



April 1, 2017

*Colonial Figure Skating Club
Nashoba Valley Olympia Rink
Boxborough, Massachusetts*

Sanction #24819

The Colonial Adult Challenge 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.



**Colonial Adult Challenge
Colonial Figure Skating Club
Saturday April 1, 2017**

ELIGIBILITY/TESTLEVEL:

Test level:

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

Age Restrictions and Requirements:

Skaters entering *The 2017 Colonial Adult Challenge* must be at **least 18** years of age by the close of entries on **Wednesday, March 1, 2017**.

Unless there are fewer than two young adult entries in any given event, *young adults ages 18-20* will skate in their own group. All skaters entering free skate events **will be divided as closely as possible by age** should the number of entries warrant more than one group.

ENTRIES: Skaters must be **registered online** by 11:59pm (EST) on **March 1, 2017**. Late entries may be accepted at the discretion of the Competition Committee. Paper entries will not be accepted.

Online Registration: <http://comp.entryeeze.com>.

ENTRY FEES:

First Event	\$110.00	Pairs Event	\$50 per partner
Second Event	\$80.00	Dance Events (non-solo)	\$50 per partner
Third Event	\$60	Team Event	\$100 per team

REFUND POLICY: Entry fees **will not be refunded after entry deadline** unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$25.00 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 via the competition site at <http://www.Entryeeze.com>. Notification of competition and practice ice times will be EMAILED to competitors and available at <http://www.colonialfsc.com>.

FACILITIES: The competition will be held at *Nashoba Valley Olympia Ice Arena*, located on Route 111 in Boxborough, MA. The Nashoba Valley Olympia has handicap access ramps at our main entrance and inside Olympia III.

The snack bar will be open throughout the competition. Olympia III has traditionally been used for the Adult Challenge; however, Rinks I and II may be utilized this year if the number of entries or the situation warrants it. Rink dimensions are as follows:

Olympia I: ice surface is 186 x 87
Olympia II: ice surface is 183 x 84
Olympia III: ice surface is 184 x 82 with round corners

MUSIC: CDs are the only acceptable forms of media. Cassettes will not be accepted. CD's must be clearly marked with name, event entered and the music length. Each CD must have only ONE (1) track on it. Any disc with more than one (1) track will **NOT** be accepted. **Due to compatibility and reliability reasons music may NOT be submitted on re-recordable "CDRW" disc.** The official competition music must be turned in at the registration table at the time of check-in. 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 *Colonial Figure Skating Club* cannot be responsible for CD's left at the end of the competition. Please have separate CD's for practice and competition.

LIABILITY: U.S. Figure Skating, Colonial Figure Skating Club, and Nashoba Valley Olympia 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 ***International Judging System (IJS)*** will be used for the following events:

All Adult Gold Free Skate Events
All Adult Masters Free Skate Events

All competitors skating in these events need to submit the planned program content form online. This form is found in the Member's Only section at www.usfigureskating.org. The deadline to submit the form is **March 1, 2017**.

The ***6.0 Majority Judging System*** will be used for:

- *Well Balanced Program free skate events, Adult Pre-Bronze, Bronze, and Silver*
- *Introductory free skate events (Adult Beginner)*
- *All specialty singles events (spins, jumps, compulsory moves, etc.)*
- *All solo dance events*

REGISTRATION:

Registration will be open **at 7 am on April 1, 2017** and run through the last event of the day. The registration table will be located directly in the front lobby of the rink. Please register promptly upon arrival.

PRACTICE ICE: Skaters may book practice ice through our competition entry form at www.entryeeze.com. Practice ice will be offered in the AM and at lunch time. The cost of practice ice will be \$20 for a half hour session.

PHOTOGRAPHY/VIDEOGRAPHY: *Colonial Figure Skating Club* has arranged for professional photography and videography of the *Colonial Adult Challenge*. Competition Photos and videos will be available for purchase at the event.

AWARDS: Medals will be awarded for 1st, 2nd, 3rd and 4th place winners.

OFFICIAL NOTICES: An official bulletin board will be maintained in Rink Three and at the registration desk. Competition updates (including weather-related information) will be

available on our website at www.skatecolonial.com. 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/\$5million 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 – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without 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:

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

CONTACT INFO: If you have questions, please contact Suzie Weaver or Cheryl Morrison, Competition Co-Chairs at adultchallenge@colonialfsc.com. See also SkateColonial.org.

