

## 2017 May Blades

Lakewood Winter Club  
Presents



May 19-21, 2017  
Sprinker Recreation Center  
Tacoma, WA

**Entry deadline: April 22, 2017 at 11:59 PM**

**Official Competition Website: [www.lakewoodwinterclub.com/May\\_Blades.html](http://www.lakewoodwinterclub.com/May_Blades.html)**

No-Test – Open Juvenile skaters offered IJS or 6.0 scoring for Free Skate  
Video Replay for IJS events  
Test Track  
Compete USA Competition  
World, International, National, Sectional and Regional Technical Panel  
World, International, National, Sectional, Regional and Local Judges

**Sponsored by:**



**Sanctioned by:**



*This event is a standard U.S. Figure Skating Non-qualifying Competition*

  
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The May Blades 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 Levels:** Eligibility for entries is governed by tests passed as of April 22, 2017 and age as of April 22, 2017. Adult event competitors must be age 21 or over. All skaters should be prepared to show proof of age. Skaters may compete at one level higher than the event for which he/she qualifies by test but may not enter more than one level in any one event except for solo dance.

**Skaters may not enter both a Well-Balanced Free Skate or Introductory Level event and a Test Track Free Skate event at the same non-qualifying completion.**

**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. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

**Age restrictions/requirements:** Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program) must be at least 14 years of age at the close of entries. Skaters entering intermediate free skate events (Well Balanced Program) and showcase events must be under 18 years of age at the close of entries. Skaters entering pre-juvenile pairs and couples dance events must be under 14 years of age at the close of entries. Skaters entering juvenile pairs and couples dance events must be under 16 years of age at close of entries. Adult event competitors must be age 21 or over at close of entries.

**Entries:** The entry process will be by online entry only via Entryeeze. Please see the official competition website at [www.lakewoodwinterclub.com/May\\_Blades.html](http://www.lakewoodwinterclub.com/May_Blades.html) to begin the entry process. Late entries will be accepted at the discretion of the referee and the LOC and will be subject to a \$30 late entry fee.

Showcase entries must indicate both their singles free skating test level and their pattern dance test level to ensure placement in the correct showcase level in accordance with current US Figure Skating rules.

\*\*\*You will be asked the following “survey” question during Entryeeze registration: “If you are the only skater in any of the events you entered, would you prefer to skate anyway, or withdraw from the single skater event with a refund.” Your response to this question is final and will help us process the schedule quicker

\*\*\* Please note that the Referee and the LOC reserves the right to combine Ladies and Men’s events where permitted by the current U.S. Figure Skating Rulebook.

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**Fees:** The entry fee for Singles events is \$95 for the first event and \$45 for each additional event entered. The entry fee for Solo Pattern Dance is \$95. The entry fee for Pairs, Couples Dance, and Duets is \$115 per couple for the first event and \$60 for each additional couple's event. Ensemble events are \$95 each, plus \$18 per person entered. Skaters entering couples dance, pairs or Duet Showcase events shall pay the applicable couples first, and then \$45 for each singles event entered. Skaters will not be allowed to skate until all outstanding fees have been paid. Any outstanding fees must be paid at the time of check-in at the competition. Online processing fees are not included in the entry fee and will be charged separately at checkout. Entry fees are in U.S. Dollar

**Refund Policy:** In accordance with Rule 3047, entry fees will not be refunded after May 16, 2017 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Notification of competition and practice ice times will be available at [www.lakewoodwinterclub.com/May\\_Blades.html](http://www.lakewoodwinterclub.com/May_Blades.html) or at [www.Entryeeze.com](http://www.Entryeeze.com). In any event with only one entry, the skater will be given the option of withdrawing from the event with entry fee refunded or skating as a single entry in accordance with Rule 3045A.

**Facility:** The competition will be held at Sprinker Recreation Center located at 14824 C Street South, Tacoma, WA 98444. You can contact the arena by calling 253 798 4000. The ice dimensions of rink are 85'X200'. There are dressing rooms available for skaters use and coin operated lockers for personal items. The upstairs viewing area is a comfortable temperature for viewers.

