

**Aviator**  
**7th Annual**  
**“Autumn Lift-Off”**  
**Compete USA & Beyond Competition**  
**October 30, 2016**

Sanctioned by  
U.S. Figure Skating  
Learn to Skate USA Approval  
Sanction # 24330

Hosted by:



[www.AviatorFSC.org](http://www.AviatorFSC.org)

at

**Aviator Sports & Events Center**

Floyd Bennett Field  
3159 Flatbush Avenue  
Brooklyn, NY 11234

(718) 758-7514

[www.aviatorsports.com](http://www.aviatorsports.com)

The "Autumn Lift-Off" will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

### **ELIGIBILITY/TEST LEVEL:**

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

**Age restrictions/requirements:** Skaters entering beginner-pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

### **ENTRIES:**

**REGISTER ONLINE:** Entryeze.com. This is a secure online registration. Credit card or check payment will be available.

**FEES:** Paper entries either mailed or handed in at rink must add an additional PROCESSING FEE OF \$15.00.

Singles, Freeskate1-6 through Pre-Juvenile & Adult levels \$85. Compete USA, Snowplow Sam through Basic 6, \$60. Each additional Event \$35. Make checks payable to AFSC. Fees must accompany entry form.

**Entries must be postmarked no later than September 30, 2016. Postage metered mail will not constitute proof of timely mailing.** Incomplete entries including entries without payment will be returned. Late entries may be considered at the discretion of the Competition Committee, and will require **DOUBLE** the entry fee. **The Committee reserves the right to limit entries. Any changes made (after deadline date) in skating levels due to incorrect entry choice will result in a \$25 change fee.** Entries must be submitted on the official Entry Form applicable for individual events. **An "Accidents & Liability and Certification by Club Officer" form for every participant must be included with the application to be considered complete and on time.** The entry and certification form may be duplicated

**MAIL entries to:**

**AFSC – Autumn Lift-Off  
c/o Lorraine Massoni  
532 Beach 128<sup>th</sup> Street  
Belle Harbor, NY 11694**

**\*\* ALL ENTRIES MUST BE POSTMARKED BY September 30, 2016 \*\***

(Certified mail and mail sent to any other address will not be accepted.)

**REFUND POLICY:** Entry fees will not be refunded after entry deadline unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by phone, email, & website.

**FACILITIES:** The competition will be held at **Aviator Sports & Events**, Floyd Bennett Field 3159 Flatbush Avenue, Brooklyn, NY 11234. Telephone: (718) 758-7514

**Website:** www.Aviatorfsc.org or www.aviatorsports.com

**Rink:** The rink measures 200'x 85' with rounded corners and a hockey barrier. A snack bar will be available during competition.

**MUSIC:** Music will be played in CD-R format only. **CDs must be clearly marked** with the skater's name & event on the program side. All cds must contain only one program. Music must be submitted at registration desk one hour before scheduled event. Skaters MUST have a duplicate cd with them. Music must be picked up at desk at end of competition. AFSC assumes no responsibility or liability for lost, damaged, or unclaimed music.

**LIABILITY:** U.S. Figure Skating, Aviator Figure Skating Club, and Aviator Sports & Events Center accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**JUDGING SYSTEM:**

The 6.0 Majority Judging System will be used for all Events.

**REGISTRATION:** Registration will end at midnight on October 1, 2015. Registration 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 outside of Rink B. Please register 1 hour before your 1<sup>st</sup> scheduled event. Admission for spectators is free.

**PRACTICE ICE:** Practice ice may be available on day of competition during morning freestyle sessions. This information will be available on our website at a later date. [www.Aviatorfsc.org](http://www.Aviatorfsc.org)

**PHOTOGRAPHY/VIDEOGRAPHY:** Competition will be professionally videotaped and available for sale on day of competition. **Flash photography is not permitted at any time on the rink during the competition.**

**AWARDS:** Trophies will be presented to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> place finishers in each event. Medals will be presented to all other participants.

**OFFICIAL NOTICES:** An official bulletin board will be maintained in Rink B. 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 1 hour 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 Registration

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 USA ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Compete 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. 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 any questions, please contact Lorraine Massoni, 917-647-0215 or [LMAFSC@aol.com](mailto:LMAFSC@aol.com).

**ADDITIONAL INFORMATION:**

Final schedules will be available after October 19, 2016 on Entryeze website ([www.entryeze.com](http://www.entryeze.com)). No schedules will be mailed. Please note that the schedule is prepared by Chief Referee after the close of entries. The schedule is based solely on the number of events, the number of competitors and the availability of judges. The Chief Referee may combine or cancel events due to lack of entries. No changes to the schedule will be allowed to accommodate personal or family conflicts.

