Butch Cassidy Invitational 2017 March 31 and April 1, 2017



ROCK SPRINGS FAMILY RECREATION CENTER ICE ARENA 3900 SWEETWATER DRIVE, ROCK SPRINGS, WYOMING 82901 Entry Deadline: March 3, 2017

Sponsored by the Sweetwater Figure Skating Club BUTCH CASSIDY INVITATIONAL 2017 March 31-April 1, 2017

This competition is part of the Intermountain Interclub Association Compete USA Series. This event is a standard U.S. Figure Skating Nonqualifying Competition



The Butch Cassidy Invitational 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:

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

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

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below their class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. Please be sure to check for the director/instructor's signature confirming the level of the skater.

Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries.

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

ENTRIES: Entries must be received online at www.entryeeze.com by March 3, 2017 at 11:59 PM. Entry fees are \$45.00 for the first event and \$35.00 for each additional event. Team and group events are \$20.00 per person. Late entries will be accepted at the discretion of the competition committee and the Referee, with a late fee of \$20.00. No entries accepted after the schedule has been completed. Two entries in a category will constitute a scheduled event to be skated. There will be no final round in the case of multiple groups. Entrants in an even may be divided into groups. LTS USA, Preliminary through Pre-Juvenile, and Adult will be grouped by age, if possible. Boys may be grouped with girls in Basic Skills, Compulsory Moves, Spins, Jumps, Dramatic, Light Entertainment, Maneuver Teams Event, Interpretive/Improv and Freestyle (Basic Skills – Preliminary) events if there are less than two boys in any given event. **<u>REFUND POLICY:</u>** Entry fees will not be refunded after March 3, 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 non-sufficient funds and contested credit card charges will be issued a \$35.00 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 email or web.

FACILITIES: The competition will be held at Rock Springs Family Recreation Center Ice Arena, 3900 Sweetwater Drive, Rock Springs, WY 82901. The RSFRC Ice Arena is an indoor ice surface 185' X 85' with rounded corners. Locker rooms and snack bar facilities are available. There is bleacher seating with moderate overhead heating. Please dress warmly.

MUSIC: For all events, music must be submitted electronically.

Each music file must be:

• in MP3format

File name must contain the following:

- Skater's Name (first name and last name)
- Skating Level
- Skating Event

Event Files must submitted directly through Entrveeze be or e-mailed to Sweetwaterfsc@gmail.com. Music submitted to either place will be acceptable. CD's will be only be accepted at registration if the electronic file could not be downloaded by the music staff. You will be prompted to provide a cd at registration if this is the case. It is recommended that all competitors have at least two (2) CD's with them at competition. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Sweetwater FSC cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

LIABILITY: U.S. Figure Skating, Sweetwater Figure Skating Club, and Rock Springs Family Recreation Center Ice Arena 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.

<u>REGISTRATION</u>: Registration will begin on Friday, March 31, one to two hours before the first event and run through the last event on Saturday, April 1. The registration table will be located at the ice arena at the top of the bleachers. Please register promptly upon arrival.

PRACTICE ICE: Reservations for Practice Ice must be made and paid for at time of entry and will be handled through the online entry process. The fee for each 20-minute session of practice ice is \$15.00. Skaters may buy one practice ice session per event entered. Once the competition schedule is finalized by the chief referee, specific practice ice times will be made available to be selected by competitors. At such time, skaters will be able to login to their account on www.entryeeze.com and select practice ice time. Please ensure the email address provide at time of entry is accurate in order to receive updates about practice ice availability and scheduling. Additional practice ice may become available after close of registration. This will be announced through www.entryeeze.com. Practice ice can be sold at

the registration desk on a first come first serve basis for \$15.00 per 20-minute session. Practice ice fees are non-refundable.