**Music Upload:** NEW THIS YEAR competitors are required to upload their music to Entryeeze after registering for this competition. Please follow the steps at [entryeeze.com](http://entryeeze.com). Log into your skater account and follow the instructions as to how to upload in mp3 format.

Music must be submitted online via Entryeeze no later than 11:59 p.m. Pacific Time, Sunday, May 14, 2017. Competitors not submitting required music via Entryeeze by midnight on May 14, 2017 will be subject to a \$30.00 late fee. If the music is not uploaded prior to the competition there is a chance your music will not be available for your event.

Competitors are required to have at least one (1) backup CD rink-side during the actual competition event.

**Liability:** U.S. Figure Skating, Lakewood Winter Club and Sprinker Recreation 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.

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### **JUDGING SYSTEM**

#### **IJS Events:**

The ISU Judging System (IJS) will be used for Juvenile – Senior level, plus Adult Gold and Masters, Short Program, Free Skate, and Pattern, Short, and Free Dance events. There will be video replay for IJS events. Skaters entering these events are required to submit a Planned Program Content (PPC) sheet for each IJS event entered. PPC sheets must be submitted online via Entryeze no later than [11:59 p.m. Pacific Time, Sunday, May 14, 2017](#). Please go to Entryeze to fill in your PPC sheet. **Late PPC sheets will be accepted on paper forms with a \$30 late fee at registration before the skater can complete registration.**

#### **Special IJS events for No-Test – Pre-Juvenile and Open Juvenile:**

Both 6.0 and IJS events will be offered for skaters entering the No-Test through Pre-Juvenile and Open Juvenile events. There will be video replay for IJS events. All skaters entering IJS events are required to submit a Planned Program Content (PPC) sheet. PPC sheets must be submitted online via Entryeze no later than 11:59 p.m. Pacific Time, Sunday, May 14, 2017. Please go to Entryeze to fill in your PPC sheet. **Late PPC sheets will be accepted on paper forms with a \$30 late fee at registration before the skater can complete registration.**

#### **6.0 Events:**

All other events will be judged using the 6.0 Judging System. The LOC reserves the right to use the 6.0 system for some events if IJS-qualified officials are unavailable.

**Registration:** Online registration will end on April 22 at 11:59PM. The official registration desk will be open one hour before the first event and run through the last event of the day. The registration table will be located in the upstairs foyer of Sprinker Recreation Center. Please register promptly upon arrival.

**Practice Ice:** Practice Ice must be purchased at time of registration. Practice ice is limited to one session per entered event. The practice ice sessions will be \$15 for 25 minutes prior to entry deadline of April 22 and \$20 after the April 22 deadline. Skaters must check in with the ice monitor prior to taking the ice. No refunds will be given to those who do not attend their reserved practice ice. Practice ice for Intermediate to Senior will be limited to 16 skaters. All other levels will be limited to 20. No music will be played during practice ice sessions.

**Admission** No admission will be charged. All events are open to spectators.

**Photography/Videography:** A professional video company and photographer will be at the rink. Any other professional photography/videography is prohibited. ALL award winners are encouraged to pose for the group picture, even if you do not plan to purchase a picture. All other videotaping and photography is restricted to hand-held battery operated equipment, without tripod, and is permissible only in the upper viewing area. No videotaping or photography from rink side. **Videotaping or photography of any skater other than your own is strictly prohibited.** Please be courteous to those viewing the event. Solicitation by any photographer or agent of anyone to be the subject of still or video photography is not permitted. For safety reasons, **no flash photography is allowed during the event.**

**Awards:** Awards will be presented for first through sixth place in the Rainier Room upstairs immediately following the official posting of each event. Award photos will be taken. We ask that all award winners pose for the group pictures even if you do not plan to purchase a picture.

