



Arizona Ice Classic 2017

Open Non-Qualifying Competition

Hosted By: Desert Ice Skating Club of Arizona
Sanctioned by U.S. Figure Skating

August 5 - 6, 2017

Registration: Entryeeze.com

Entry Deadline Midnight, July 1, 2017

THE APPROVED RULE AMENDMENTS TO RULE 4230 WILL BE IMPLEMENTED IN THIS COMPETITION
Amendments can be found under event required elements

Chief Referee: Patricia Wilkins

Ice Den Chandler
7225 W Harrison Street Chandler, AZ
85226



Arizona Ice Classic 2017 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 person as defined by the Eligibility Rules, and who 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.

Test Session: A Test Session will be offered during the competition dates. Please go online to www.discoa.org to obtain a test form application to submit by mail. The Guest Skater Fee will be waived for testers who are also Arizona Ice Classic competitors.

ELIGIBILITY/TEST LEVEL:

- Eligibility will be based on skill level as of closing date of entries.
- All **Snowplow Sam and Basic Skills 1-6** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.
- For the **Pre-free skate, Free 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. Skaters may not compete at more than one level in the same type event at the same competition.

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 yrs of age at the close of entries. Skaters entering open juvenile free skate events (Well-Balanced Program), must be at least 14 yrs of age at the close of entries.
- Skaters entering beginner through pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.
- Adult age qualifications and test qualifications for all adult events will be those specified in the 2016 – 2017 U.S. Figure Skating Rulebook.

ENTRIES:

- All skaters **must register through Entryeeze.com** and all entries must completed by 11:59pm (MST) on **July 1, 2017**. Online fees include the entry fee and a nominal processing fee, which will be charged at time of registration.
- **Late entries** will be accepted at the discretion of the Chief Referee and the competition committee, and will be subject to a \$25.00 late fee, which will be charged at the time of entry.
- **Two entries constitute an event.** Events with a single entrant will be offered an exhibition or refund. Exhibition skaters will receive a medal.
- **Refunds will not be given for any reason after the close of entries.** This includes, but is not limited to, medical/injury/illness and school/religious schedules. The online processing fees are not refundable. Contested credit card charges will be issued a \$35 fee.
- **Notification of competition times** will be available on Entryeeze. All registered competitors will be notified via email when the schedule is published.
- **Skaters must check in with their music at the registration table at least 60 minutes before their events.** Any unresolved fee must be paid at this time.

ENTRY FEES:

Free skating for Intermediate through Senior – Singles events which have a short program and a free skate program, will be individual events and not combined.

Singles Events: Entry Fee (Freestyle)

Juvenile/Open Juvenile through Senior, Adult Bronze through Adult Gold and Adult Masters Singles Well-Balanced Program (IJS)	\$95.00
Additional IJS Singles Event	\$55.00
Pre-Preliminary through Pre-Juvenile Singles Well-Balanced Program (IJS)	\$95.00
No Test, Pre-Preliminary through Senior Competitive Test Track, Adult Pre-Bronze (6.0)	\$80.00
Additional 6.0 Singles Events	\$45.00

All singles skaters choosing to enter a Freestyle event should select one of the above. All other singles events entered are classified as additional events. Any singles event entered above shall be considered the “First Event” when calculating fees due.

Singles Skaters Only Entering Showcase (Dramatic, Showcase Light, Interpretive): Entry Fee

First Event	\$80.00
Additional Event	\$45.00

All skaters not entering a singles Freestyle event should use the above fee schedule.

Learn to Skate Events: Entry Fee

First Event	\$55.00
Additional Events	\$40.00

Special Skaters: Entry Fee

First Event	\$50.00
Additional Event	\$35.00

Any Special Skater events entered will be classified as “additional events” if the skater also enters any other type of event in this competition.

REFUND POLICY: Entry fees will not be refunded after entry deadline, **July 1, 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. Checks returned for insufficient 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.

FACILITIES: The competition will be held at Ice Den Chandler at 7225 W. Harrison St., Chandler, AZ 85226. Ice Den Chandler is a dual surface indoor rink with NHL surface 200 ft. by 85 ft. with slightly rounded corners. The rink's telephone number is 480-598-9400. The website is www.coyotesicechandler.com. Amenities include locker rooms, snack bar, restaurant, pro shop and parking.