A copy of the tentative schedule and directions will be posted to [www.Aviatorfsc.org](http://www.Aviatorfsc.org)

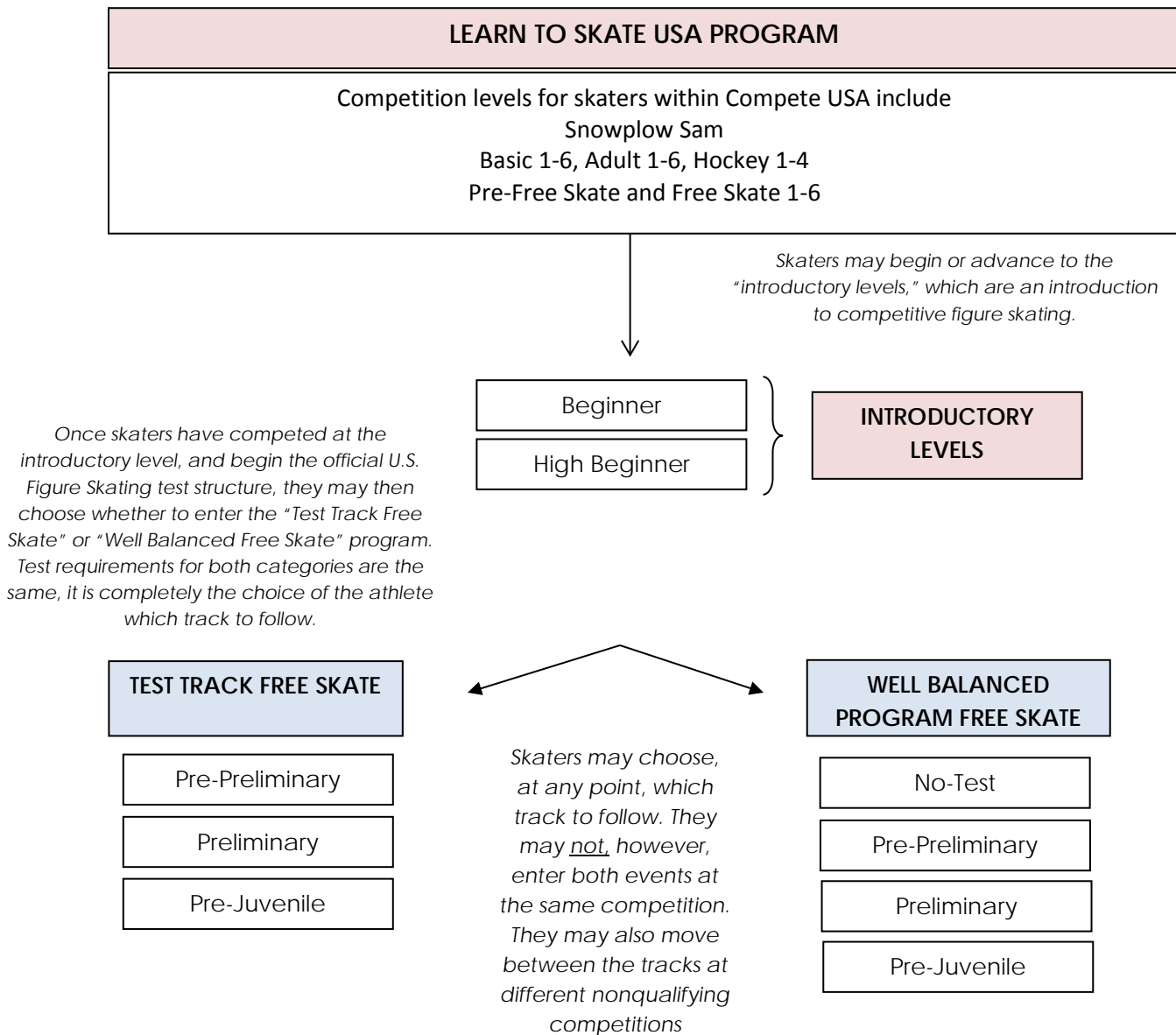
**PARKING:** Ample free parking will be available.

**OUR VOLUNTEERS:** We strive to foster an environment that is enjoyable while being beneficial and fair to all skaters and their families. When a problem needs to be addressed, please bear in mind that the event hosts, monitors, judges and officials are all volunteers. Let's all please conduct ourselves with an attitude of good sportsmanship!