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**The Al & Ira Beeler Artistic Award** – Al and Iria were the driving force that kept the Lakewood Winter Club and the Lakewood Ice Arena together from 1960-1982. They started going to the ice arena in 1953 when their daughter, Marianne, started skating. Iria started working at the rink as a bookkeeper in 1954 and became the manager in 1968, a job she held until the rink closed in 1982. Al became very active in the club and was president for eight years. He also held other offices such as treasurer and test chairman, and he served on the Board of Directors for more than 25 years. He became interested in judging and earned his Gold judge credentials. He was also very involved in the annual ice shows and spent countless hours building props. He worked tirelessly when the LWC hosted the 1987 U.S. Figure Skating Championships in Tacoma. When the Lakewood Ice Arena collapsed in 1982, Al worked hard to forge a relationship with Pierce County Parks & Recreation Department, allowing the LWC to transfer its operation to Sprinker Recreation Center. In their honor, the Lakewood Winter Club will present this award to a skater from the Intermediate through Senior Level, who the artistic judges feel presented the most artistic Free Skate performance.

**Official Notices:** An official bulletin board will be maintained upstairs near registration. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

### **Information Regarding Coaches:**

U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Learn to Skate ONLY coaches - Any person, 18 and older, instructing in a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for 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 – no exceptions. We strongly urge *all* coaches to have their cards with them and to check their own status on the USFS coaches list prior to the competition. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

**Contact Information:** If you have questions, please contact Kelly Cason, May Blades Chair at [kcason@wirb.com](mailto:kcason@wirb.com) or 253.226.7331

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### Accommodations:

Visit the Lakewood Winter Club website at [www.lakewoodwinterclub.com/May\\_Blades.html](http://www.lakewoodwinterclub.com/May_Blades.html) for current information regarding accommodations.

HOTEL	Room Rate**	Group Rate Code
Fairfield Inn & Suites 202 15th Ave SW, Puyallup WA 98371 Phone: (253)770-3100	\$129.00	May Blades

\*\*Note: Prices do not include applicable taxes.

For further information regarding this announcement, please contact:

Competition Chair – Kelly Cason  
[kcason@wirb.com](mailto:kcason@wirb.com)

Chief Referee – Linda Chihara  
[lkchihara@yahoo.com](mailto:lkchihara@yahoo.com)

Chief Accountant – Kim Jan-Ai Ryden  
[kim.jan-ai.ryden@comcast.net](mailto:kim.jan-ai.ryden@comcast.net)

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### SINGLES FREE SKATE EVENTS:

**Well Balanced Program Free Skate:** No Test to Senior

**Singles Short Program:** Intermediate to Senior

**Test Track Free Skate:** Pre-Preliminary to Senior

- Skaters will skate to the music of their choice. Vocal music is permitted.
- Level will be determined by the highest free skate test passed as of the entry deadline. Skaters may compete at highest level passed or skate up to one level.
- Free Skate and Short Programs are separate events.
- Short Program elements will be for the 2017-18 Season

Qualifications and requirements for No-Test to Senior Free Skate, Short Program, and Test Track Free Skate events can be found at <http://www.usfsa.org/shell?id=59254>

### PAIRS EVENTS:

**Free Skate Event:** Pre-Juvenile to Senior

**Short Program Event:** Intermediate to Senior

- Pairs will skate to the music of their choice. Vocal music is permitted.
- Level of pair team will be determined by the highest free skate test passed as of the entry deadline. Pair may compete at the highest level passed or skate up one level.
- Free Skate and Short Programs are separate events.
- Short Program elements will be for the 2017-18 Season

Qualifications and requirements for Pairs events can be found at [www.usfigureskating.org](http://www.usfigureskating.org)<http://www.usfsa.org/shell?id=59259>

### DANCE EVENTS:

**Couples Pattern Dance Event:** Pre-Juvenile to Novice

- Pre-Juvenile will skate the initial round dances

**Couples Short Dance Event:** Junior to Senior

**Couples Free Dance Event:** Pre-Juvenile to Senior

- For couples dance, the couple is composed of one lady and one man.
- Pattern Dance, Short Dance and Free Dance are separate events.
- Pattern Dances to be skated are for the 2017-18 season
- Short Dance elements will be for the 2017-18 season.