PLANNED PROGRAM CONTENT: All competitors skating in any IJS events must submit their planned program content forms online through Entryeeze. All planned program content forms **MUST** be submitted by July 20, 2017. **NO LATE FORMS WILL BE ACCEPTED.**

LIABILITY: U.S. Figure Skating, Desert Ice Skating Club of Arizona and Ice Den Chandler accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official USFS Rulebook. Participant/Guardian electronic signature on the entry form indicates acceptance of the stipulation.

OFFICIAL NOTICES: An official list will be maintained in the lobby of the ice rink. It is the responsibility of each competitor, parent and coach to check the list frequently for any schedule changes and/or additional information. Skaters are requested to arrive one hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

Competition Schedule and Updates: Check the competition website for the preliminary and final schedules, and other competition updates: www.discoa.org

MUSIC: Note: Do not leave CDs in an automobile as the Arizona heat may cause damage. Competition music for all events that require music must be submitted electronically via the online registration system by the music deadline of **Monday, July 17, 2017 at 11:59 pm**. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can log out of your account and return later to upload your music by going to the "competition" tab and then selecting "my music". Your music must meet the criteria listed below. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

Music Criteria:

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

Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties. This CD must be turned in at the registration desk at the time of check-in. Only CDs (standard CD-R format only) will be accepted. CDs must only have one piece of music per CD. Please keep additional copies of your music readily available rink side during competition events. Music may be picked up at the registration desk following each event. Every reasonable care will be taken, but the hosting club cannot be responsible for music left at the end of the competition. Anyone not submitting their music by the deadline date will be assessed a \$10.00 admin fee that will be collected at the registration desk before the skater is allowed to skate.

PRACTICE ICE: There will be no official practice ice for this competition. Check the Ice Den Chandler website www.skatericechandler.com for available freestyle times and prices. A notification will be sent via Entryeze if time for practice ice becomes available.

REGISTRATION: The registration table will be located in the rink lobby, to the right of the entrance (East Rink). Competitors must register upon arrival and must check in/turn in music **at least 1 hour** before each event to be skated. The competition schedule will be posted at the desk. Copies of results pages will be available at the Registration desk for a nominal fee.

RULES AND CONDUCT OF THE COMPETITION:

The decision of the referee on all matters will be final. The referee, along with the competition LOC, shall have the right to exclude any person whose behavior is unruly or unsportsmanlike. All participants, coaches, officials, parents, and guests must follow facility rules.

ADMISSION: There is no admission charged for Arizona Ice Classic.

PHOTOGRAPHY: Spectators are reminded that flash photography is dangerous to skaters and will be strictly prohibited. A professional photographer will be available in the awards area.

1. The LOC recommends skaters who have placed 1st through 4th have a group photo taken; purchase of photo is optional.
2. Individual photos will be taken upon request regardless of placement.
3. Personal cameras/video cameras are permitted but may only be used to film your skater's performance for personal use. It is strictly prohibited to photograph or record any other skater's performance, or portions of performance. The LOC reserves the right to deny admittance to anyone who violates this rule. Only battery powered video units are allowed; electrical cords, tripods (or similar devices) are not permitted in the arena.
4. We will not have a videographer available this year.
5. A digital photographer will also be in attendance for professional quality action shots.

GENERAL INFORMATION:

