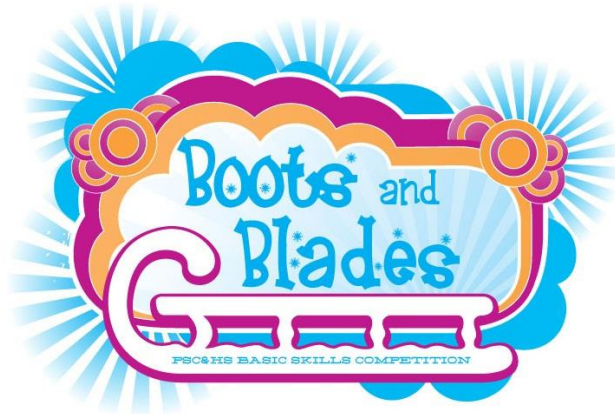


**REGISTER ONLINE FOR THE**



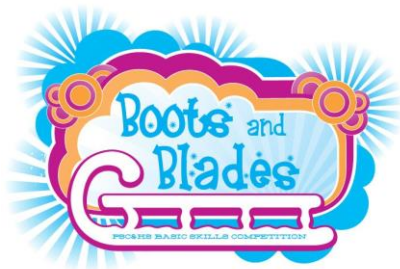
***2014 BOOTS & BLADES***

**BASIC SKILLS COMPETITION**

**Payment via a secured credit card transaction  
(processing fee applies)**

**Go to [PSCHS.org](http://PSCHS.org)**

**Simply follow the links for competition information and use the  
link to register for the competition and pay with a credit card  
(Visa, Mastercard and Discover only please)**



# **2014 BOOTS & BLADES BASIC SKILLS COMPETITION**

AT

**The Philadelphia Skating Club  
and Humane Society**



**SUNDAY  
April 27, 2014**



**Approved by the US Figure Skating Association**

**Snow Plow Sam; Basic Skills 1- 8; Freeskate 1- 6  
Beginner – Preliminary (Test Track and Well Balanced Program)  
Interpretive, Dance and Showcase**

***The Philadelphia Skating Club & Humane Society  
America's First Figure Skating Club  
220 Holland Avenue  
Ardmore, PA 19033  
[www.pschs.org](http://www.pschs.org)  
Email: [pschs@pschs.org](mailto:pschs@pschs.org)  
610-642-8700***

**Secure Online Registration and credit card payment will be available at: [www.pschs.org](http://www.pschs.org)  
Follow the link for 2014 Basic Skills Competition**

**Deadline for Online Entries: Midnight on March 31, 2014**

**Skaters and Coaches schedules and practice ice sessions available for purchase will be  
posted on the web at [www.pschs.org](http://www.pschs.org)**

## 2014 Boots & Blades Basic Skills Competition

**WHEN:** Sunday, April 27, 2014  
**LOCATION:** Philadelphia Skating Club and Humane Society  
220 Holland Avenue  
Ardmore, PA 19003  
(610) 642-8700

**CHAIRPERSON:** Regina Barr  
pschs@pschs.org  
**CHIEF REFEREE:** Susan Miller

**ELIGIBILITY:** The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. Once you register through our website [www.pschs.org](http://www.pschs.org), your legibility to compete will be confirmed by an email sent directly to your Club by entryeeze.com to verify that you are a Club member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club.

Eligibility will be based on skill level as of the closing date of entries Monday, March 31, 2014. All SNOWFLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the 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.

**RULES:** The competition will be conducted according to the rules in the 2014 Rule Book except as stated herein. The 6.0 judging system will be used for this competition.

**LIABILITY:** The USFS and the Philadelphia Skating Club and Humane Society accept no responsibility for injury or damage sustained by any participant in this competition; competitors assume the risk of competing in accordance with US Figure Skating rules.

**PRACTICE ICE:** Practice ice will be offered and available for purchase through Entryeeze when you register for the competition. Practice ice sessions will be \$12.00 if you pre-order the sessions. After the competition schedule is posted, practice ice sessions will be available for \$14.00.

