

# 3<sup>rd</sup> Annual *Spring Fling*



&

## Gardens Competitive Series Competition

*Presented by Gardens Sports Limited*



## Sunday, April 18<sup>th</sup>, 2021

The Gardens Ice House  
13800 Old Gunpowder Road, Laurel MD 20707  
[www.thegardensicehouse.com](http://www.thegardensicehouse.com)

**Eligibility Rules for Participants:** The competition is open to ALL skaters who are current eligible members of either the Learn to Skate USA Program and/or 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 /USFS Program/club.

Eligibility will be based on skill level as of closing date of entries. Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition. For **Snowplow Sam and Basic Skills 1-8**, NO official U.S. Figure Skating tests may have been passed including MIF or individual dances. For the **Freeskate 1-6 and Well Balanced levels**, eligibility will be based upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level).

**Deadline Date:** Entry deadline is **March 27<sup>th</sup>, 2021**. Visit [www.entryeeze.com](http://www.entryeeze.com) to register. There will be **no refunds after the close of** entries except events canceled by the Local Organizing Committee (rule #3235).

**Late entries may be accepted at the discretion of the competition committee and may require an additional \$30.00 late fee.** We reserve the right to combine groups when applicable and limit the number of entries on a first come, first served basis. Single entrants will be judged against the test standard. Walk in registration will not be accepted. Refunds will not be issued due to weather conditions.

### **Competition Information**

**Payment:** Visa and MasterCard accepted

**Entry Fees:** \$50.00 first event  
\$15.00 for each additional event.

There will also be a \$30.00 change of event fee if you need to alter your event after the close of entries.

**Schedules:** Will be posted on our page at <http://www.entryeeze.com> and at [www.thegardensicehouse.com](http://www.thegardensicehouse.com) as soon as possible after the close of entries. Schedules will not be mailed.

**Music:** Music must be uploaded via Entryeeze 1 weeks prior to the competition. It is the responsibility of the skater to have a backup CD in your possession. Competition officials are not responsible for the condition of your CD.

**Registration Desk:** The registration desk will be open throughout the competition. Skaters MUST check in at least one hour prior to the event. It is not unusual for a warm-up for more than one event to be combined. In addition, events frequently run early, so BE READY with skates on before the event is called!

**Awards:** All events will be final rounds. Medals will be awarded to the top 3 finishers. Awards Ceremonies will be held throughout the competition. Ceremony times will be posted on the competition schedule

**Gardens Competitive Series:** This competition is a part of the 2019-2020 Gardens Competitive series. All competitors will receive points for their respective placements which will be compiled for their respective team/clubs. Point totals will be announced at the conclusion of each competition in our series with a Team Trophy being awarded at the end of the season to the team with the highest cumulative point totals for the series.

**Practice Ice:** Will be provided, if time allows and will be determined after the close of entries and announced on the website.

**Applications:** Applications may NOT be mailed. All entries must be made through out competition page at [www.entryeeze.com](http://www.entryeeze.com).

## SNOWPLOW SAM – BASIC 6 ELEMENTS

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

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

## 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 half-ice
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements**
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free foot position, minimum 3 revolutions</li> <li>• Mazurka – right or left</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turn, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turn, right and left</li> <li>• Beginning back spin, optional entry and free-foot position, maximum 3 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max	<ul style="list-style-type: none"> <li>• Alternating mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Free Skate 4	1:15 max	<ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max	<ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max	<ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

## 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"> <li>• Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions</li> <li>• Mazurka, right or left</li> <li>• Waltz jump</li> <li>• <i>NOT ALLOWED – Waltz jump-side toe hop-waltz jump</i></li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <i>NOT ALLOWED – Waltz jump-toe loop jump combination</i></li> </ul>
Free Skate 2	1:40 max	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin, optional entry and free foot position, maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <i>NOT ALLOWED – Waltz jump-toe loop or Salchow-toe loop jump combination</i></li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> <li>• <i>NOT ALLOWED – Waltz-loop jump combination</i></li> </ul>
Free Skate 4	1:40 max	<ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> <li>• <i>NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow jump combination</i></li> </ul>
Free Skate 5	1:40 max	<ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max	<ul style="list-style-type: none"> <li>• Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice</li> <li>• Camel-sit spin combination spin, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

