Novice, Junior, Senior, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, and Masters.

Please refer to the current National Showcase guidelines for rules, program descriptions, age requirements, and program times.

MINI-PRODUCTION ENSEMBLE

Please refer to the current National Showcase guidelines for rules, program descriptions, age requirements, and program times.

BASIC ELEMENTS (Snowplow Sam, Basic 1-6)

Format: Each skater will perform one element at a time in the order listed below (no excessive connecting steps)

- To be skated on ½ ice
- No music
- All elements must be skated in the order listed – no additional elements are allowed
- If the description of a required move states the direction of the element or the placement of the free leg, then options are NOT allowed
- Time: 1:00 MAX

COMPULSORY (Pre-Free Skate – Free Skate 6 and Adult 1-6)

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

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- Bonus skills from the same level or below are allowed but will not be judged elements
- If the description of the move states the direction of the element or the placement of the free leg, then options are NOT allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 MAX Pre-Free Skate – Free Skate 6; 1:30 MAX Adult 1-6

REQUIRED ELEMENTS

LEVEL	REQUIREMENTS	LEVEL	REQUIREMENTS
Snowplow Sam	<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 	Free Skate 3	<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 revs • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Basic 1	<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 	Free Skate 4	<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 (Euler) • Flip jump
Basic 2	<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 	Free Skate 5	<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
Basic 3	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot 	Free Skate 6	<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, half loop, Salchow sequence • Beginning Axel jump
Basic 4	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counter clockwise • 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, max 4 revolutions 	Adult 1	<ul style="list-style-type: none"> • Forward marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Basic 5	<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, min 4 revolutions • Hockey stop 	Adult 2	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Basic 6	<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, max 3 revolutions, optional free leg held position and entry • T-stop, right or left 	Adult 3	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, right and left
Pre-Free Skate	<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 	Adult 4	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
Free Skate 1	<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 	Adult 5	<ul style="list-style-type: none"> • Backward outside edge and backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revolutions)

Free Skate 2	<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 – max 2 revs • Half Lutz • Salchow jump 	Adult 6	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)
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COMPETE USA BASIC PROGRAMS WITH MUSIC (Snowplow Sam, Basic 1-6)

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.

- To be skated on full ice
- Vocal music is allowed
- The skater must demonstrate the required elements listed and may use any additional elements from their current level or a previous level
- Bonus skills from the same level or below are allowed but will not be judged elements
- If the description of a required move states the direction of the element or the placement of the free leg, then options are NOT allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:10 MAX

COMPETE USA FREE SKATE AND ADULT PROGRAMS WITH MUSIC (Pre-Free Skate – Free Skate 6 and Adult 1-6)

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

- Vocal music is allowed.
- The skater must demonstrate the required elements listed and may use, but is not required to use, any additional elements from their current level or a previous level
- Bonus skills from the same level or below are allowed but will not be judged elements
- If the description of a required move states the direction of the element or the placement of the free leg, then options are NOT allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:40 MAX

REQUIRED ELEMENTS			
LEVEL	REQUIREMENTS	LEVEL	REQUIREMENTS
Snowplow Sam	<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 	Free Skate 3	<ul style="list-style-type: none"> Alternating Mohawk/crossover sequence, right to left and left to right Advanced back spin with free foot in crossed leg position, (minimum three revolutions) Loop jump Waltz jump-toe loop or Salchow-toe loop jump combination NOT ALLOWED – Waltz jump/Loop combination
Basic 1	<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 	Free Skate 4	<ul style="list-style-type: none"> Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum three revolutions Half Loop jump (Euler) Flip jump NOT ALLOWED – Waltz jump/Half Loop/Salchow combination
Basic 2	<ul style="list-style-type: none"> Forward one-foot glide, either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row 	Free Skate 5	<ul style="list-style-type: none"> Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin - minimum three revolutions Waltz - loop jump combination Lutz jump
Basic 3	<ul style="list-style-type: none"> Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Forward slalom Moving forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot 	Free Skate 6	<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 (Euler), Salchow jump combination Beginning Axel jump
Basic 4	<ul style="list-style-type: none"> Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, clockwise and counter clockwise Backward ½ swizzle pumps on a circle, clockwise or counter clockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, max 4 revolutions 	Adult 1	<ul style="list-style-type: none"> Forward marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Basic 5	<ul style="list-style-type: none"> Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Hockey stop 	Adult 2	<ul style="list-style-type: none"> Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Basic 6	<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, max 3 revolutions, optional entry and free leg held position T-stop, right or left 	Adult 3	<ul style="list-style-type: none"> Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Backward skating to a long two-foot glide Forward chases on a circle, clockwise and counterclockwise Backward snowplow stop, right and left
Pre-Free Skate	<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 counter clockwise Basic one-foot upright spin, optional entry and free-foot position (minimum 3 revolutions) Mazurka Waltz jump NOT ALLOWED – Waltz jump, side toe hop, waltz jump 	Adult 4	<ul style="list-style-type: none"> Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Backward one-foot glides, right and left Hockey stop, both directions
Free Skate 1	<ul style="list-style-type: none"> Forward power 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 NOT ALLOWED – Waltz jump/Toe Loop combination 	Adult 5	<ul style="list-style-type: none"> Backward outside edge on a circle, right and left Backward inside edge on a circle, right and left Backward crossovers, clockwise and counterclockwise Forward outside three-turn, right and left Beginning two-foot spin
Free Skate 2	<ul style="list-style-type: none"> Alternating forward outside spiral (right and left) and inside spiral (right and left) on a continuous axis Beginning back spin, max 2 revolutions Half Lutz jump Salchow jump NOT ALLOWED – Salchow/Toe Loop combination 	Adult 6	<ul style="list-style-type: none"> Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin (min 2 revs on 1 foot)