**SCHEDULE:** The schedule for the competition will be available only by visiting [www.pschs.org](http://www.pschs.org). The schedule will NOT be available by phone, mail, or email. Please check for schedule changes prior to traveling to the competition.

**MUSIC:** Only CD's will be accepted. They must be clearly marked with competitor's name and event. Please submit CD's at the registration desk on arrival (at least one hour prior to scheduled event). Please pick up CD's promptly after the event. The Philadelphia Skating Club assumes no responsibility or liability due to loss or damage to any CD's. All possible care will be taken. Competitors should have duplicate CD's with them at their scheduled event (in case of problems with the original music) and for practice sessions. **No CD's in RW format will be accepted**

**RINK:** All events will be held at the PSC&HS. The ice surface measures 195' x 85' with NO boards. 5" edge. No smoking is permitted in the PSC&HS. No flash photography permitted during the events.

**AWARDS:** Medals will be presented for First through Fourth places in each event.

**VIDEO:** Only battery operated video equipment will be permitted. There will be professional videotaping available for purchase.

**DEADLINE:** You must enter this competition online at [www.pschs.org](http://www.pschs.org) by midnight March 31, 2014. Late entries will be accepted at the discretion of the Competition Chair and will require **DOUBLE** the entry fee. **THERE WILL BE NO REFUNDS** except for the cancellation of an event. Please note: The processing fee collected by entryeeze.com is not refundable for any reason.

**ENTRY FEES:** 1<sup>st</sup> Event, \$50.00; each additional event, \$35.00 Entering online at [www.pschs.org](http://www.pschs.org) with secure credit card payment is the only way to enter this competition. Simply follow the link 2013 Basic Skills Competition to register for the competition and pay with a credit card (VISA, MASTERCARD, and DISCOVER only please.) You will be charged a non-refundable processing fee by entryeeze.com. Checks returned for non-sufficient funds and contested credit card charges will be assessed a \$25.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

**EVENT CHANGE FEE:** Please review your application closely with your coach to ensure you have entered the correct events/levels. Once names have been submitted to the Chief Referee, no changes will be made except those due to an error by the LOC. After the tentative schedule is posted online, any change in registration because of an error on your application will result in a \$25.00 fee per change.

**REGISTRATION:** Please arrive 1 hour prior to your scheduled event. Report to the Registration Desk where you will hand in your music and receive a skater's information packet. Competitors who arrive after their warm-up group begins will be allowed to skate only at the discretion of the referee. If they do not skate, they will forfeit all fees for that event.

**Philadelphia Skating Club and Humane Society  
Boots & Blades Basic Skills Competition Application**

**(FOR PRINTING PURPOSES ONLY – NO APPLICATIONS WILL BE ACCEPTED BY MAIL)**

**Enter through [www.pschs.org](http://www.pschs.org) by midnight March 31, 2014**

**(the following information will be needed for your online registration)**

Last Name \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_ Sex \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ USFS/BS # (mandatory) \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

e-mail \_\_\_\_\_ Home phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Home club or rink \_\_\_\_\_ Coach \_\_\_\_\_ Coach's e-mail \_\_\_\_\_ Coach's phone \_\_\_\_\_

Highest Passed: USFS Freestyle \_\_\_\_\_ USFS MIF \_\_\_\_\_ Basic Skills \_\_\_\_\_ ISI \_\_\_\_\_

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

**Basic Elements(no music):**

\_\_\_\_\_ Snowplow Sam  
 \_\_\_\_\_ Basic 1 \_\_\_\_\_ Basic 5  
 \_\_\_\_\_ Basic 2 \_\_\_\_\_ Basic 6  
 \_\_\_\_\_ Basic 3 \_\_\_\_\_ Basic 7  
 \_\_\_\_\_ Basic 4 \_\_\_\_\_ Basic 8