## 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 half-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
- *Skaters may have the option to skate one level higher in compulsories than free skate program*

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

## 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 half-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
- *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"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Pre-Preliminary	1:15 max	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Single jump-single jump (no Axel) combination</li> <li>• Spin with one change of position and no change of foot, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
Preliminary	1:15 max	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Single jump-single jump (may include Axel) combination</li> <li>• Spin with one change of foot and one change of position, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>



## EXCEL FREE SKATE

General event parameters:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up to one level higher

<p><b>Excel Beginner</b></p> <p>1:40 Max</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p><b>Maximum 4 jump elements:</b> Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Eulers (half loops) are not allowed Maximum 2 jump combinations or sequences One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> <p>Maximum 2 of any same jump</p>	<p><b>Maximum 2 spins:</b> Two upright spins No change of foot No flying entry</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p>	<p><b>Maximum 1 Sequence:</b> Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p><b>Excel High Beginner</b></p> <p>1:40 Max</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b> Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, Euler (half loop), loop Flip, Lutz, and Axel NOT permitted Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> <p>Maximum 2 of any same jump</p>	<p><b>Maximum 2 spins:</b> Both spins must be in a single position No change of foot No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright</p> <p>Minimum 3 revolutions Max Level: Base</p> <p>Both spins may be of the same character</p>	<p><b>Maximum 1 Sequence:</b> Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p><b>Excel Pre-Preliminary</b></p> <p>1:40 Max</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating pre-preliminary free skate test</p> <p>*means required element</p> <p>Learn to Skate USA membership <u>OR</u> full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b> All single jumps allowed, except for the Axel No single Axels, double or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul>	<p><b>Maximum 2 spins:</b> One spin must be in a single position with no change of foot* One spin may change feet or position, but not both No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p><b>Maximum 1 Sequence:</b> Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p><b>Excel Preliminary</b></p> <p>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><b>Maximum 5 jump elements:</b> All single jumps allowed, except for the Axel No single Axels, double or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul>	<p><b>Maximum 2 spins:</b> One spin must be a camel or layback spin with no change of foot and no change of position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p><b>Maximum 1 Sequence:</b> Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>

<p><b>Excel Preliminary Plus</b> 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><b>Maximum 5 jump elements:</b> All single jumps allowed, including single Axel No double or higher jumps allowed Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul>	<p><b>Maximum 2 spins:</b> One spin must be in a single position* No change of foot No flying entry One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p><b>Maximum 1 Sequence:</b> Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
---	---	---	---

## 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.

Level/Time	Jumps	Spins	Step Sequences
No Test 1:40 Max	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed except single Axel <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump)</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs..</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step sequence <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
Pre-Preliminary 1:40 Max	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed <ul style="list-style-type: none"> <li>○ No double, triple or quadruple jumps allowed</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs..</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step sequence <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
Preliminary 1:30 +/- 10 sec. Max	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs..</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step sequence <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>

## ADULT 1-6, BEGINNER-BRONZE COMPULSORY

- The skating order of the elements is optional; elements may only be attempted once
- To be skated on half ice in simple program format with limited connecting steps
- A 0.2 deduction will be taken for each element missing, repeated or from a higher level

Level	Time	Elements
Adult 1	1:30 Max	<ul style="list-style-type: none"> <li>• Forward marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop on one or two feet</li> </ul>
Adult 2	1:30 Max	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides, both feet</li> <li>• Forward slalom</li> <li>• Backward wiggles</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:30 Max	<ul style="list-style-type: none"> <li>• Forward stroking with proper blade use</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Backward snowplow stop, right and left</li> </ul>
Adult 4	1:30 Max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Hockey stop, both directions</li> <li>• Backward one-foot glides, right and left</li> </ul>
Adult 5	1:30 Max	<ul style="list-style-type: none"> <li>• Backward outside edge and backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin (min. 2 revs.)</li> </ul>
Adult 6	1:30 Max	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min. 2 revs. on one foot)</li> </ul>
Adult Beginner	1:30 Max	<ul style="list-style-type: none"> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• Forward beginning one-foot spin from backward crossovers (min. 2 revs.)</li> <li>• Forward moving inside open mohawk (right and left), heel to instep</li> <li>• Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>
Adult High Beginner	1:30 Max	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• Half flip</li> <li>• Forward upright spin, minimum 3 revolutions</li> <li>• Backward outside three-turn, right and left</li> <li>• Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>
Adult Pre-Bronze	1:30 Max	<ul style="list-style-type: none"> <li>• Single toe loop</li> <li>• Jump combination or sequence consisting of half-revolution jumps (half flip, half Lutz, half loop, waltz), toe loop or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>• Forward upright spin, minimum 3 revolutions</li> <li>• Two forward crossovers into a forward inside mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 Max	<ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• Jump combination or sequence consisting of half-revolution and/or full revolution jumps (no Lutz or Axel), maximum 2 jumps in combination and 3 jumps in a sequence</li> <li>• Solo spin with no change of foot (min. 3 revolutions)</li> <li>• Backward inside three-turn, right and left</li> <li>• Spiral sequence (minimum 2 spirals), must change edge or foot</li> </ul>

## ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

- The skating order of the required elements is optional
- The elements are not restricted 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
- Skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels
- A 0.2 deduction will be taken for each required element missing and for those elements performed from a higher level

Level	Time	Elements
Adult 1	1:40 Max	<ul style="list-style-type: none"> <li>• Forward marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop, one or two feet</li> </ul>
Adult 2	1:40 Max	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward wiggles</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:40 Max	<ul style="list-style-type: none"> <li>• Forward stroking with proper blade use</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, right and left</li> </ul>
Adult 4	1:40 Max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
Adult 5	1:40 Max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>
Adult 6	1:40 Max	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min. 2 revs. on one foot)</li> </ul>

## ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

- Skaters will skate to the music of their choice; vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description; revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max 2 of any same jump</li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than Learn to Skate USA Free Skate 1</p>
Adult High Beginner 1:40 Maximum	<p>Max 4 Jump Elements:</p> <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, half flip, half Lutz, half loop, toe loop, Salchow</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max 2 of any same jump</li> </ul>	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed any U.S. Figure Skating free skate tests</p>
Adult Pre-Bronze 1:40 Maximum	<p>Max 4 Jump Elements:</p> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences <ul style="list-style-type: none"> <li>○ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted</li> <li>• No single Lutz, single Axel, double or triple jumps are permitted</li> </ul>	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> <li>• Min. 3 revs.</li> <li>• Spins with a flying entry are not permitted</li> <li>• <u>A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin</u></li> </ul>	<p>Connecting steps throughout the program are required</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating adult pre-bronze or pre-preliminary free skate</p>
Adult Bronze 1:50 Maximum	<p>Max 4 Jump Elements:</p> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences <ul style="list-style-type: none"> <li>○ 1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs. total if no change of foot</li> <li>• Min 3 revs. each foot if change of foot</li> <li>• Min 2 revs. in each position</li> <li>• No flying spins are permitted</li> </ul>	<p>Max 1 Sequence:</p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least half of the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</li> </ul>	<p>Skaters may not have passed tests higher than U.S. Figure Skating adult bronze or preliminary free skate</p>

## SPINS CHALLENGE

General event parameters:

- Spins may be skated in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- Spins may not be repeated; only required elements may be included
- All events are skated on half-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 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)
Adult Beginner	1:30 max	Pivot Upright two-foot spin (2)
Adult Pre-Bronze	1:30 max	Upright one-foot spin (3) Upright two-foot spin (3)
Adult Bronze	1:30 max	Upright one-foot spin (3 revs.) Solo spin with no change of foot (3 revs.), must be different from the upright spin – may not fly

## JUMPS CHALLENGE

General event parameters:

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

Level	Time	Skating rules/standards
Beginner	1:15 max	Waltz jump (from backward crossovers) Half flip or half 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 half or single revolution jumps (no Axel)
Pre-Preliminary	1:15 max	Single toe loop Single flip Jump combination: Any two half or single revolution jumps (no Axel)
Preliminary	1:15 max	Single flip Single Lutz Jump combination: Any single jump + single loop (may be Axel)
Adult Beginner	1:15 max	Mazurka or ballet jump Waltz jump
Adult Pre-Bronze	1:15 max	Toe loop jump Half flip, half Lutz or half loop
Adult Bronze	1:15 max	Salchow Toe loop Any single jump plus a toe loop combination (no Axels allowed)



