

SKATE TULSA

SATURDAY- FEBRUARY

29TH ,2020



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



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GENERAL INFORMATION

The 2020 Skate Tulsa competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

ELIGIBILITY/TEST LEVEL

Test level: Competition level is the highest test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

Age restrictions/requirements: Singles free skate events (Well Balanced Program) have the following requirements.

Juvenile: Girls – 12 years of age or younger; Boys – 13 years of age or younger
Open Juvenile: Girls – 13 years of age or older; Boys – 14 years of age or older
Intermediate must be under the age of 18
Adults must be 21 years of age or older

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

ENTRIES

Entry for all events will be per Entry Eeze. Fees and discounts for all events will be in EntryEeze. Deadline for registration is February 15, 2020 23:59 CST. Deadline for early bird discount registration is Jan 18, 2020 23:59 CST. Deadlines are subject to change at the discretion of the local organizing committee and any adjusted deadlines will be posted on EntryEeze.

REFUND POLICY: Entry fees will not be refunded after 14 Feb 2020 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$20 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

SCHEDULE, PRACTICE ICE, REGISTRATION, & NOTIFICATIONS

Competitors may be scheduled on any day or time for the announced dates of the competition. Notification of competition and practice ice times will be available before the competition starts on EntryEeze. Schedules, including any changes, will be posted at the rink during the competition.

EntryEeze will be used to select and pay for practice ice. No practice ice is included with registration. Skaters will be able to pick their own practice ice sessions online, but must indicate and pay for the number of sessions they would like with entry form. All practice ice must be paid for in advance. Any unsold ice will be available for additional sale during the competition. Pre-paid practice ice is nonrefundable and may not be sold to other skaters.

On practice ice sessions, every effort will be made to play every competitor's music on a first

come, first serve basis and music will be rotated through in order of CD turn in. Music must be turned in on CDs for practice ice; individual phones or music players will not be accepted. There is no guarantee that all competitors' music will be played. Practice ice sessions are 20 minutes in length.

Official notices will be posted on the wall adjacent to the skate rental counter. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

Registration will be open one to two hours before the first event and run through the last event of the day. The registration table will be located in the lobby. Please register promptly upon arrival.

FACILITIES

The competition will be held at:

Oilers Ice Center
6413 S Mingo Rd, Tulsa, OK 74133
(918) 212-4768

Oilers Ice Center has a single slab of ice that is 80 ft x 120 ft. There are four locker rooms, two of which will be made available for skaters to use. There is a lobby area with a snack bar. Offices and party rooms are available to use as well.

LOCKER ROOMS AND CHANGING AREAS: There are two locker rooms onsite. These will be made available to the skaters. In addition, there are large areas in the restrooms that will be available. Please carefully read over the Locker Rooms and Changing Area policy included in the SafeSport Handbook.

MUSIC

The official competition music must be uploaded on EntryEeze by the dead line. Skaters should have a CD of their music with them encase there are issues with the digital music. If a CD or other music source is used it must be provided at the time of event prior to them being announced. CD may be used for practice ice. Mobile Phones and other portable devices may NOT be used for practice ice.

LIABILITY

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

JUDGING SYSTEM

The 6.0 Judging System will be used for all events at Skate Tulsa.

TEST CREDIT: Competition event results will not be eligible for test credit.

PHOTOGRAPHY/VIDEOGRAPHY

Professional photography and videography will be offered.

AWARDS

*This event is a standard U.S. Figure Skating Nonqualifying Competition
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Medals or Ribbons will be awarded for 1-5th place

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 2019-20 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>

CONTACT INFO: If you have questions, please contact George Reaves, 918-695-6771 or via e-mail at George@tulsafsc.com

ADDITIONAL INFORMATION: Additional information will be posted to www.tulsafsc.com as it becomes available. Check it often for official hotel information, etc.

EVENTS OFFERED

The events listed in the following sections will be offered at Skate Tulsa. All events will be held in accordance with the official U.S. Figure Skating Rulebook. The description of event requirements and qualifications is provided as reference aid only. If there is any discrepancy between the event description in this announcement and current U.S. Figure Skating Rulebook, the Rulebook will be used.

See current rulebook on USFS website for all current rules and requirements.

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In all cases the Well Balanced rules will follow the current season 2019/2020 rules.

FREE SKATE PROGRAM SINGLES

EVENT: PROGRAM (Snowplow Sam-Free Skate 6)

See [Snowplow Sam - Free Skate 6 Program \(with music\)](#) for requirements.

EVENT: WELL BALANCED FREE SKATE (No Test – Pre-Juvenile, Open Juvenile)

See [2019-20 Singles Free Skate Elements for No Test through Senior](#) for the current well balanced free skate requirements. The 2019/2020 season WB requirements will apply.