**Basic Free Skate Program:**

\_\_\_\_\_ Snowplow Sam  
 \_\_\_\_\_ Basic 1 \_\_\_\_\_ Basic 5  
 \_\_\_\_\_ Basic 2 \_\_\_\_\_ Basic 6  
 \_\_\_\_\_ Basic 3 \_\_\_\_\_ Basic 7  
 \_\_\_\_\_ Basic 4 \_\_\_\_\_ Basic 8

**Free Skate Elements/Compulsories(no music):**

\_\_\_\_\_ Free Skate 1 \_\_\_\_\_ Beginner (formerly limited beginner)  
 \_\_\_\_\_ Free Skate 2 \_\_\_\_\_ High Beginner (formerly beginner)  
 \_\_\_\_\_ Free Skate 3 \_\_\_\_\_ No Test  
 \_\_\_\_\_ Free Skate 4 \_\_\_\_\_ Pre-preliminary  
 \_\_\_\_\_ Free Skate 5 \_\_\_\_\_ Preliminary  
 \_\_\_\_\_ Free Skate 6

**Test Track Free Skate Program:**

\_\_\_\_\_ Beginner (formerly limited beginner)  
 \_\_\_\_\_ High Beginner (formerly beginner)  
 \_\_\_\_\_ Pre-preliminary test  
 \_\_\_\_\_ Preliminary Test

**Free Skate 1-5 Program :**

\_\_\_\_\_ Free Skate 1  
 \_\_\_\_\_ Free Skate 2  
 \_\_\_\_\_ Free Skate 3  
 \_\_\_\_\_ Free Skate 4  
 \_\_\_\_\_ Free Skate 5  
 \_\_\_\_\_ Free Skate 6

**Well Balanced Free Skate Program:**

\_\_\_\_\_ No Test Free skate  
 \_\_\_\_\_ Pre-preliminary Free skate  
 \_\_\_\_\_ Preliminary Free skate

**Dance:**

\_\_\_\_\_ Preliminary  
 \_\_\_\_\_ Pre-Bronze

**Showcase:**

\_\_\_\_\_ Tot- Basic 8  
 \_\_\_\_\_ Freeskate1-6/Beg/High Beg  
 \_\_\_\_\_ No Test/Pre-Prelim  
 \_\_\_\_\_ Preliminary

**Interpretive:**

\_\_\_\_\_ Freeskate1-6/No Test  
 \_\_\_\_\_ Pre-Prelim/Preliminary

**Entry Fee: \$50.00 1st Event, \$35.00 Per Additional Event**

**Deadline: March 31, 2014**

**Please review your entry form carefully as all event changes due to your error will incur a \$25.00 fee per change. Late Entries will be accepted at the discretion of the chairperson ([pschs@pschs.org](mailto:pschs@pschs.org)).**

# BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

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.

- Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- To be skated on 1/3 to 1/2 ice
- No music
- **Elements must be skated in the order listed**

Level	Time	Skating rules / standards
Snowplow Sam 1-3	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>• Forward snowplow stop</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>• Forward alternating ½ swizzle pumps, in a straight line – 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>• Forward stroking</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Backward one foot glide - either foot</li> <li>• Two foot spin – minimum three revolutions</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Standstill forward outside three-turn - R &amp; L</li> <li>• Forward outside edge on a circle clockwise or counter clockwise</li> <li>• Forward crossovers 4-6 consecutive both directions</li> <li>• Backward stroking - 4-6 strokes</li> <li>• Backward snowplow stop - R or L</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>• Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>• Side toe hop -either direction</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside three-turn - R &amp; L</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line - R or L</li> <li>• Lunge - R or L</li> <li>• T-stop - R or L</li> </ul>
Basic 7	1:00 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside open Mohawk - R to L and L to R</li> <li>• Ballet Jump - either direction</li> <li>• Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>• Forward inside pivot</li> </ul>
Basic 8	1:00 max.	<ul style="list-style-type: none"> <li>• Moving forward outside or forward inside three-turns R &amp; L</li> <li>• Waltz jump</li> <li>• Mazurka - either direction</li> <li>• Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>• Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position - minimum three revolutions</li> </ul>

# BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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

- Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- To be skated on full ice
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules / standards
Snowplow Sam 1-3	1:00 +/-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	1:00 +/-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>• Forward snowplow stop</li> <li>• Backward wiggles 6-8 in a row</li> </ul>
Basic 2	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Forward one foot glide - either foot</li> <li>• Forward alternating ½ swizzle pumps, in a straight line – 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 +/-10 max.	<ul style="list-style-type: none"> <li>• Forward stroking</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Backward one foot glide - either foot</li> <li>• Two foot spin – minimum three revolutions</li> </ul>
Basic 4	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Standstill forward outside three-turn - R &amp; L</li> <li>• Forward crossovers 4-6 consecutive both directions</li> <li>• Backward stroking - 4-6 strokes</li> <li>• Backward snowplow stop - R or L</li> </ul>
Basic 5	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Backward crossovers 4-6 consecutive - both directions</li> <li>• Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>• Side toe hop -either direction</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside three-turn - R &amp; L</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line - R or L</li> <li>• Lunge - R or L</li> <li>• T-stop - R or L</li> </ul>
Basic 7	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside open Mohawk - R to L and L to R</li> <li>• Ballet Jump - either direction</li> <li>• Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>• Forward inside pivot</li> </ul>
Basic 8	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Moving forward outside or forward inside three-turns R &amp; L</li> <li>• Waltz jump</li> <li>• Mazurka - either direction</li> <li>• Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>• Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position - minimum three revolutions</li> </ul>

## FREE SKATE 1-6 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 .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

Level	Time	Skating rules / standards
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Advanced forward stroking - 4-6 consecutive</li> <li>• Backward outside three-turns R &amp; L</li> <li>• One-foot upright scratch spin from backward crossovers-minimum three revolutions</li> <li>• Waltz jump from backward crossovers</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Forward outside or inside spiral - R or L</li> <li>• Waltz Three's - R or L, 2-3 sets</li> <li>• Beginning back spin - entry optional – minimum two revolutions</li> <li>• Waltz jump, side toe hop, waltz jump sequence</li> <li>• Toe loop jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Forward crossovers in a figure 8</li> <li>• Backward inside three-turns, R &amp; L</li> <li>• Back spin- minimum three revolutions</li> <li>• Salchow 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-R or L</li> <li>• Sit spin- minimum three revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/loop jump combination</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Camel spin- minimum three revolutions</li> <li>• Forward upright spin to back upright spin- minimum three revolutions, each foot</li> <li>• Loop/loop jump combination-</li> <li>• Flip jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Split jump or stag jump</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Lutz jump</li> </ul>

## FREE SKATE 1-6 PROGRAM EVENT

Format: The skating order of the required elements is optional. The elements are not restricted as 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.

- 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 .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

Level	Time	Skating rules / standards
Free Skate 1	1:30+/-10 sec	<ul style="list-style-type: none"> <li>• Advanced forward stroking - 4-6 consecutive</li> <li>• One-foot upright scratch spin from backward crossovers-minimum three revolutions</li> <li>• Waltz jump from backward crossovers</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:30+/-10 sec	<ul style="list-style-type: none"> <li>• Forward outside spiral - R or L</li> <li>• Beginning back spin - entry optional – minimum two revolutions</li> <li>• Waltz jump, side toe hop, waltz jump sequence</li> <li>• Toe loop jump</li> </ul>
Free Skate 3	1:30+/-10 sec	<ul style="list-style-type: none"> <li>• Forward crossovers in a figure 8</li> <li>• Back spin- minimum three revolutions</li> <li>• Salchow jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Free Skate 4	1:30+/-10 sec	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets -R or L</li> <li>• Sit spin- minimum three revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/loop jump combination</li> </ul>
Free Skate 5	1:30+/-10 sec	<ul style="list-style-type: none"> <li>• Camel spin- minimum three revolutions</li> <li>• Forward upright spin to back upright spin- minimum three revolutions, each foot</li> <li>• Loop/loop jump combination-</li> <li>• Flip jump</li> </ul>
Free Skate 6	1:30+/-10 sec	<ul style="list-style-type: none"> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Split jump or stag jump</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Lutz jump</li> </ul>