ADDITIONAL INFORMATION:

Official hotel accommodations – Holiday Inn, 242 Adams Place, Boxborough, MA 01718. Phone: 978- 263-8701

Airport information – The Boston area is serviced by Logan International Airport in Boston, MA as well as Manchester-Boston Regional Airport in Manchester, NH

Website - skatecolonial.org

Tentative schedule - Will be available on the EntryEze website approximately 2 weeks prior to the competition

Directions to Nashoba Valley Olympia:

From Rt. 128: (total distance 12.5 mi) Take exit 29B onto Rt. 2 for 7.9 miles to the Concord Prison Rotary. Following signs for Rt 2 continue on Rt. 2 for 2.1 miles to a set of traffic lights. 100 yards after these lights bear left onto Rt. 111. Continue straight through the next set of lights. Continue straight through West Acton Center and a set of lights. The Nashoba Valley Olympia is just over the Acton/Boxborough town line on Rt.111 on the left.

From Rt. 495: Take exit 28 onto Rt. 111. Travel east on Rt. 111 past the Boxborough Holiday Inn and Conference Center for a distance of 2.6 miles. The Nashoba Valley Olympia is on the right just prior to the Acton/Boxborough town line.

General USFS Event parameters:

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

ADULT FREE SKATING EVENTS

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

6.1 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.
 • 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

2016-17	JUMPELEMENTS	SPINS	STEPSEQUENCE
<p>IJS: MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum * means element is required</p>	<p>Max 7 Jump Elements</p> <p>1 must be an Axel-type jump* Max 3 combinations or sequences 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence</p>	<p>Max 3 Spins</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position</p>	<p>Max 1 Step Sequence</p> <p>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>IJS: MASTERS INTERMEDIATE- NOVICE</p> <p>3:10 maximum * means element is required</p>	<p>Max 6 Jump Elements</p> <p>1 must be an Axel-type jump* Max 3 combinations or sequences 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps Each jump may be repeated only once, and only as part of combination or sequence All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop Only one double-double jump combination or sequence is permitted Double flip, double Lutz, double Axel and triple jumps are not permitted</p>	<p>Max 3 Spins</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position</p>	<p>Max 1 Step Sequence</p> <p>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>IJS: ADULT GOLD</p> <p>2:40 maximum</p>	<p>Max 5 Jump Elements</p> <p>Max 3 combinations or sequences 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps Each jump may be repeated only once, and only as part of combination or sequence All single jumps, including the single Axel, are permitted, as are the following double jumps: double toe loop, double Salchow. No double-double jump combinations or sequences are permitted Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</p>	<p>Max 3 Spins</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 4 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position</p>	<p>Max 1 Step Sequence</p> <p>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>

2016-17	JUMPELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p>6.0 JUDGING: ADULT SILVER</p> <p>2:10 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted, including single Axel. • No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence <li style="text-align: center;">or • Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p> <p style="text-align: center;">If IJS is used, then: ChSt</p>
<p>6.0 JUDGING: ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence <li style="text-align: center;">or • Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p> <p style="text-align: center;">If IJS is used, then: ChSt</p>
<p>6.0 JUDGING: ADULT PRE BRONZE</p> <p>1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No single Lutz, single Axel or double jumps are allowed 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Min 3 revs • Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required

ADULT COMPULSORY MOVES

General event parameters:

1. 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.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Elements
Adult Beginner	1:15	<ol style="list-style-type: none"> 1. Forward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Two foot upright spin 4. Forward spiral (any edge)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. Backward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Forward upright spin (Min. 3 revolutions) 4. Forward outside spiral
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. Single Salchow 2. Waltz jump – toe loop combination jump 3. Sit spin (Min. 3 revolutions) 4. Spiral sequence (Min. 2 spirals)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Single loop 2. Single/single jump combination 3. Sit spin (Min. 3 revolutions) 4. Straight line step sequence
Adult Gold	1:30	<ol style="list-style-type: none"> 1. Single Lutz or Axel 2. Single/single or single/double jump combination 3. Camel spin (Min. 4 revolutions) 4. Straight line step sequence
Masters Intermediate/Novice	2:00	<ol style="list-style-type: none"> 1. Axel, double Salchow , double toe loop or double loop 2. Jump combination (double/double, single/double or 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
Masters Junior/Senior	2:00	<ol style="list-style-type: none"> 1. Choice of any double jump 2. Jump combination that may include any double jump 3. Solo spin of skater's choice (Min. 8 revolutions) 4. Straight line step sequence