<u>PHOTOGRAPHY/VIDEOGRAPHY</u>: A photographer may be present at the awards ceremonies and for action photos. All winners should report to the photography area immediately after the results are posted. Personal videotaping is allowed but may not be connected to the rink electricity. In accordance with USFSA guidelines <u>no</u> authorized taping of skater other than your own is allowed.

<u>AWARDS:</u> Medals will be presented to the top four (4) competitors in each event. LTS USA participants will receive medals for 1st through 4th place. All other LTS USA participants will receive ribbons. There will be a maximum of six (6) Learn to Skate USA skaters per group. There will be a 1st, 2nd, and 3rd place Team Trophy awarded to the clubs with the most points at the end of the competition using a scoring system for each event as follows: 1st=5pts/2nd=3pts/3rd=2pts/4th=1pt. No points will be earned for team events. Sweetwater FSC is not eligible to receive a Team Trophy.

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

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach 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 a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor.

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 – <u>no exceptions</u>. 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 proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to: <u>http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf</u>

<u>CONTACT INFO:</u> If you have questions, please contact: Annie Morton, Committee Chair, 435-225-4056 or annie_morton@hotmail.com

ADDITIONAL INFORMATION: There are several hotels near the Rock Springs Family Recreation Center; however, the host hotels for the Butch Cassidy Invitational are:

- My Place Hotel 700 Gateway Blvd. Rock Springs, WY (307) 362-5977
- Holiday Inn Express 1660 Sunset Drive Rock Springs, WY (307) 362-9200

Be sure to mention that you are attending the Butch Cassidy Invitational when you book your rooms!

There will be t-shirts for sale, check EntryEeze for details.

Events Offered:

Basic Skills 1-6 Program Events, Pre-Freeskate to Freeskate 1-6 Program Events, Basic Skills Elements, Pre-Freeskate Elements, Freeskate 1-6 Elements, Well-Balanced Events, Test Track Events Intermediate to Senior Short Program Events Pre-Preliminary to Senior Compulsory Moves Jump Challenge, Spins Challenge Hockey

Light and Dramatic Entertainment Showcase, Interpretive Showcase, Duets, Mini Production Team

SINGLES FREE SKATING EVENTS

See current rulebook or click <u>here</u> for current rules and requirements.

Illustration of Singles Free Skating Events:



A. Introductory free skate events (copy & paste appropriate chart below).

B. Test Track free skate events (copy & paste appropriate chart below).

C. Well Balanced Program free skate (copy & paste appropriate chart below).



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
		 March followed by a two-foot glide and dip
Snowplow	1:10 max.	 Forward two-foot swizzles, 2-3 in a row
Sam		Forward snowplow stop
		 Backward wiggles, 2-6 in a row
		 Forward two-foot glide and dip
Basic 1	1:10 max.	 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		 Forward one-foot glide, either foot
	1:10 max.	 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
		 Beginning forward stroking showing correct use of blade
Basic 3	1:10 max.	 Forward ¹/₂ 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
		 Backward one-foot glides, right and left
Basic 4	1:10 max.	 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
		 Backward outside edge on a circle, clockwise or counterclockwise
	1:10 max.	 Backward crossovers, 4-6 consecutive, both directions
Basic 5		 Advanced two-foot spin, 4-6 revolutions
		 Forward outside three-turn, right and left
		Hockey stop
		 Forward inside three-turn, right and left
Basic 6	1:10 max.	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.

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Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	 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 Waltz jump
Free Skate 1	1:40 max	 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.	 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	 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.	 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.	 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.	 Split jump or stag jump Camel, sit spin combination - minimum of four revolutions total Waltz jump, ½ loop, Salchow jump sequence Axel jump



EVENT: Adult 1-6 Free Skate, Adult Pre-Bronze and Adult Bronze Program Event

General event parameters:

The skating order of the required elements is optional. The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

- 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.