NOTE: the Open Juvenile program time change that became effective December 1, 2019!

The following well balanced free skate levels only will be offered at this competition and judged using the 6.0 system:

- No Test
- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Open Juvenile

EVENT: EXCEL FREE SKATE (Beginner – Senior)

See the [Excel Free Skate Requirements](#) for the current Excel free skate requirements.

All Excel levels will be offered at this competition and judged using the 6.0 system.

COMPULSORY MOVES – SINGLES & TEAM

EVENT: ELEMENTS (Snowplow Sam – Free Skate 6)

[Snowplow Sam - Free Skate 6 Elements & Compulsory Moves](#)

EVENT: COMPULSORY MOVES (No Test – Senior)

*This event is a standard U.S. Figure Skating Nonqualifying Competition
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[Compulsory Moves \(No Test - Senior\)](#)

EVENT: EXCEL COMPULSORIES (Excel Beginner – Excel Preliminary)

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

EVENT: TEAM COMPULSORY

Format: The designated skater from each team will perform their chosen element in sequence on full ice, with no music, and will follow this format:

1. Minimum of three skaters on a team; each skater will do at least one required element.
2. When the event is called, all skaters will take the ice for a two (2) minute STROKING ONLY warm-up.
3. This will be followed by a one (1) minute individual warm-up for the elements.
4. Teams will be directed to find a “base” for their team along the boards on the ice where they will stay for the remainder of the event.
5. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed.
6. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
7. Once all the teams have had their skaters complete the element, the next element will be called.
8. Judging is done with one mark for each element (skater) for total team points.
9. Repeat #4-7 above as this will be done in sequence until all the elements at each level are completed.

Level	Jumps / Stops	Spins / Turns / Glides	Spiral or Step Sequences
Snowplow Sam – Basic 3, Hockey 1-4	-Wiggles, two-foot swizzles forward or backward, (4-8 in a row) -Snowplow stop (one or both feet) or hockey stop (with skid)	-Curves, glide turns, or hockey turns (right and left, forward) -March then glide on two feet or forward one-foot glide on left and right foot (one-time skater’s height, forward)	Forward ½ swizzle pumps or forward c-cuts on a circle (right and left, 6-8 consecutive)
Basic 4-Basic 6	-Side-toe hop, bunny hop, ballet jump, mazurka -Waltz jump	-Forward inside pivot or two-foot spin (min. 3 revs.) -One-foot upright spin, optional entry & free foot position (min. 3 revs.)	Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
Pre-Free Skate and Free Skate 1-6 levels	-Single jump (no Axel) -Jump combination or jump sequence (no Axel allowed)	-Solo spin (scratch spin, layback, camel or sit, min. 3 revs, no flying entry) -Combo Spin: One change of foot, change of position optional (min. 3 revs. on each foot)	Spiral Sequence (from Free Skate 2)

Adult 1-6	-Forward Snowplow stop -Lunge	-Forward swizzles – 4-6 in a row -Backward one-foot glide, right and left	-Forward chasses on a circle – clockwise and counterclockwise
Adult Beginner/Adult High Beginner	-Bunny hop -Waltz jump	-Beginning one-foot spin from backward crossovers -Backward inside three turn, right and left	Alternating right and left forward outside edges across width of the rink
Adult Pre-Bronze/Adult Bronze	-1/2 Flip -Salchow jump	-Forward upright spin -Backward upright spin	Two forward crossovers into a forward inside Mohawk, step down and cross behind, one backward crossover and step to a forward inside edge, clockwise and counterclockwise

SPECIALITY EVENTS - SINGLES

EVENT: JUMPS CHALLENGE (Beginner – Senior)

[Jumps Challenge](#)

EVENT: SPINS CHALLENGE (Beginner – Senior)

[Spins Challenge](#)

EVENT: STEP SEQUENCES (Pre-Preliminary – Senior)

[Step Sequences](#)

EVENT: MOVES IN THE FIELD (Pre-Preliminary – Senior)

[Moves in the Field](#)

DANCE

EVENT: SOLO PATTERN DANCE

[Solo Pattern Dance](#)

EVENT: SOLO FREE DANCE (Juvenile – Senior)

See Solo Free Dance requirements for each level in the [2020 Solo Dance USFS Handbook](#).

EVENT: PARTNERED FREE DANCE (Pre-Juvenile – Senior)

See [Free Dance program chart](#) for requirements.

EVENT: SHADOW DANCE

The shadow pattern dance event is comprised of one pattern dance at each level skated by a team.

A team may be comprised of two females, two males or one female and one male. In any case, the steps skated shall be the lady's steps as specified in the current U.S. Figure Skating Rulebook.