## 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.*





## Compete USA Competitions

### EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6

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"> <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	1:00 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	1:00 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	1:00 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>
Basic 4	1:00 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	1:00 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	1:00 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>



## Compete USA Competitions

### 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"> <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>
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>



## Compete USA Competitions

### 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"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <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 (Right and Left)</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Backward outside three-turns, right and left</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	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, clockwise and counterclockwise</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	1:15 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>
Free Skate 5	1:15 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 jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, right and left</li> <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>





## Compete USA Competitions

### 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"> <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 (Right and Left)</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 jump</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>
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>



## Compete USA Competitions

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



## Compete USA Competitions

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



## Compete USA Competitions

### EVENT: COMPULSORY MOVES

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

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

## EVENT: WELL BALANCED PROGRAM FREE SKATE

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.
- 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.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• No single Axels, double jumps or triple jumps</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> </ul> <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> </ul> <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p>Step sequence*</p> <p>Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>
Pre-Preliminary	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed</li> <li>• No double, triple or quadruple jumps allowed</li> <li>• Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels)</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> <li>• ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• One must be an Axel or Waltz-jump type jump</li> <li>• All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>• Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed</li> <li>• An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single or double jumps</li> <li>• ½ loop is considered a listed jump with the value of a single</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>

loop when used in a sequence or combination				
PRE-JUVENILE	2:10 Maximum	<b>Max 5 Jump Elements</b>	<b>Max 2 Spins</b>	<b>Max 1 Sequence</b>
2:00 +/- 10 sec	Vocal music permitted	<ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed except for the double Axel 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</li> <li>• Max 2 jump combinations or sequences 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</li> </ul>	<ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* May start with a flying entry Min 6 revs</li> <li>• 1 spin with only 1 position* No change of foot May start with a flying entry Min 4 revs</li> </ul> <p>These spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<ul style="list-style-type: none"> <li>• Step Sequence 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</li> </ul>
*means element is required				



## Compete USA Competitions

### EVENT: Test Track Free Skate

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 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions)</li> </ul>	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.
Preliminary 1:40 max..	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels)</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	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.
Pre-Juvenile 2:00 +/- 10 sec.	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>• One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	One step sequence fully utilizing ice surface	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



**ADULT EVENTS: This event can be used as a Compulsory or Program Event**

**Adult 1-6 Free Skate, Pre-Bronze and Bronze:**

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

Connecting moves and steps should be demonstrated throughout the program.

- Vocal music is allowed.
- 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 1:30+/-10 sec unless otherwise noted

<p><b>Adult 1</b></p> <ul style="list-style-type: none"> <li>• Falling and Recovery</li> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>	<p><b>Adult 4</b></p> <ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
<p><b>Adult 2</b></p> <ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>	<p><b>Adult 5</b></p> <ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>
<p><b>Adult 3</b></p> <ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul>	<p><b>Adult 6</b></p> <ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin</li> </ul>
<p><b>Adult Pre-Bronze:</b> Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Time: 1:40 maximum Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p>	<p><b>Adult Bronze:</b> Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 maximum Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p>



# COMPETE USA ENTRY FORM (Please Print)

**ENTRY FEE \$60.00 must accompany entry form**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Sex \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ USFS/BS # \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_ e-mail \_\_\_\_\_ Homephone \_\_\_\_\_

Cell Phone \_\_\_\_\_ Home club or rink \_\_\_\_\_

Coach/Coach's e-mail \_\_\_\_\_ Coach's phone \_\_\_\_\_

Highest BS/ISI test level passed as of 9/30/2016: \_\_\_\_\_

**Please check the event(s) you are entering:**

**Elements (No Music):**

\_\_\_\_\_ Snowplow Sam  
\_\_\_\_\_ Basic 1      \_\_\_\_\_ Basic 5  
\_\_\_\_\_ Basic 2      \_\_\_\_\_ Basic 6  
\_\_\_\_\_ Basic 3  
\_\_\_\_\_ Basic 4

**Basic Program (with music):**

\_\_\_\_\_ Snowplow Sam  
\_\_\_\_\_ Basic 1      \_\_\_\_\_ Basic 5  
\_\_\_\_\_ Basic 2      \_\_\_\_\_ Basic 6  
\_\_\_\_\_ Basic 3  
\_\_\_\_\_ Basic 4

**Endorsement of coach** \_\_\_\_\_  
*"These are the correct events for this skater."*

**Entry Fee: \$60.00 Additional Events \$35.00**

**Deadline: September 30, 2016. Make Checks Payable to: AFSC Total fees enclosed \$ \_\_\_\_\_**  
*Please review your entry form carefully, all event changes due to your error will incur a \$25.00 fee per change. Entry forms postmarked later than September 30, 2016, will be considered late and a double entry fee must be paid.*

I understand that I, my son or daughter, skate at this competition at my/their own risk and hereby release its directors and volunteers, Aviator Sports and Events, its Director and professional staff, and all other personnel from all liability.