THERAPEUTIC BADGE PROGRAMS WITH MUSIC (THERAPEUTIC 2-14)

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

- To be skated on full ice
- Vocal music is allowed.
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:10 MAX

Levels are described on page 19

ISI Program Members: If you are in an ISI program, please use the below conversion chart to determine your appropriate competition level.

If You Passed ISI level	Enter USFS level		If You Passed ISI level	Enter USFS level
Tot or Pre-Alpha (age 7 and older) Alpha	Basic 1		Freestyle 8 / Open Platinum	Junior or Senior
Advanced Pre-Alpha	Basic 2		Freestyle 9 / Open Platinum	Senior
Advanced Pre-Alpha	Basic 3		Freestyle 10 / Open Platinum	Senior
Alpha/Gamma	Basic 4		Freestyle 2 / Open Bronze	Adult Pre-Bronze
Beta	Basic 5		Freestyle 3 / Open Bronze	Adult Bronze
Delta	Basic 6		Freestyle 4 / Open Silver	Adult Silver
Gamma	Basic 7		Freestyle 5 / Open Gold	Adult Gold
Delta-Freestyle 1	Basic 8		Dance 3	Preliminary Dance
Freestyle 2 or 3 / Open Bronze	Pre-Preliminary		Dance 4	Pre-Bronze Dance
Freestyle 4 / Open Silver	Preliminary		Dance 5	Bronze Dance
Freestyle 5 / Open Silver	Pre-Juvenile		Dance 6	Pre-Silver Dance
Freestyle 6 / Open Gold	Juvenile or Intermediate		Dance 7	Silver Dance
Freestyle 7 / Open Platinum	Novice		Dance 9	Pre-Gold Dance

Event Descriptions

Adult Well Balanced Free Skate: 2019-2020 requirements will be used

[Adult Singles Free Skate](#)

Adult Introductory Levels: 2019-2020 requirements will be used

[Adult Introductory Free Skate Beginner and High Beginner](#)

Excel Free Skate: 2019-2020 requirements will be used

[Excel Free Skate](#)

Compulsory Moves:

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

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

[Adult Compulsory Moves](#)

Jumps Events:

[Jumps Challenge](#)

Spins Event:

[Spin Challenge](#)

Adult Dance Events:

[Adult Pattern Dance](#)

[Adult Partnered Free Dance](#)

[Adult Solo Pattern Dance](#)

[Adult Solo Free Dance](#)

Showcase Levels (Light, Dramatic, Duets, and Interpretive):

[Showcase](#)

[Duets](#)

[Interpretive](#)

Additional Showcase levels being offered:

Event	Must meet requirements*	Must not have passed	Age	Time
Basic 1-6 *** Beginner 1-4 ***	Must have passed Free Skating or Dance test (solo or partnered standard track)	Free Skate or Dance (solo or partnered) Test or higher		1:00 max
Pre-Free Skate – Free Skate 6 *** Beginner 5-8 ***	Pre-Free Skate Badge level if registered in LTS USA	Any USFS Free Skate test		1:30 max
Adult 1-6 *** Adult Beginner 1-3 *** Adult Beginner *** Adult High Beginner ***		Any USFS Free Skate test		1:30 max

***These levels do not qualify for National Showcase

EVENT: THERAPEUTIC SKATING BADGE PROGRAM

Music may contain vocals
Program length: 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