Level	Time	Elements	
Adult 1	1:30 +/- :10 sec	 Falling and Recovery Forward Marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot 	
Adult 2	1:30 +/- :10 sec	 Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row 	
Adult 3	1:30 +/- :10 sec	 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 chasses on a circle, clockwise and counterclockwise Backward snowplow stop, Right and Left 	
Adult 4	1:30 +/- :10 sec	 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 	
Adult 5	1:30 +/- :10 sec	 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 	
Adult 6	1:30 +/- :10 sec	 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 	
Adult Pre-Bronze	1:40 max	Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.	
Adult Bronze	1:50 max	Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.	



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 <u>order listed below</u> (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
		March followed by a two-foot glide and dip
Snowplow	1:00 max.	 Forward two-foot swizzles, 2-3 in a row
Sam		Forward snowplow stop
		Backward wiggles, 2-6 in a row
		Forward two-foot glide and dip
Basic 1	1:00 max.	 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
		 Forward one-foot glide, either foot
Basic 2	1:00 max.	 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
		 Beginning forward stroking showing correct use of blade
Basic 3	1:00 max.	 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
		 Backward one-foot glides, right and left
Basic 4	1:00 max.	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
		Backward outside edge on a circle, clockwise or counterclockwise
		 Backward crossovers, 4-6 consecutive, both directions
Basic 5	1:00 max.	 Advanced two-foot spin, 4-6 revolutions
		 Forward outside three-turn, right and left
		Hockey stop
		 Forward inside three-turn, right and left
Basic 6	1:00 max.	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: Introductory Levels Free Skate Program

- 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: 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 	Max. 2 spins: • Two upright spins, 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 Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	 Max. 5 jump elements: 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. 	Max. 2 spins: • Two upright spins, change of foot optional, 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 Learn to Skate USA free skating badge tests



EVENT: 2016-17 Test Track Free Skate – Pre-Preliminary through Senior levels

- 1. Skaters may <u>not</u> enter both a Well-Balanced Free Skate or Introductory Level event and a Test Track Free Skate event at the same nonqualifying competition.
- 2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- 3. 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.
- 4. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position. 5. 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	 Maximum of 5 jump elements: 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 	Maximum of 2 spins: • 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
Preliminary 1:30 +/- 10 sec.	 Maximum of 5 jump elements: Jumps with not more than one rotation (no Axels). Max. 2 jump combinations or sequences Max. 2 of any same type jump 	 Maximum of 2 spins: 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) 	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: Jumps with not more than one rotation (no Axels). Max. 2 jump combinations or sequences Max. 2 of any same type jump 	Maximum of 2 spins: • 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	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

		may not fly.		
Level	Jumps	Spins	Step Sequences	Qualifications
Juvenile 2:15 +/- 10 sec.	 Maximum of 5 jump elements: Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	 Maximum of 2 spins: 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) Only solo spin may fly 	One step sequence fully utilizing ice surface	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
Intermediate 2:30 +/- 10 sec. Effective February 1, 2017, an additional ten seconds will be added to match program length. Program length will be 2:40+/- 10 seconds,	Maximum of 6 jump elements: 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	 Maximum of 2 spins: 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). 	One step sequence fully utilizing ice surface	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
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	 Maximum of 7 jump elements for men and 6 for ladies: 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 	 Maximum of 3 spins, of a different nature: 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) All spins may fly 	One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)	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

Level	Jumps	Spins	Step Sequences	Qualifications
Junior Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.	 Maximum of 8 jump elements for men and 7 for ladies: 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 	 Maximum of 3 spins of a different nature: 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) 	One step sequence fully utilizing ice surface (See rule 4105 for remarks)	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
Senior Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.	 Maximum of 8 jump elements for men and 7 for ladies: 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 	 Maximum of 3 spins of a different nature: 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) 	Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks) Ladies: 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.)	Skaters must have passed at least the U.S. Figure Skating junior free skate test