Signature (Parent of Skater if under 18) \_\_\_\_\_

Rink/Club Authorized Signature \_\_\_\_\_

# SINGLES ENTRY FORM

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Sex \_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ USFSA# \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_ e-mail \_\_\_\_\_ Homephone \_\_\_\_\_

Cell Phone \_\_\_\_\_ Home club or rink \_\_\_\_\_

Coach Coach's e-mail \_\_\_\_\_ Coach's phone \_\_\_\_\_

Highest BS/ISI test level passed as of 9/30/2016: \_\_\_\_\_

Check one: \_\_\_\_\_ USFS \_\_\_\_\_ Skate Canada      Test Level (as of 9/30/16) FS \_\_\_\_\_ MIF \_\_\_\_\_

**Please check the event(s) you are entering. Enter only one level per event:**

Free Skate Compulsories (No Music) (\$85):	Free Skate Event (with Music) (\$85):	Intro. Compulsories (No Music) (\$85):	Intro. Free Skate (with Music) (\$85)
_____ Free Skate 1	_____ Free Skate 1	_____ Beginner	_____ Beginner
_____ Free Skate 2	_____ Free Skate 2	_____ High Beginner	_____ High Beginner
_____ Free Skate 3	_____ Free Skate 3		
_____ Free Skate 4	_____ Free Skate 4	<b>Adult Free Skate Compulsory (No Music) (\$85)</b>	<b>Adult Free Skate (With Music: \$85)</b>
_____ Free Skate 5	_____ Free Skate 5	_____ Adult 1    _____ Adult 4	_____ Adult 1    _____ Adult 4
_____ Free Skate 6	_____ Free Skate 6	_____ Adult 2    _____ Adult 5	_____ Adult 2    _____ Adult 5
		_____ Adult 3    _____ Adult 6	_____ Adult 3    _____ Adult 6
		_____ Pre-Bronze    _____ Bronze	_____ Pre-Bronze    _____ Bronze

Singles Free Skate Compulsories (No Music) (\$85)	Singles Free Skate (with Music) (\$85)	Test Track (with Music) (\$85)
_____ No Test	_____ No Test	_____ Pre-Preliminary Test
_____ Pre-Preliminary	_____ Pre-Preliminary	_____ Preliminary Test
_____ Preliminary	_____ Preliminary	_____ Pre-Juvenile Test
_____ Pre-Juvenile	_____ Pre-Juvenile	

PAPER ENTRIES WILL HAVE AN ADDITIONAL PROCESSING FEE OF \$15.00.

**Entry Fee: \$85.00 Additional Events \$35.00**

Amount Enclosed \_\_\_\_\_ (Late entries, if accepted will be charged DOUBLE the entry fee.)

Please make check payable to AFSC and mail completed entry form with payment to:

**AFSC Autumn Lift-Off  
c/o Lorraine Massoni  
532 Beach 128<sup>th</sup> Street  
Belle Harbor, NY 11694**

**Certification of Competitor:**  
**The Competitor is eligible to enter the events checked.**

Club Officer \_\_\_\_\_ Title \_\_\_\_\_

Or Test Chair or attach letter of permission from your home club.

**Waiver by Athlete and Parent / Guardian**

ATHLETE: I agree to conduct myself, both on and off the ice, in a manner that will reflect favorably upon this Competition and upon the sport of figure skating, and that is consistent with the high standards of the sport. I agree to respect the person and property of others.

Signature \_\_\_\_\_

ATHLETE / PARENT/ GUARDIAN: I understand that the USFS, Aviator Sports and Events, and AFSC or other organizers of competitions undertake no responsibility for damages or injuries, or loss of property suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, the USFS, the AFSC, Aviator Sports and Events, and against its Officers, and their entries shall be accepted only on such condition.

**Athlete's signature** (over 18)

Date \_\_\_\_\_

**Parent/ Guardian's Signature**

Date \_\_\_\_\_

(required if athlete is under age 18)

**Authorization for Emergency Medical Treatment**

In the event I am unavailable, I hereby give permission for any emergency medical diagnosis, treatment or procedure for: the above-named entrant.

Signed \_\_\_\_\_ Relationship to Skater \_\_\_\_\_

Date \_\_\_\_\_ Telephone # ( ) \_\_\_\_\_

**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELLED. Send Completed Entry Form and Payment to:**

**AFSC Autumn-Lift Off  
c/o Lorraine Massoni  
532 Beach 128<sup>th</sup> Street  
Belle Harbor, NY 11694**