ADULT JUMPS CHALLENGE

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated ½ ice; adult gold – masters junior/senior will be skated on full ice
3. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none"> 1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"> 1. Waltz or toe loop jump 2. ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:00	<ol style="list-style-type: none"> 1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	<ol style="list-style-type: none"> 1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	1:15	<ol style="list-style-type: none"> 1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> 1. Axel 2. Double Salchow , double toe loop or double loop 3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Double Lutz 3. Jump combination that may include any double jump

ADULT SPINS CHALLENGE

General event parameters:

1. 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.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Adult Beginner	1:15	<ol style="list-style-type: none"> 1. Pivot 2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (3) 2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4) 3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30	<ol style="list-style-type: none"> 1. Solo spin, no change of foot (4) 2. Second solo spin, different from the first; change of foot optional (4) 3. Combination spin with only one change of foot and at least one change of position (4 each foot)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 6 revolutions) 2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 8 revolutions) 2. Solo spin with a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry

ADULT MOVES IN THE FIELD

General event parameters:

1. Levels are based on the skaters' highest Moves in the field test passed.
2. A moves in the field competition event will consist of the skater performing two moves in the field patterns.
3. The skater will perform the two patterns listed for his or her level. Each skater will complete both of the required patterns consecutively in the order listed, pausing briefly in between.

The host club may choose to play background music, at a low volume, at its discretion

Level	Moves to be Skater
Pre-Bronze	1. Forward perimeter stroking (1/2 rink only) 2. Basic consecutive edges (Forward outside & forward inside only)
Bronze	1. Forward & backward crossovers 2. Forward power 3-turns
Silver	1. Eight-step mohawk sequence. 2. Forward double 3-turns.
Adult Gold	1. Backward power circle. 2. Forward double 3-turns.
Master's/Intermediate	1. Brackets in the field 2. Spiral sequence
Novice	1. Inside 3-turns/rocker-choctaws 2. Twizzles (Backward outside only)
Junior	1. Forward & backward outside rockers 2. Backward loop pattern.
Senior	1. Sustained edge step 2. Serpentine step sequence

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.

- Props and scenery ARE permitted.

General event parameters:

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

Dramatic Entertainment Levels:

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 (solo or partnered) Test	Age	Time
Beginner, High Beginner, No Test* <i>Note: these levels do not qualify for National Showcase</i>	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
Pre-Preliminary* <i>Note: these levels do not qualify for National Showcase</i>	-	Preliminary Free Skate	No Age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
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 for*	Must not have passed	Age	Time
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

**The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Basic Skills Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.*

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:

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.
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Light Entertainment Levels:

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered)	Age	Time
Beginner, High Beginner, No Test* Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
Pre-Preliminary* Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max

Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
Event	Must meet requirements for*	Must not have passed	Age	Time
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre- Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre- Gold Dance Test	Complete Pre-Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

**The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.*

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 in that group.
- **After the warm up, skaters will go back to a room, with no music being played.**
- Skaters will be brought to the ice when the previous skater finishes.
- All competitors in an event will interpret the same music.
- Props are permitted but must be brought into the room prior to listening to the music, and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

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

Interpretative Events and Levels:

Level	Program Duration	Test Requirements
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.

TEAM COMPULSORIES

(Skater may only enter one Adult Team Compulsory Moves event)

Teams should consist of three to five skaters and no skater will perform more than two moves. Moves will be the same as those listed in the individual compulsory moves section (above). **Note: The team leader must complete the Team Compulsory Entry Form at Entryeze.com for his/her team and remit one payment for entire team entry fee with team application.**

Adult Beginner /Pre-Bronze

1. Forward crossovers – clock wise (Min. 5 consecutive)
2. Waltz jump
3. Two foot upright spin
4. Forward spiral (any edge)
5. Toe Loop
6. Forward crossovers – counter clockwise (min. 5 consecutive)

Adult Bronze

1. Single Salchow
2. Waltz jump – toe loop combination jump
3. Sit spin (Min. 3 revolutions)
4. Spiral sequence (Min. 2 spirals)
5. Forward Upright Spin
6. Backward Crossovers – clockwise and counterclockwise (min 5 consecutive)

Adult Silver

1. Single loop
2. Single/single jump combination
3. Sit spin (Min. 3 revolutions)
4. Straight line step sequence
5. Camel spin or Layback Spin (min 3 revolutions)
6. Backward upright spin

Adult Gold/Master's

1. Single Lutz or Axel
2. Single/single or single/double jump combination
3. Flying Camel spin or flying sit spin (Min. 4 revolutions)
4. Straight line step sequence
5. Double jump to be selected from: Double Salchow, Double Toe Loop or Double Loop
6. Solo spin of skater's choice (minimum 6 revolutions)