Well-Balanced Program No Test

0040 17	Well-Balanced Program No Test	0.001110	
2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
NO TEST 1:40 maximum *means element is required	 Max 5 Jump Elements All single jumps allowed except for the single Axel 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 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 	 Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	Max 1 Sequence • Step Sequence • 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 If IJS is used, then:
PRE- PRELIMIN ARY 1:40 maximum *means element is required	 Max 5 Jump Elements All single jumps, including the single Axel, allowed 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 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 	 Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	ChSt Max 1 Sequence • Step Sequence • 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 If IJS is used, then: ChSt
PRELIMIN ARY 1:30 +/- 10 sec *means element is required	 Max 5 Jump Elements 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) 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 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. 	 Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	Max 1 Sequence • Step Sequence • 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 If IJS is used, then: ChSt
PRE- JUVENILE 2:00 +/- 10 sec *means element is required	 Max 5 Jump Elements 1 must be an Axel-type jump* 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 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 	 Max 2 Spins 1 spin combination, with or without change of foot* May start with a flying entry Min 6 revs 1 spin with only 1 position* No change of foot May start with a flying entry Min 4 revs These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	Max 1 Sequence • 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 If IJS is used, then: ChSt

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCE
JUVENILE and OPEN JUVENILE 2:15 +/- 10 sec *means element is required	 Max 5 Jump Elements 1 must be an Axel-type jump* All single and double jumps, including the double Axel, allowed 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 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 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 	Max 2 Spins • 1 spin combination; with or without change of foot* • Min 8 revs • Min 2 revs in each position • Must have all 3 basic positions to receive full value. • 1 spin with only 1 position; no change of foot* • Min 5 revs Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	S Max 1 Sequence • One choreographi c step sequence* o Must fully utilize the ice surface
INTERME DIATE 2:40 +/- 10 sec *means element is required	 Max 6 Jump Elements 1 must be an Axel-type jump* All single, double and triple jumps allowed o No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated o If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence □ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value o No double or triple jump can be included more than twice Max 3 jump combinations or sequences o Combinations are limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in jump sequence is not limited 	 Max 2 Spins 1 spin combination; with or without change of foot* o Min 8 revs o Min 2 revs in each position o Must have all 3 basic positions to receive full value. 1 spin with only 1 position; no change of foot* o Min 5 revs Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	Max 1 Sequence • One leveled step sequence* o Maximum of Level 2. Only Simple Variety (seven turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. o Must fully utilize the ice surface
NOVICE LADIES 3:00 +/- 10 sec *means element is required	 Max 6 Jump Elements 1 must be an Axel-type jump* All single, double and triple jumps are allowed 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. 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 base value 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 Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	 Max 3 Spins 1 spin combination; with or without change of foot* Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 flying spin with no change of foot or position* Min 6 revs 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	Max 1 Sequence • One leveled step sequence* • Must fully utilize the ice surface
NOVICE MEN 3:30 +/- 10 sec *means element is required	 Max 7 Jump Elements 1 must be an Axel-type jump* All single, double and triple jumps are allowed 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. 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 base value 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 Combinations limited to 2 jumps 	 Max 3 Spins 1 spin combination; with or without change of foot* Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 flying spin with no change of foot or position* Min 6 revs 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating 	Max 1 Sequence • One leveled step sequence* • Must fully utilize the ice surface

	 One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	rule 4103 (E))	
2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
JUNIOR LADIES 3:30 +/- 10 sec *means element is required	 Max 7 Jump Elements 1 must be an Axel-type jump* Jumps can contain any number of revolutions Of all the triples or quads, only 2 can be executed twice 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 Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	 Max 3 Spins 1 spin combination; with or without change of foot* 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* Min 6 revs 1 spin with only 1 position* Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	 Max 1 Sequence One leveled step sequence* Must fully utilize the ice surface
JUNIOR MEN 4:00 +/- 10 sec *means element is required	 Max 8 Jump Elements 1 must be an Axel-type jump* Jumps can contain any number of revolutions Of all the triples or quads, only 2 can be executed twice 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 Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	 Max 3 Spins 1 spin combination; with or without change of foot* 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* Min 6 revs 1 spin with only 1 position* Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	Max 1 Sequence • One leveled step sequence* • Must fully utilize the ice surface
SENIOR LADIES 4:00 +/- 10 sec *means element is required	 Max 7 Jump Elements 1 must be an Axel-type jump* Jumps can contain any number of revolutions Of all the triples or quads, only 2 can be executed twice 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 Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	 Max 3 Spins 1 spin combination; with or without change of foot* 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* Min 6 revs 1 spin with only 1 position* Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	 Max 2 Sequences One leveled step sequence* Must fully utilize the ice surface One choreographic sequence* Must be clearly visible