Level	Requirement	Dance (number of sequences to be skated)
Preliminary	One partner must not have passed higher than the complete preliminary dance test.	• Dutch Waltz (3 sequences)
Pre Bronze	One partner must not have passed higher than the complete pre-bronze dance test.	• Cha Cha (3 sequences)
Bronze	One partner must not have passed higher than the complete bronze dance test.	• Ten Fox (3 sequences)
Pre Silver	One partner must not have passed higher than the complete pre-silver dance test.	• Fourteen Step (4 sequences)
Silver	One partner must not have passed higher than the complete silver dance test.	• Rocker Foxtrot (3 sequences)
Pre Gold	One partner must not have passed higher than the complete pre-gold dance test.	• Killian (4 sequences)
Gold/International	Open.	• Westminster Waltz (2 sequences)

ADULT EVENTS

All adult events will be judged per the 6.0 system. Where appropriate the 2019/2020 well balanced rules will be used.

EVENT: ADULT COMPULSORY (Adult 1 – Masters Junior/Senior)

[Adult 1-6 Compulsory Moves](#)

[Adult Compulsory Moves \(Adult Beginner–Masters Jr/Sr\)](#)

EVENT: ADULT PROGRAM WITH MUSIC (Adult 1-6)

[Adult 1-6 Free Skate](#)

EVENT: ADULT INTRODUCTORY FREE SKATE (Adult Beginner – Adult High Beginner)

[Adult Beginner & High Beginner Free Skate](#)

EVENT: ADULT WELL BALANCED FREE SKATE (Adult Pre-Bronze – Masters Junior/Senior)

See [Adult Singles Free Skate \(Adult Pre Bronze- Masters Jr/Sr\)](#) for the current Adult Well Balanced free skate requirements.

All Adult levels will be offered at this competition and judged using the 6.0 system.

EVENT: ADULT JUMPS CHALLENGE (Adult Beginner – Masters Jr/Sr)

[Adult Jumps Challenge \(Adult Beginner–Masters Jr/Sr\)](#)

EVENT: ADULT SPINS CHALLENGE (Adult Beginner – Masters Jr/Sr)

[Adult Spins Challenge \(Adult Beginner–Masters Jr/Sr\)](#)

EVENT: ADULT STEP SEQUENCES (Pre-Bronze – Masters Sr)

[Adult Step Sequences \(Adult Pre-Bronze–Masters Sr\)](#)

EVENT: ADULT MOVES IN THE FIELD (Pre-Bronze – Masters Sr)

*This event is a standard U.S. Figure Skating Nonqualifying Competition
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[Adult Moves in the Field \(Adult Pre-Bronze–Masters Sr\)](#)

EVENT: ADULT SOLO PATTERN DANCE (Adult Preliminary – Adult Gold)

[Adult Solo Pattern Dance](#)

EVENT: ADULT SOLO FREE DANCE (Adult Bronze – Adult Gold)

See [Adult Solo Free Dance](#) for well-balanced requirements and time limits.

EVENT: ADULT PARTNERED FREE DANCE

See [Adult Free Dance](#) for well-balanced requirements.

SHOWCASE

The 6.0 scoring system will be used. More information on show case events can be found at the following link on the USFS website: [Showcase](#)

GENERAL INFORMATION

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

Showcase categories may include:

- Levels can be subdivided or combined, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- 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.

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five 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.

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

SHOWCASE EVENT LEVELS

The following levels will be used for all showcase events unless otherwise specified. Skaters must skate at highest level passed.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.

Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
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Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No minimum (max age 20)	1:30 max
Pre-Preliminary <small>(does not qualify for National Showcase)</small>	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No minimum (max age 20)	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	Under 13	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:30 max
Senior	Senior Free Skate OR Senior Free Dance			2:30 max
Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze <small>(does not qualify for National Showcase)</small>	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max

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Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	2:10 max

EVENT: SHOWCASE - DRAMATIC ENTERTAINMENT

Format:

- 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.
- Props and scenery ARE permitted.

General event parameters:

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

EVENT: SHOWCASE – LIGHT ENTERTAINMENT

Format:

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

EVENT: SHOWCASE – DUET

Format:

- Duets are theatrical or artistic performances by any competitors.
- Props and scenery ARE permitted.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

EVENT: SHOWCASE – MINI PRODUCTION ENSEMBLE

Formats:

- **Mini production ensemble** events are theatrical performances by three to seven competitors. Props and scenery are permitted. Programs are performed under full arena lighting
 - NOTE: Skaters may enter only one duet, mini production AND production event each.

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Mini Production Ensemble Events:

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered standard track)	Age	Program Duration
Mini Production	Open	Open	No age restriction	3:10 max

EVENT: SHOWCASE – INTERPRETIVE

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- The music will be played twice during an on-ice warm-up prior to the performance.
- After the warm up, skaters will go back to a room, with no music being played.