ADULT PAIRS

2016-17	LIFTS	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	PIVOT FIGURE or DEATH SPIRAL	STEP SEQUENCE	*ADDITIONAL ELEMENT
<p>IJS: MASTERS PAIRS & ADULT GOLD PAIRS</p> <p>3:40 maximum</p>	<p>Max 2* different</p> <p>One may be a twist lift with no limit on the number of revolutions</p> <p>If lifts are from the same group, they must be different (e.g. one star and one platter, both from Group 3)</p> <p>Min ½ rev and max 3½ revs by man required</p> <p>Variations of the lady's position, no-handed, one-handed and combination lifts are permitted</p> <p>Carry lifts and lifts that include a carry feature are not permitted</p>	<p>Max 2 different</p> <p>Must have different IJS codes</p> <p>No limit on number of revolutions</p>	<p>Max 1</p> <p>Single, double or triple jumps permitted</p>	<p>Max 1</p> <p>Single, double or triple jumps permitted</p> <p>Max two jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p>	<p>Max 1</p> <ul style="list-style-type: none"> • Min 4 revs by both partners If spin does not have a change of foot • Min 6 revs by both partners If spin has a change of foot • Min 2 revs in each position 	<p>Max 1*</p> <p>Pair spin:</p> <ul style="list-style-type: none"> • Min 4 revs by both partners • Optional change of position • Min 2 revs in each position by both partners <p>Or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> • Min 6 revs total by both partners • Min 1 change of position by each partner • Min 1 change of foot by each partner • Min 2 revs in each position by both partners 	<p>Max 1*</p> <p>Regular one-hand to one-hand hold required</p> <p>At least ½ revolution with man in full pivot position</p>	<p>Max 1</p> <p>One choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</p>	<p>Max 1</p> <p>May choose to perform one additional element from:</p> <ul style="list-style-type: none"> • Pair spin if not already performed • Pair spin combination if not already performed • Pivot figure/death spiral (max two per program, different IJS codes) • Lift (max three per program, must be different) <p>Additional elements must have an IJS code that is different from that of any other program element.</p>

2016-17	LIFTS	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	PIVOT FIGURE or DEATH SPIRAL	STEP OR CHOREOGRAPHIC SEQUENCE
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<p>6.0 JUDGING: ADULT SILVER PAIRS</p> <p>2:40 maximum</p>	<p>Max 2 different</p> <p>One must be from Group 1</p> <p>Other lift may be from Group 1 with a different take off or from Group 2 or may be a single twist lift</p> <p>Full extension is optional for Group 2 waist lift</p> <p>Min ½ rev and max 3½ revs by man required</p> <p>Variation of lady's position, no-handed, one-handed, overhead, carry and combination lifts, and lifts that include a carry feature are not permitted</p>	<p>Max 1</p> <p>Single throw jumps only</p> <p>Double or triple throw jumps not permitted</p>	<p>Max 1</p> <p>Single jumps only</p> <p>Double or triple jumps not permitted</p>	<p>Max 1</p> <p>Single jumps only</p> <p>Max two jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p>	<p>Max 1</p> <ul style="list-style-type: none"> • Min 3 revs by both partners If spin does not have a change of foot • Min 5 revs by both partners If spin has a change of foot • Min 2 revs in each position 	<p>Max 1</p> <p>Pair spin:</p> <ul style="list-style-type: none"> • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners <p>or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> • Min 5 revs total by both partners • Min 2 revs in each position by both partners 	<p>Max 1</p> <p>Pivot position not required</p> <p>Choice of position and hand hold</p>	<p>Max 1</p> <p>Chosen from:</p> <ul style="list-style-type: none"> • Step sequence which must utilize at least ½ of ice surface or • Choreographic sequence which must be clearly visible <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</p>
<p>6.0 JUDGING: ADULT BRONZE PAIRS</p> <p>2:10 maximum</p>	<p>Max 1</p> <p>May be from Group 1 or a Group 2 waist lift</p> <p>Min ½ rev and max 3½ revs by man required</p> <p>Full extension is optional for Group 2 waist lift</p> <p>Variations of the lady's position, no-handed, one-handed, overhead, twist, carry and combination lifts, and lifts that include a carry feature are not permitted</p>	<p>Max 1</p> <p>Single throw jumps only</p> <p>Single Axel, double or triple throw jumps not permitted</p>	<p>Max 1</p> <p>Single jumps only</p> <p>Single Axel, double or triple jumps not permitted</p>	<p>Max 1</p> <p>Single jumps only</p> <p>Single Axel, double or triple jumps not permitted</p> <p>Max two jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p>	<p>Max 1</p> <ul style="list-style-type: none"> • Min 3 revs by both partners If spin does not have a change of foot • Min 5 revs by both partners If spin has a change of foot • Min 2 revs in each position 	<p>Max 1</p> <p>Pair spin:</p> <ul style="list-style-type: none"> • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners <p>or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> • Min 5 revs total by both partners • Min 2 revs in each position by both partners 	<p>Max 1</p> <p>Pivot position not required</p> <p>Choice of position and hand hold</p>	<p>Max 1</p> <p>Chosen from:</p> <ul style="list-style-type: none"> • Step sequence which must utilize at least ½ of ice surface or • Choreographic sequence which must be clearly visible <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</p>