	Max 8 Jump Elements	Max 3 Spins	Max 2 Sequences
	 1 must be an Axel-type jump* 	 1 spin combination; with or 	One leveled step
	Jumps can contain any number of revolutions	without change of foot*	sequence*
SENIOR	 Of all the triples or quads, only 2 can be executed 	 Min 10 revs Min 2 revs in each position 	 Must fully utilize the ice
MEN	twiceIf both executions (of the same triple or quad)	 Must have all 3 basic 	surface
4:30 +/-	are as solo jumps, the second of these jumps will receive 70% of its original base value	positions to receive full value.	One choreographic
10 sec	 No double jump, including double Axel, can be included more than twice in total 	 1 spin with a flying entry* Min 6 revs 	sequence* ○ Must be clearly
means	as solo jump or part of a combination/sequence	 1 spin with only 1 position Min 6 revs 	visible
element	 Max 3 jump combinations or sequences 	All spins may change feet and start	
is required	 Combinations limited to 2 jumps 	with a flying entry	
required	 One 3-jump combination is permitted 	Spins must be of a different	
	 Number of jumps in a sequence is not limited 	character	
		(For definition see U.S. Figure	
	<u> </u>	Skating rule 4103 (E))	



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 $\frac{1}{2}$ 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	 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 Waltz jump
Free Skate 1	1:15 max.	 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.	 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.	 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.	 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.	 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.	 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 $\frac{1}{2}$ 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			
		Waltz jump			
Beginner	1:15 max.	 ½ jump of choice 			
		 Forward two-foot or one-foot spin - minimum three 			
		revolutions (free leg position optional)			
		 Forward or backward spiral 			
		 Toe loop jump 			
High	1:15 max.	 Salchow jump 			
Beginner		 Forward scratch spin - minimum three revolutions 			
_		Forward or backward spiral			



EVENT: NO TEST - PRELIMINARY COMPULSORY MOVES

- 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.	 Loop jump Jump combination to include a toe loop (may not use a loop or Axel) Solo spin - sit <u>or</u> 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.	 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.	 Lutz jump Jump combination: single/single (may include Axel) Back upright spin - minimum three revolutions Forward inside spiral



EVENT: Adult 1-6 Free Skate, Adult Pre-Bronze and Adult Bronze Compulsory Event

General event parameters:

The skating order of the required elements is optional. The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Elements		
Adult 1	1:30 +/- :10 sec	 Falling and Recovery Forward Marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot 		
Adult 2	1:30 +/- :10 sec	 Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row 		
Adult 3	1:30 +/- :10 sec	 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 chasses on a circle, clockwise and counterclockwise Backward snowplow stop, Right and Left 		
Adult 4	1:30 +/- :10 sec	 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 		
Adult 5	1:30 +/- :10 sec	 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 		
Adult 6	1:30 +/- :10 sec	 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 		
Adult Pre-Bronze	1:40 max	Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.		
Adult Bronze	1:50 max	Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.		