1. Juvenile Singles and above will be grouped by random draw.
2. Skaters will not be seeded in this competition.
3. Short Program and Well-Balanced Program Free Skate are separate events. No final rounds will be held.
4. Male skaters will be combined with female skaters in all Showcase, Basic Skills Free Skate, Compulsory Moves and Specialty events (except jumps) in order to make an event.
5. Different levels of non-Free Skate events may be combined in order to make an event at the discretion of the Chief Referee.
6. Single entries for any skater in No Test – Senior Free Skate levels will be contacted to choose an exhibition or refund.
7. Basic Skills events (Snowplow – Free Skate 6) are open to eligible skaters (ER 1.00) who are members of either the U.S. Figure Skating Basic Skills Program and/or full members of a U.S. Figure Skating full or provisional club, in accordance with Rule 3060a. To be eligible, skaters must have submitted a membership application or be a member in good standing.
8. U.S. Figure Skating events (No Test – Senior) are open to members of non-U.S. Figure Skating associations but must provide proof of current membership in good standing and have a letter of permission from their federation allowing them to skate in the competition or are released from their federation.
9. Special Olympics Skaters must be members of U.S. Figure Skating Basic Skills or State/National Special Olympics for insurance purposes. However, if a Special Olympic Skater has entered any non-special skater events, they must comply with the eligibility requirements for those events.

JUDGING SYSTEM:

The International Judging System (IJS) will be used for all Juvenile (including Open Juvenile) through Senior and Adult Bronze, Silver, Gold and Masters Short program and Well Balanced Program Free Skate events. All competitors skating in these events need to submit the planned program content form online by **July 20, 2017**.

The 6.0 Majority Judging System will be used for all other events including the Well Balanced Program Free Skate events Pre-Preliminary through Pre-Juvenile and all other levels of the Test Track Free Skate.

AWARDS: Medals with ribbons will be given to 1st through 5th place for all participants in 6.0 events. Awards will be given to IJS competitors for 1st through 4th place. Once results are posted, skaters receiving awards are required to report to the awards area wearing their costume and skates.

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.
- X) 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.
- Δ) Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills 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. 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 INFO: If you have questions, Jill Felbein LOC, president@discoa.org

VENDORS: Please check our website (discoa.org) to see the vendors that are attending.

TRAVEL ARRANGEMENTS: Please wait until the schedule is posted before finalizing travel arrangements.

OFFICIAL HOTELS:

Courtyard Marriott
920 North 54th Street
Chandler, AZ. 85226
(480) 763-9500

ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING

Singles athletes begin with the Learn to Skate USA program, then progress to the "introductory levels," and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.

LEARN TO SKATE USA PROGRAM

Competition levels for skaters within Compete USA include:
 Snowplow Sam
 Basic 1-6, Adult 1-6, Hockey 1-4
 Pre-Free Skate and Free Skate 1-6

Skaters may begin or advance to the "introductory levels," which are an introduction to competitive figure skating.



Beginner

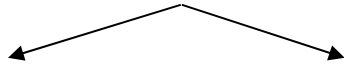
High Beginner

INTRODUCTORY LEVELS

int Once skaters have competed at the U.S. Introductory level, and begin the official Figure Skating test structure, they may then choose whether to enter the "Test Track Free Skate" or "Well Balanced Free Skate" program. Test requirements for both categories are the same, it is completely the choice of the athlete which track to follow.

TEST TRACK FREE SKATE

WELL BALANCED PROGRAM FREE SKATE



Pre-Preliminary

Preliminary

Pre-Juvenile

Juvenile

No-Test

Pre-Preliminary

Preliminary

Pre-Juvenile

Skaters may choose, at any point, which track to follow. They may not, however, enter both events at the same competition. They may also move between the tracks at different nonqualifying competitions

Intermediate

Novice

Junior

Senior

Juvenile/Open Juv.

Intermediate

Novice

Junior

Senior

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 6

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice.
- 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	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left

EVENT: Pre-Free Skate – Free Skate 6 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 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.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka (Right and Left) • Waltz jump
Free Skate 1	1:40 max	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop jump • Half flip jump
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:40 max	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half Loop jump • Flip jump
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump

EVENT: Introductory Levels Free Skate Program

General event parameters:

- 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.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
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<p>Beginner</p> <p>1:40 Maximum</p>	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed test higher than U.S. Figure Skating Learn to Skate USA free skating badge tests</p>
<p>High Beginner</p> <p>1:40 Maximum</p>	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed test higher than U.S. Figure Skating Learn to Skate USA free skating badge tests</p>

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6 (Compulsory)

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: 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.
- No music.

- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left

EVENT: Pre-Free Skate – Free Skate 6 Compulsory Event

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 max

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka (Right and Left) • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Backward outside three-turns, right and left • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Backward inside three-turns, right and left • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, clockwise and counterclockwise • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, right and left • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump

EVENT: Introductory Levels Compulsory Event

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- 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 their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump • ½ jump of choice • Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional) • Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin - minimum three revolutions • Forward or backward spiral

EVENT: No Test – Preliminary Compulsory Event

- To be skated on ½ ice.
- Elements may be performed only once.
- No music is allowed.

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Solo spin - sit or camel spin - minimum three revolutions • Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Toe Loop jump • Jump combination: single/single (no Axel) • Sit spin or camel spin - minimum three revolutions • Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (may include Axel) • Back upright spin - minimum three revolutions • Forward inside spiral

EVENT: Pre-Juvenile – Senior Compulsory Event

General event parameters:

- Pre-Juvenile – Juvenile/Open. Juv.: Elements skated on ½ ice
- Intermediate – Senior: Elements skated on full-ice
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating rules/standards
Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> • Single jump (may include Axel) • Jump combination: single/single (may include Axel) • Layback spin or camel spin - minimum three revolutions • Step sequence – circular
Juvenile & Open Juv.	1:15 max.	<ul style="list-style-type: none"> • Single Axel • Jump combination: single/single or double/single • Layback spin or camel spin - minimum three revolutions • Step sequence – circular
Intermediate	1:30 max.	<ul style="list-style-type: none"> • Double Salchow or double toe loop • Jump combination: single/single or double/single • Flying spin, minimum five revolutions • Step sequence – straight line
Novice	1:30 max.	<ul style="list-style-type: none"> • Double loop • Jump combination: double/single or double/double • Flying spin - minimum five revolutions • Step sequence – straight line
Junior	1:30 max.	<ul style="list-style-type: none"> • Double flip • Jump combination: double/double or triple/double • Combination spin - minimum 10 revolutions • Step sequence – straight line
Senior	1:30 max.	<ul style="list-style-type: none"> • Double Lutz • Jump combination: double/double or triple/double • Combination spin - minimum 10 revolutions • Step sequence – straight line

EVENT: Adult 1-6 Compulsory Event

General event parameters:

- To be skated on ½ ice.
- Elements may be performed only once.
- No music is allowed.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec unless otherwise noted

<p>Adult 1</p> <ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot 	<p>Adult 4</p> <ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
<p>Adult 2</p> <ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row 	<p>Adult 5</p> <ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
<p>Adult 3</p> <ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chases on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left 	<p>Adult 6</p> <ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin

EVENT: Test Track Free Skate PRE-PRELIMINARY - SENIOR

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- 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.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 maximum	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre- preliminary free skate test

<p>Preliminary</p> <p>1:30 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test</p>
<p>Pre-Juvenile</p> <p>2:00 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p>
<p>Juvenile</p> <p>2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • <i>Only solo spin may fly</i> 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p>Intermediate</p> <p>2:40 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow and double toe loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions), • One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	<p>One choreographic step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow, double toe loop and double loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) • The other spins are the option of the skater (min 6 revolutions per foot) • <i>All spins may fly</i> 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>

<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow, double toe loop, double loop and double flip • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Must include at least four different double jumps, one must be a double Lutz. • Triple jumps are not permitted • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p><i>Men:</i></p> <p>Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p><i>Ladies:</i></p> <p>One step sequence of advanced difficulty, covering the full ice surface and either one spiral sequence or choreographic sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

EVENT: Short Program and Well Balanced Free Skate Events

Singles Short Program

The short program events listed below will be individual events and not combined. Skaters and coaches are responsible for reviewing the current U.S. Figure Skating Rulebook for rules, program length, etc.

- A. Intermediate Short Program – Rule 4230
- B. Novice Short Program – Rule 4220
- C. Junior Short Program – Rule 4210
- D. Senior Short Program – Rule 4200

Well Balanced Free Skate

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.