## ADAPTIVE SKATING – SPECIAL OLYMPICS AND SKATE UNITED

### 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.

<p><b><u>Badge 1</u></b></p> <ul style="list-style-type: none"> <li>Stand unassisted for five seconds</li> <li>Sit on ice or fall and stand up unassisted</li> <li>Knee dip standing still unassisted</li> <li>March forward 10 steps assisted</li> </ul>	<p><b><u>Badge 7</u></b></p> <ul style="list-style-type: none"> <li>A) Backward stroking across the rink</li> <li>B) Gliding backward to forward two-foot turn</li> <li>C) T-stop (R and L)</li> <li>D) Forward two-foot turn on a circle (R and L)</li> </ul>
<p><b><u>Badge 2</u></b></p> <ul style="list-style-type: none"> <li>March forward ten steps unassisted</li> <li>Swizzles, standing still — three repetitions</li> <li>Backward wiggles or march assisted</li> <li>Two-foot glide forward for distance of at least length of body</li> </ul>	<p><b><u>Badge 8</u></b></p> <ul style="list-style-type: none"> <li>Five consecutive forward crossovers (R and L)</li> <li>Forward outside edge (R and L)</li> <li>Five consecutive backward half-swizzles on a circle (R and L)</li> <li>Two-foot spin</li> </ul>
<p><b><u>Badge 3</u></b></p> <ul style="list-style-type: none"> <li>Backward wiggles or march</li> <li>Five forward swizzles covering at least 10 feet</li> <li>Forward skating across the rink</li> <li>Forward gliding dip covering at least length of body (R and L)</li> </ul>	<p><b><u>Badge 9</u></b></p> <ul style="list-style-type: none"> <li>Forward outside three-turn (R and L)</li> <li>Forward inside edge (R and L)</li> <li>Forward lunge or shoot the duck at any depth</li> <li>Bunny hop</li> </ul>
<p><b><u>Badge 4</u></b></p> <ul style="list-style-type: none"> <li>Backward two-foot glide covering at least length of body</li> <li>Two-foot jump in place</li> <li>One-foot snowplow stop (R and L)</li> <li>Forward one-foot glide covering at least length of body: (R and L)</li> </ul>	<p><b><u>Badge 10</u></b></p> <ul style="list-style-type: none"> <li>Forward inside three-turn (R and L)</li> <li>Five consecutive backward crossovers (R and L)</li> <li>Hockey stop</li> <li>Forward spiral three times length of body</li> </ul>
<p><b><u>Badge 5</u></b></p> <ul style="list-style-type: none"> <li>Forward stroking across rink</li> <li>Five backward swizzles covering at least 10 feet</li> <li>Forward two-foot curves left and right across rink</li> <li>Two-foot turn front to back, in place</li> </ul>	<p><b><u>Badge 11</u></b></p> <ul style="list-style-type: none"> <li>Consecutive forward outside edges — minimum of two on each foot</li> <li>Consecutive forward inside edges — minimum of two on each foot</li> <li>Forward inside mohawk (R and L)</li> <li>Consecutive backward outside edges — minimum of two on each foot</li> <li>Consecutive backward inside edges — minimum of two on each foot</li> </ul>
<p><b><u>Badge 6</u></b></p> <ul style="list-style-type: none"> <li>Gliding forward to backward two-foot turn</li> <li>Five consecutive forward half-swizzles on circle (R and L)</li> <li>Backward one-foot glide length of body (R and L)</li> <li>Forward pivot</li> </ul>	<p><b><u>Badge 12</u></b></p> <ul style="list-style-type: none"> <li>Waltz jump</li> <li>One foot spin, minimum of three revolutions</li> <li>Forward crossover, inside mohawk, backward crossover, step forward — step sequence should be repeated clockwise and counter clockwise</li> <li>Combination of three moves chosen from badges 9-12</li> </ul>



# Competition Operations & Safety Plan for Skaters and Coaches

## Contents

Overall Event.....	2
Schedule.....	2
Building Access and Layout.....	2
Event Flow.....	3
Practice Ice Flow .....	3
Chaperone Flow .....	3
Disinfecting Process .....	4
Coaches .....	4