## Compulsory Event Test Track and Well Balanced Levels

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 .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 (formerly Limited 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 (formerly 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>
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>• Single flip</li> <li>• Jump combination: single / single (no Axel)</li> <li>• Sit spin or camel spin; min. 3 revolutions</li> <li>• Spiral sequence with 1 forward spiral and 1 backward spiral (any edge)</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Single Lutz</li> <li>• Jump combination: single / single (may include Axel)</li> <li>• Back upright spin; min., 3 revolutions</li> <li>• Forward inside spiral</li> </ul>

# Test Track Freeskate Event

## 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
Beginner <i>(formerly Limited Beginner)</i>  1:30 +/- 10 sec.	Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not 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 Basic Skills free skating badge tests
High Beginner <i>(formerly Beginner)</i>  1:30 +/- 10 sec.	Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not 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 Basic Skills free skating badge tests
Pre-Preliminary  1:30 +/- 10 sec.	Max 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>• Max. 2 jump combinations or sequences (using above jumps only)</li> <li>• Max. 2 of any same type jump</li> </ul>	Max 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. (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 pre-preliminary free skate test
Preliminary  1:30 +/- 10 sec.	Max 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>	Max of 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min 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

# Well-balanced Program Requirements

## U.S. Figure Skating rulebook requirements

### 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 non qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted.
- 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	1:30 +/- 10 sec.	Max 5 jump elements: <ul style="list-style-type: none"> <li>• Single Jumps (no Axel)</li> <li>• Max 2 combos or sequences.</li> <li>• Combos limited to 2 jumps</li> <li>• Number of jumps in sequence is limited to a max of 3 single jumps (half-loop is not considered a single jump).</li> </ul>	Max 2 spins: Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.	Connecting moves and steps should be demonstrated throughout the program.
Pre-Preliminary	1:30 +/- 10 sec.	Max 5 jump elements: <ul style="list-style-type: none"> <li>• Any single jumps, including Axel, allowed.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps.</li> <li>• Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.)</li> <li>• Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels.</li> <li>• Double or triple jumps are not allowed.</li> </ul>	Max 2 spins: <ol style="list-style-type: none"> <li>Spins must be of a different nature</li> <li>Spins may change feet and/or position.</li> <li>Spins may start with a fly.</li> <li>Minimum of 3 revolutions</li> </ol>	One step sequenced that must use ½ of the ice surface.
Preliminary	1:30 +/- 10 sec.	Max 5 jump elements: <ul style="list-style-type: none"> <li>• One must be an Axel or waltz-jump.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps</li> <li>• Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.)</li> <li>• Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop)</li> <li>• Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences.</li> <li>• Maximum of 2 Axels or any double jump.</li> <li>• Double flips, double Lutzes, double Axels or triple jumps are not allowed.</li> </ul>	Max 2 spins: <ul style="list-style-type: none"> <li>• Spins must be of a different nature</li> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul>	One step sequenced that must use ½ of the ice surface.

# SHOWCASE EVENTS

## SHOWCASE EVENTS:

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A .2 deduction will be assessed by the referee against each judges' 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.

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

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Free skate 1-6/ 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

## DANCE- Solo or Couple

Skater/couple will perform three patterns of each dance before moving on to the next dance with warm-up placed between dances.

1. Preliminary: Dutch Waltz & Rhythm Blues
2. Pre-Bronze: Cha Cha & Fiesta Tango

# INTERPRETIVE PROGRAM

## **INTERPRETIVE PROGRAM:**

### **Competition Format**

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

### **Levels:**

Levels should be broken by ability with ages divided appropriately.

### **Judging Rules:**

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

### **Time:**

Music Duration Free Skate 1-6 - No Test: 1:15

Pre-preliminary- Preliminary: 1:30

**Coaching:** There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.