EVENT: COMPULSORY MOVES

- 6. LTS USA Juvenile: Elements skated on $\frac{1}{2}$ ice
- 7. Intermediate Senior: Elements skated on full-ice
- 8. Elements may be performed only once
- 9. Music is not allowed

Level	Time	Skating rules/standards
		1. Single flip (for competitions held before December 31, 2014)
Pre –	1:15 max.	Single Toe Loop (for competitions held after January 1, 2015)
Preliminary		2. Jump combination: single/single (no Axel)
		3. Sit spin or camel spin - minimum three revolutions
		4. Spiral sequence with one forward spiral and one backward spiral
		(any edge)
		1. Single Lutz
Preliminary	1:15 max.	Jump combination: single/single (may include Axel)
/		Back upright spin - minimum three revolutions
		4. Forward inside spiral
		1. Single jump (may include Axel)
Pre –	1:15 max.	Jump combination: single/single (may include Axel)
Juvenile		3. Layback spin or camel spin - minimum three revolutions
		4. Step sequence - circular
		1. Single Axel
Juvenile &	1:15 max.	2. Jump combination: single/single or double/single
Open Juv.		3. Layback spin or camel spin - minimum three revolutions
		4. Step sequence – circular
		1. Double Salchow or double toe loop
Intermediate	1:30 max.	2. Jump combination: single/single or double/single
		3. Flying spin, minimum five revolutions
		 Step sequence – straight line
		1. Double loop
Novice	1:30 max.	2. Jump combination: double/single or double/double
		3. Flying spin - minimum five revolutions
		 Step sequence – straight line
		1. Double flip
Junior	1:30 max.	2. Jump combination: double/double or triple/double
		3. Combination spin - minimum 10 revolutions
		4. Step sequence – straight line
		1. Double Lutz
Senior	1:30 max.	2. Jump combination: double/double or triple/double
		3. Combination spin - minimum 10 revolutions
		 Step sequence – straight line



EVENT: Adult Compulsory Moves

- 10. 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. On required elements may be included.
- 11. All events are skated on $\frac{1}{2}$ ice.
- 12. Minimum number of revolutions are noted in parentheses.

Level	Time	Elements
		1. Forward crossovers (Min. 5 consecutive)
Adult Beginner	1:15	2. Waltz jump
Ũ		3. Two foot upright spin
		4. Forward spiral (any edge)
		 Backward crossovers (Min. 5 consecutive)
Adult Pre-Bronze	1:15	2. Waltz jump
		3. Forward upright spin (Min. 3 revolutions)
		4. Forward outside spiral
		1. Single Salchow
Adult Bronze	1:15	Waltz jump – toe loop combination jump
		3. Sit spin (Min. 3 revolutions)
		4. Spiral sequence (Min. 2 spirals)
		1. Single loop
Adult Silver	1:30	2. Single/single jump combination
		3. Sit spin (Min. 3 revolutions)
		4. Straight line step sequence
		1. Single Lutz or Axel
Adult Gold	1:30	2. Single/single or single/double jump combination
		Camel spin (Min. 4 revolutions)
		4. Straight line step sequence
		1. Axel, double Salchow , double toe loop or double loop
Masters	2:00	2. Jump combination (double/double, single/double or
Intermediate/Novice		double/single) that may include double Salchow , double toe
		loop or double loop and any single jump including Axel
		3. Solo spin of skater's choice (Min. 6 revolutions)
		4. Straight line step sequence
		1. Choice of any double jump
Masters Junior/Senior	2:00	2. Jump combination that may include any double jump
		3. Solo spin of skater's choice (Min. 8 revolutions)
		4. Straight line step sequence



EVENT: Jumps Challenge

- 13. Each jump may be attempted twice; the best attempt will be counted.
- 14. Pre-juvenile and lower will be skated 1/2 ice; Juvenile senior will be skated on full ice
- 15. Jumps with an "*" must be preceded with connecting steps (intermediate senior)