Qualifications and requirements for Partnered Dance Events can be found at <http://www.usfsa.org/shell?id=59258>

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**Solo Pattern Dance:** The solo pattern dance event is comprised of 1 dance. Ladies will skate the lady's steps, men will skate the man's steps.

Level	Requirement	Dances
Preliminary	No Test or passed Preliminary	Canasta Tango
Pre-Bronze	Passed Preliminary or Pre-Bronze	Swing Dance
Bronze	Passed Pre-Bronze or Bronze	Willow Waltz
Pre-Silver	Passed Bronze or Pre-Silver	Fourteenstep
Silver	Passed Pre-Silver or Silver	Tango
Pre-Gold	Passed Silver or Pre-Gold	Blues
Gold	Passed Pre-Gold, or Gold	Quickstep
International	Passed Gold or International	Rhumba

### Adult Events:

Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. Required elements can be found at <http://www.usfsa.org/shell?id=59254>

**Singles Free Skate:** Adult Pre-Bronze – Masters Seniors

**Adult Pairs Free Skate:** Adult Bronze – Centennial Pairs

### Showcase Events

Current guidelines and procedures for nonqualifying showcase competitions can be found at <http://www.usfsa.org/shell?id=59260>

#### Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery ARE permitted.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed, 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](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

Format:

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

General event parameters:

4. 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.
5. The determination of level will be based upon test requirement at the entry deadline

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6. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

### **Duet Events**

Format:

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

General event parameters:

7. 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.
8. 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](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

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### Dramatic, Light & Duet Levels and 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	Time
<b>Dramatic Entertainment, Light Entertainment &amp; Duets (Duets must compete at the highest test level of the two skaters)</b>	Beginner, High Beginner, No Test*  Note: these levels do not qualify for National Showcase		Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary*  Note: this level does not qualify for National Showcase		Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Complete Pre-Bronze Dance	No minimum age <b>(max age 20)</b>	1:40 max
	Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max

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Event	Must meet requirements for*	Must not have passed	Age	Time
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	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	No age restriction	2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance	No age restriction	2:40 max
Senior	Senior Free Skate OR Senior Free Dance		No age restriction	2:40 max
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre-Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

*\*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which*

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they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart

### Mini Production Ensemble Event

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](http://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

### Production Ensemble Event

Formats:

- **Production ensemble** events are theatrical performances by eight or more competitors. Theatre On Ice teams are eligible as production ensembles. Props and scenery are allowed. 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](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

#### 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)	Age	Program Duration
Production Ensemble	Open	Open	No age restriction	6:15 max

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# COMPETE USA COMPETITION

### ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program or those who are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organization are eligible to compete but must be registered with Learn to Skate USA or a member club.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam thru Basic Skills 6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the PreFree skate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

### SNOWPLOW SAM – BASIC 6 Program Event

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. Vocal music is allowed.

- To be skated on full ice
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:10 max.	<ul style="list-style-type: none"><li>• March followed by a two-foot glide and dip</li><li>• Forward two-foot 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 two-foot swizzles, 6-8 in a row</li><li>• Beginning snowplow stop on two-feet or one foot</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, 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 two-foot 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 ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li><li>• Forward slalom</li><li>• Beginning backward one-foot glide, either foot</li><li>• Moving forward to backward two-foot turn on a circle</li></ul>

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Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive both directions</li> <li>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</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, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</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>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

### Pre-Free Skate – Free Skate Program Event

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 moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- 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
- 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, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position – minimum three revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers – minimum 4-6 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</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, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Free Skate 4	1:40 max	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> </ul>

*This event is a standard U.S. Figure Skating Non-qualifying Competition*



Entry deadline: April 22, 2017

## 2017 May Blades

Free Skate 5	1:40 max	<ul style="list-style-type: none"><li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li><li>• Camel spin - minimum three 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>• Split jump or stag jump</li><li>• Camel, sit spin combination - minimum of four revolutions total</li><li>• Waltz jump, ½ loop, Salchow jump sequence</li><li>• Axel jump</li></ul>

*This event is a standard U.S. Figure Skating Non-qualifying Competition*



Entry deadline: April 22, 2017