2. Short Program and Free Skate/Long Programs are individual events. No final rounds will be held
3. Skaters will skate to the music of their choice. Vocal music is permitted.
4. Levels will be determined by the highest free skate test passed as of close of entries. Skaters may compete at the highest level passed or one level higher.
5. The 6.0 majority judging system will be used for No-Test through Pre-Juvenile events and Adult Pre-Bronze. Standard IJS will be used for Juvenile (including Open Juvenile) through Senior events and Adult Bronze, Silver, Gold and Masters events.
6. All relevant and appropriate USFS rules will be used. Skaters and coaches are expected to be aware of the current rules and changes by reviewing the documents on www.usfigureskating.org , under “Technical Information” and “Singles/Pairs.

2016-17	JUMPS	SPINS	STEP SEQUENCE
<p>ADULT PRE-BRONZE</p> <p>1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No single Lutz, single Axel or double jumps are allowed 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Min 3 revs • Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required
<p>ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <ul style="list-style-type: none"> • 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. <p>If IJS is used, then: ChSt</p>
<p>CHAMPIONSHIP ADULT SILVER & ADULT SILVER</p> <p>2:10 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted, including single Axel. • No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <ul style="list-style-type: none"> • 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. <p>If IJS is used, then: ChSt</p>

<p>CHAMPIONSHIP ADULT GOLD & ADULT GOLD</p> <p>2:40 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences • 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps, including the single Axel, are permitted, as are the following double jumps: double toe loop, double Salchow. • No double-double jump combinations or sequences are permitted • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 4 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • 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.
<p>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE</p> <p>3:10 maximum</p> <p>* means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 combinations or sequences • 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Only one double-double jump combination or sequence is permitted • Double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • 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.
<p>CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum</p> <p>* means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 combinations or sequences • 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps • Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted • No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • 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.

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

<p>PRE- PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> ● All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded ● Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> ● Spins may change feet and/or position ● Spins may start with a flying entry ● Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> ● 1 must be an Axel or a waltz jump* ● All single jumps, including the 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"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded ● Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted ○ Jump sequences limited to a maximum of 3 single or double jumps. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> ● Spins may change feet and/or position ● Spins may start with a flying entry ● Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> ● 1 must be an Axel-type jump* ● All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded ● Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted ○ Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ May start with a flying entry ○ Min 6 revs ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ May start with a flying entry ○ Min 4 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● Step Sequence <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>JUVENILE and OPEN JUVENILE</p> <p>2:15 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> ● 1 must be an Axel-type jump* ● All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> ▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump can be included more than twice ● Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> ● 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs ○ Both spins may start with a flying entry ○ Spins must be of a different character <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

<p>INTERMEDIATE</p> <p>2:40 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps allowed <ul style="list-style-type: none"> ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated ○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> ▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original basevalue ○ No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations are limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs ○ Both spins may start with a flying entry ○ Spins must be of a different character <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> □ One choreographic step sequence* fully utilizing the ice surface
<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original basevalue ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <ul style="list-style-type: none"> ○ All spins may start with a flying entry ○ Spins must be of a different character <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original basevalue ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <ul style="list-style-type: none"> ○ All spins may start with a flying entry ○ Spins must be of a different character <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

<p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> ● 1 must be an Axel-type jump* ● Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence ● Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. ● 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs ○ All spins may change feet and start with a flying entry ○ Spins must be of a different character <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● One leveled step sequence* ○ Must fully utilize the ice surface
<p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> ● 1 must be an Axel-type jump* ● Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence ● Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. ● 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs ○ All spins may change feet and start with a flying entry ○ Spins must be of a different character <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● One leveled step sequence* ○ Must fully utilize the ice surface
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> ● 1 must be an Axel-type jump* ● Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence ● Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. ● 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs ○ All spins may change feet and start with a flying entry ○ Spins must be of a different character <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> ● One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ● One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible

<p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs ○ All spins may change feet and start with a flying entry ○ Spins must be of a different character <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
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EVENT: Showcase Events

Format:

- Showcase groups will be divided by number of entries and ages if possible.
- 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.
- 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 single skaters within one minute. 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 categories include:

- **Dramatic Entertainment:** Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. Props and Scenery ARE permitted.
- **Light Entertainment:** Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions. Props and Scenery ARE permitted.