Level	Time	Skating rules / standards
		1. Waltz jump (from backward crossovers)
Beginner	1:15 max.	 ½ flip or ½ Lutz Single Salchow
		1. Waltz jump (from backward crossovers)
High	1:15 max.	2. Single Salchow
Beginner	1.10 1107.	3. Jump combination – waltz jump-toe loop
_		1. Single toe loop
No-Test	1:15 max.	 Single loop Jump combination – Any two ½ or single revolution jumps (no Axel)
		1. Single toe loop
Pre –	1:15 max.	2. Single flip
Preliminary		3. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
		5. Single flip
Preliminary	1:15 max.	6. Single Lutz
		 Jump combination – Any single jump + single loop (may be Axel) Single Axel
Pre –	1:15 max.	6. Single or double jump
Juvenile	1.10 1107.	7. Jump combination – single/single (no Axel)
		5. Single Axel
Juvenile &	1:15 max.	6. Double Salchow
Open Juv.		 Jump combination – single/single or double/single (no Axel) Single Axel
Intermediate	1:30 max.	6. Double loop*
Internediate		 Jump combination – double/single (no Axel)
		5. Double loop
Novice	1:30 max.	6. Double flip*
		 Jump combination – double/double (may be double Axel) Choice of double or triple jump
Junior	1:30 max.	 Choice of double of hiple jump Double or triple flip*
JUIIO	1.50 max.	 Jump combination – double/double (may be double Axel)
		5. Choice of double or triple jump
Senior	1:30 max.	6. Double or triple Lutz*
		 Jump combination – double/double or triple/double (may be double Axel)



EVENT: Spins Challenge

- 16. 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.
- 17. All events are skated on $\frac{1}{2}$ ice.
- 18. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	 Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3) Upright one-foot spin (3)
High Beginner	1:30 max.	 2. Upright two-foot spin (3) 3. Sit spin (3)
No-Test	1:30 max.	 Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
Pre – Preliminary	1:30 max.	 4. Upright one-foot spin (3) 5. Upright back scratch spin (3) 6. Sit spin (3)
Preliminary	1:30 max.	8. Forward scratch to back scratch spin (3)9. Combination spin with no change of foot (4)10. Sit spin (3)
Pre – Juvenile	1:30 max.	 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.	 8. Sit spin (4) 9. Combination spin – with change of foot; optional change of position (4 per foot) 10. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	 8. Flying camel spin (5) 9. Sit spin to backward sit spin (4 per foot) 10. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	 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.	 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.	 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)

SINGLES SHORT PROGRAM

The short program events listed below will be skated. Athletes and coaches are responsible for going to the 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



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness.
- Props and scenery ARE permitted.

General event parameters:

- 1. Level will be determined by the highest free skate or dance (solo or partnered) test passed, as listed in the table below. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- 2. The determination of level will be based upon test requirement at the entry deadline.
- 3. Current guidelines and procedures for nonqualifying showcase competitions can be found at <u>www.usfigureskating.org</u>, under "Programs" on the National Showcase page.

Dramatic Entertainment Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
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
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	Novice Free Skate OR	18-20	2:10 max
Novice	Juvenile Free Dance Novice Free Skate OR Novice Free Dance	Novice Free Dance Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Complete Pre-Bronze Dance Test**	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary FD (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) OR Any Pre-Silver Dance**	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile FS (prior to 10/1/94) Pre Juvenile FS Adult Silver Free Dance Intermediate Free Dance Preliminary FD (prior to 9/2/2000) 3 rd Figure (prior to 10/1/77) OR One Pre-Silver Dance**	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) OR Any Pre-Gold Dance**	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance 3 rd Figure (prior to 10/1//77) OR One Pre-Gold Dance**	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) OR Complete Pre-Gold Dance Test**	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) OR Complete Pre-Gold Dance Test**		21 and older	1:40 max
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* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply.; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition).For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.

**IMPORTANT- As of May 1, 2017, Pattern Dance Tests will no longer qualify adult athletes to compete in Showcase Events. Athletes currently competing based on pattern dance tests will need to pass a qualifying free skate or free dance test (solo, partnered, standard, adult, or masters) to compete in showcase events after April 30, 2017.