**The Gardens Ice House Representative:**  
Skating Director: Greg Maddalone

## Overall Event

- Waivers must be signed before participating in the competition.
- Masks are required for all, including skaters in their warmup group. They may remove their mask to compete only if they are the only skater on the ice.
- Temperatures will be checked upon entering the building
- There will be NO spectators allowed at this event
- One chaperone per registered skater will be admitted for the skater's actual competition time (no access to practice rink). The chaperone must be over the age of 18 and an immediate family member as defined in U.S. Figure Skating's SafeSport Handbook.
- The event will not be live-streamed
- Skate Orders and Results will only be posted online on The Gardens Ice House Website: <https://www.thegardensicehouse.com/gardens-competitive-series>
- Medals will be given for 1<sup>st</sup> – 4<sup>th</sup> Places. Awards will be handed out immediately after results are posted. Skaters will have an opportunity to take podium pictures.
- Locker Rooms will NOT be available
- Arrive dressed and ready to skate

## Schedule

A Detailed Schedule for the competition is available at <https://www.thegardensicehouse.com/gardens-competitive-series> . Skaters and coaches will have designated times for arrival for both competition and practice ice. No individual will have access to the building without appropriate supervision. Ushers will lead athletes to the appropriate locations for off-ice warm up, access to the ice and out of the building.

## Building Access and Layout

Pathways have been established within the building to minimize footprint and socialization between groups. There will be no access to the building until a skater's designated time per the detailed schedule. Skaters who miss their arrival time will be escorted to the appropriate area in accordance with their schedule – missed warmups will not be rescheduled. A detailed layout can be found here: <https://www.thegardensicehouse.com/gardens-competitive-series>

## Event Flow

- Skaters must bring all belongings from station to station.
- Skaters and coaches will check-in at registration at their designated time and be directed to the staging area in the building lobby.
- Each warm up group will then be ushered to their designated off-ice warm up area
- Off-Ice warm up will be 20 minutes
- Once off-ice warm up is complete, the group will be directed to the event staging area to put on skates.
- After prior group is finished skating and has exited the rink, the chaperones from that group will then exit.
- The current event group will then enter the ice for their warm up.
- Skaters will enter the ice based on skate order. Odd number skaters will enter the ice near entrance 1. Even number skaters will enter the ice near entrance 2. (Signs will be clearly posted rink side to indicate entrance areas.)
- The chaperones will then enter the rink and be ushered to the bleachers.
- There will be chairs available for the skaters while the group is skating.
- Skaters will be required to stay with the group until the last skater has skated. All skaters will then be ushered out of the building.

## Practice Ice Flow

- Skaters should arrive dressed and warmed up. Skaters may put their skates on in the building.
- Skaters and coaches should arrive and check-in for practice ice no earlier than 15 minutes prior to the start time of their session.
- Practice ice sessions may be purchased at the Rink for \$9.
- No more than 20 skaters will be allowed on the Ice.
- Each skater may have 1 coach present.
- There will be no spectators.
- An usher will escort the skaters to the practice ice session.
- Skaters will enter the practice ice session through the door on the bleacher side and exit through the doors near the hockey bench. The usher will direct the skaters to the door.
- Coaches will be given a number indicating their coaching location. There will be 4 coaches in each hockey bench and 1 coach located at open doors. If you are coaching on consecutive practice ice sessions, notify your usher.
- All skaters and coaches will be required to exit the ice and leave the building once the practice ice session is complete unless they are on the next session.

## Chaperone Flow

- One chaperone per registered skater will be admitted for the skater's actual competition time (no access to practice rink). The chaperone must be over the age of 18 and an immediate family member as defined in U.S. Figure Skating's SafeSport Handbook.
- Chaperones will be ushered to their seats as the event on-ice warm up starts.

- The bleachers will be split into 2 sections for chaperones and will alternate between each event segment.
- After the event segment the chaperones will be ushered from the building.

## Disinfecting Process

- Warm up areas will be disinfected after each warmup is completed. After each event segment, chairs and areas that have been touched by the skaters/coaches will be disinfected.
- Bleachers used will be disinfected after each segment
- After each practice session, areas touched by the skaters/coaches will be disinfected.

## Coaches

- Masks must be worn at all times in the building.
- Temperatures will be checked prior to entering the building.
- Coaches must leave the building between events or alert the usher that they have a skater in the building.
- Only 1 coach per skater in the building.
- Coaches will be assigned a location to coach from during practice ice and must honor that location.