- **Interpretive:** The program will be a performance choreographed by the competitor, unaccompanied and unassisted, to music that is supplied by the 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. 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.

Showcase Events: Showcase Light & Dramatic

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 1-4	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.
No Test / Pre-Preliminary/Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary / Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.

EVENT: Singles Showcase Events: Showcase Light & Dramatic

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	Age	Time
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 (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	13 and under	2:10 max.
OPEN JUVENILE / 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 restrictions	2:10 max.
JUNIOR	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Skate	No age restrictions	2:40 max
SENIOR	Senior Free Skate OR Senior Free Dance		No age restrictions	2:40 max.
ADULT BRONZE	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Complete Pre-Bronze Dance test (prior to 4/30/17)	Adult Silver Free Skate Pre-Juvenile Free Skate Intermediate Free Dance Preliminary FD (prior to 9/2/2000) 3 rd 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 Intermediate Free Dance Preliminary FD (prior to 9/2/2000) 3 rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile FS (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze FD (prior to 9/2/2000) 4 th Figure (prior to 10/1/77)	21 and older	1:40 max.
ADULT GOLD	Adult Gold Free Skate Juvenile FS (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze FD (prior to 9/2/2000) 4 th Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver FD (Prior to 9/2/2000) 5 th 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 FD (Prior to 9/2/2000) 3 rd Figure Test (prior to 10/1/77) 8 th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max.

EVENT: Showcase Event: Interpretive

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.

Pre-preliminary and Below Format:

- The music will be played 3 times during an on-ice warm-up.
- After the warm up, skaters will move to a room, attended only by an assigned adult monitor, with no music being played.
- Skaters will be brought to the ice when the previous skater finishes.
- 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.

USFS (National Showcase) Format:

- The music will be played during a 30-minute off-ice session and twice during an on-ice warm-up prior to the performance.
- The room will be attended only by the adult monitor assigned to play the music and the competing skaters in that group.
- After the warm up skaters will go back to a room, with no music being played.
- Skaters will be brought to the ice when the previous skater finishes.
- 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 non-qualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

LEVEL	TIME	TEST REQUIREMENTS
PRE-JUVENILE AND BELOW	1:00 max	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 & JUNIOR & SENIOR	1:30 max	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 & YOUNG ADULT & ALL ADULT LEVELS	1:30 max	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: Spins Challenge

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
High Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
No-Test	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
Pre – Preliminary	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright back scratch spin (3) • Sit spin (3)
Preliminary	1:30 max.	<ul style="list-style-type: none"> • Forward scratch to back scratch spin (3) • Combination spin with no change of foot (4) • Sit spin (3)
Pre – Juvenile	1:30 max.	<ul style="list-style-type: none"> • Camel spin (3) • Combination spin – camel to sit spin; no change of foot (6) • Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	<ul style="list-style-type: none"> • Sit spin (4) • Combination spin – with change of foot; optional change of position (4 per foot) • Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	<ul style="list-style-type: none"> • Flying camel spin (5) • Sit spin to backward sit spin (4 per foot) • Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	<ul style="list-style-type: none"> • Choice of camel, sit or layback spin (6) • Camel spin to backward camel spin (4 per foot in position) • Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	<ul style="list-style-type: none"> • Flying sit spin or flying reverse sit spin (6) • Solo spin of choice (6) – may not fly • Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	<ul style="list-style-type: none"> • Flying spin of choice (6) • Solo spin of choice (6) – may not fly • Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)

EVENT: Special Olympics Badge Program

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

Badge 1

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

Badge 2

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

Badge 3

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

Badge 4

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

Badge 5

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

• Badge 6

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

Badge 7

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

Badge 8

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

Badge 9

- Forward outside 3 turn: left and right
- Forward inside edge: left and right
- Forward lunge or shoot the duck at any depth
- Bunny hop

Badge 10

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

Badge 11

- Consecutive forward outside edges: minimum of two on each foot
- Consecutive forward inside edges: minimum of two on each foot
- Forward inside Mohawk: left and right
- Consecutive backward outside edges: minimum of two on each foot
- Consecutive backward inside edges: minimum of two on each foot

Badge 12

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