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Light Entertainment Events

Format:

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

General event parameters:

- 4. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- 5. The determination of level will be based upon test requirement at the entry deadline.
- 6. Current guidelines and procedures for nonqualifying showcase competitions can be found at <u>www.usfigureskating.org</u>, under "Programs" on the National Showcase page.

Light Entertainment Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
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

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	Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
	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		2:10 max
	Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior Event		Senior Free Skate OR Senior Free Dance			2:40 max
	Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
	Event Adult Bronze	Must have passed Free Skate or Dance Test (solo or partnered, standard, adult,	Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary FD (prior to	Age 21 and older	Time 1:40 max

Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance 3 rd Figure (prior to 10/1//77) OR One Pre-Gold Dance**	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) OR Complete Pre-Gold Dance Test**	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver FD (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) 8 th Figure Test (10/1/77- 9/30/79) OR Complete Pre-Gold Dance Test**		21 and older	1:40 max

* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply.; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition).For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.

**IMPORTANT- As of May 1, 2017, Pattern Dance Tests will no longer qualify adult athletes to compete in Showcase Events. Athletes currently competing based on pattern dance tests will need to pass a qualifying free skate or free dance test (solo, partnered, standard, adult, or masters) to compete in showcase events after April 30, 2017.



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Duet Events

Format:

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

General event parameters:

- 1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- 2. The determination of level will be based upon test requirement at the entry deadline

Current guidelines and procedures for nonqualifying showcase competitions can be found at <u>www.usfigureskating.org</u>, under "Programs" on the National Showcase page.

Duet Event Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
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
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		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Complete Pre-Bronze Dance Test**	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary FD (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) OR Any Pre-Silver Dance**	21 and older	1:40 max

Adult Silver		Adult Silver Free Skate Juvenile FS (prior to 10/1/94) Pre Juvenile FS Adult Silver Free Dance Intermediate Free Dance Preliminary FD (prior to 9/2/2000) 3 rd Figure (prior to 10/1/77) OR One Pre-Silver Dance**	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) OR Any Pre-Gold Dance**	21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance 3 rd Figure (prior to 10/1//77) OR One Pre-Gold Dance**	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) OR Complete Pre-Gold Dance Test**	21 and older	1:40 max
	Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver FD (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) 8 th Figure Test (10/1/77- 9/30/79) OR Complete Pre-Gold Dance Test**		21 and older	1:40 max

* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply.; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition).For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.

**IMPORTANT- As of May 1, 2017, Pattern Dance Tests will no longer qualify adult athletes to compete in Showcase Events. Athletes currently competing based on pattern dance tests will need to pass a qualifying free skate or free dance test (solo, partnered, standard, adult, or masters) to compete in showcase events after April 30, 2017.



EVENT: Showcase Events – Mini Production Ensemble Events

Formats:

- **Mini production ensemble** events are theatrical performances by three to seven competitors. Props and scenery are permitted. Programs are performed under full arena lighting
 - NOTE: Skaters may enter only one duet, mini production AND production event each.

Current guidelines and procedures for nonqualifying showcase competitions can be found at <u>www.usfigureskating.org</u>, under "Programs" on the National Showcase page.

Mini Production Ensemble Events:

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered standard track)	Age	Program Duration
Mini Production	Open	Open	No age restriction	3:10 max



EVENT: Showcase Events – Interpretive Events

Format: 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.

- The music will be played continuously during a 30-minute off-ice session in a room 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.
- 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.
- 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 prepositioned on the performance surface.

Current guidelines and procedures for nonqualifying showcase competitions can be found at <u>www.usfigureskating.org</u>, under "Programs" on the National Showcase page.

Interpretative Events and Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify

Level	Program Duration	Test Requirements (Freeskate or Free Dance)
Pre-juvenile and below	1:00 maximum	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	1:30 maximum	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.
Junior and senior	1:30 maximum	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 and young adult	1:30 maximum	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.
All adult events	1:30 maximum	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.