- The next skater will be brought to the ice and able to listen to music one more time at the ice entrance without watching the current skater perform.
- All competitors in an event will interpret the same music.
- Props are permitted but must be brought into the room prior to listening to the music, and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Interpretative Events and Levels:

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

Level	Program Duration	Test Requirements (Freeskate or Free Dance)
Pre-juvenile and below	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Juvenile - novice	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Junior and senior	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Teen and young adult	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
All adult events	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.

EVENT: THEATRE ON ICE (TOI), Learn to Skate USA levels

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.

Learn to Skate USA Theatre On Ice Levels

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 the Learn to Skate USA program levels 1 through 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 the Learn to Skate USA program levels 5 through 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 the Learn to Skate USA Free Skate 1 through 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 the Learn to Skate USA Free Skate 4 through 6. Elements from higher levels are not allowed.</p>

SYNCHRONIZED SKATING

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 9022 Clothing and Equipment** (U.S. Figure Skating Rulebook) when selecting their clothing for competition.

See the current rulebook/website for current rules and ISU communications.

<http://www.usfigureskating.org/story?id=84114>

EVENT: 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 intersection element	One traveling element – Circle OR one traveling element – Wheel Teams may not repeat the same shape used in the rotating element Any recognizable travel is required	One pivoting element – Block Any recognizable pivoting is required	One linear element- Line	One rotating element- Wheel OR one rotating element – Circle Teams may not repeat the same shape used in the Traveling Element Features are optional

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 9160 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.

SPECIAL OLYMPICS

EVENT: SPECIAL OLYMPICS ELEMENTS (Badge 1-12)

To be skated without music 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 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
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<p>Badge 2</p> <p>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</p>	<p>Badge 8</p> <p>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</p>
<p>Badge 3</p> <p>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</p>	<p>Badge 9</p> <p>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) Bunny hop</p>
<p>Badge 4</p> <p>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</p>	<p>Badge 10</p> <p>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</p>
<p>Badge 5</p> <p>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</p>	<p>Badge 11</p> <p>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</p>
<p>Badge 6</p> <p>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</p>	<p>Badge 12</p> <p>A) Waltz jump B) One foot spin: minimum of three revolutions Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise C) Combination of three moves chosen from badges 9-12</p>

EVENT: SPECIAL OLYMPICS FREESKATE (Badge 1-12)

Music can be used and will be 1:10 max.

<p>Badge 1</p> <p>E) Stand unassisted for five seconds F) Sit on ice or fall and stand up unassisted G) Knee dip standing still unassisted H) March forward ten steps assisted</p>	<p>Badge 7</p> <p>E) Backward stroking across the rink F) Gliding backward to forward two-foot turn G) T-stop left or right H) Forward two foot turn on a circle: left and right</p>
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<p>Badge 2</p> <p>E) March forward ten steps unassisted F) Swizzles, standing still: three repetitions G) Backward wiggle or march assisted H) Two foot glide forward for distance of at least length of body</p>	<p>Badge 8</p> <p>E) Five consecutive forward crossovers: left and right F) Forward outside edge: left and right G) Five consecutive backward ½ swizzles on a circle: left and right H) Two-foot spin</p>
<p>Badge 3</p> <p>E) Backward wiggle or march F) Five forward swizzles covering at least ten feet G) Forward skating across the rink H) Forward gliding dip covering at least length of body: left and right</p>	<p>Badge 9</p> <p>E) Forward outside 3 turn: left and right F) Forward inside edge: left and right G) Forward lunge or shoot the duck at any depth H) Bunny hop</p>
<p>Badge 4</p> <p>E) Backward two-foot glide covering at least length of body F) Two foot jump in place G) One foot snowplow stop: left and right H) Forward one foot glide covering at least length of body: left and right</p>	<p>Badge 10</p> <p>E) Forward inside three-turn: left and right F) Five consecutive backward crossovers: left and right G) Hockey stop H) Forward spiral three times length of body</p>
<p>Badge 5</p> <p>E) Forward stroking across rink F) Five backward swizzles covering at least ten feet G) Forward two-foot curves left and right across rink H) Two-foot turn front to back, on the spot</p>	<p>Badge 11</p> <p>F) Consecutive forward outside edges: minimum of two on each foot G) Consecutive forward inside edges: minimum of two on each foot H) Forward inside Mohawk: left and right I) Consecutive backward outside edges: minimum of two on each foot J) Consecutive backward inside edges: minimum of two on each foot</p>
<p>Badge 6</p> <p>E) Gliding forward to backward two-foot turn F) Five consecutive forward one-foot swizzles on circle: left and right G) Backward one foot glide length of body: left and right H) Forward pivot</p>	<p>Badge 12</p> <p>D) Waltz jump E) One foot spin: minimum of three revolutions Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise F) Combination of three moves chosen from badges 9-12</p>