2016-17	LIFTS	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	PIVOT FIGURE or DEATH SPIRAL	STEP OR CHOREOGRAPHIC SEQUENCE
<p>6.0 JUDGING: CENTENNIAL PAIRS</p> <p>3:10 max</p>	<p>Max 2 different</p> <p>Lifts may be from Group 1 or Group 2 or one may be a single twist lift</p> <p>*If from the same group, each must have different take off (for example, one Lutz lift and one Axel lift, both from Group 1)</p> <p>Full extension is optional for Group 2 waist lift</p> <p>Min ½ rev and max 3½ revs by man required</p> <p>Variations of the lady's position, no-handed, one-handed, overhead, carry and combination lifts, and lifts that include a carry feature are not permitted</p>	<p>Max 1</p> <p>Single throw jumps only</p> <p>Single Axel throw jumps are permitted</p>	<p>Max 1</p> <p>Single jumps only</p> <p>Single Axel jumps are permitted</p>	<p>Max 1</p> <p>Single jumps only</p> <p>Single Axel jumps are permitted</p> <p>Max two jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p>	<p>Max 1</p> <ul style="list-style-type: none"> • Min 3 revs by both partners If spin does not have a change of foot • Min 5 revs by both partners If spin has a change of foot • Min 2 revs in each position 	<p>Max 1</p> <p>Pair spin:</p> <ul style="list-style-type: none"> • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners <p>or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> • Min 5 revs total by both partners • Min 2 revs in each position by both partners 	<p>Max 1</p> <p>Pivot position not required</p> <p>Choice of position and hand hold</p>	<p>Max 1</p> <p>Chosen from:</p> <ul style="list-style-type: none"> • Step sequence which must utilize at least ½ of ice surface or • Choreographic sequence which must be clearly visible <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</p>

SOLO PATTERN DANCE

General event parameters:

1. Levels are based upon the skaters' highest pattern dance test passed.
2. A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
3. The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
4. Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

Level	January 1- March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-bronze	1. Swing 2. Cha-Cha	1. Fiesta Tango 2. Swing	1. Cha-Cha 2. Fiesta Tango	1. Swing 2. Cha-Cha
Bronze	1. Hickory Hoedown 2. Willow Waltz	1. Ten Fox 2. Hickory Hoedown	1. Willow Waltz 2. Ten Fox	1. Hickory Hoedown 2. Willow Waltz
Pre-silver	1. Fourteenstep 2. European Waltz	1. Foxtrot 2. Fourteenstep	1. European Waltz 2. Foxtrot	1. Fourteenstep 2. European Waltz
Silver	1. American Waltz 2. Silver Tango	1. Rocker Foxtrot 2. American Waltz	1. Silver Tango 2. Rocker Foxtrot	1. American Waltz 2. Silver Tango
Pre-gold	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz
Gold	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep

FREE DANCE (PARTNERED)

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p>Championship Adult/ Adult Gold/ Adult Pre- Gold/ Masters Open</p> <p>3:10 maximum</p>	<p>Max 2</p> <p>2 different types of lifts</p> <p>One may be a combination lift (max 12 seconds)</p> <p>Short lifts are max <u>7</u> seconds</p>	<p>Max 1</p> <p>Spin or Spin Combination</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p>	<p>Max 1</p> <p>Choreographic Step Sequence</p> <p>Chosen from circular, midline or diagonal in hold</p> <p>Must use full ice surface</p> <p>Serpentine and Not Touching types of sequences are not permitted</p> <p>Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed one measure of music.</p> <p>If the step sequence meets these requirements, it will be awarded a fixed base value and will only be evaluated by the judges in GOE.</p> <p>Not Permitted Elements:</p> <p>Stops, pattern regressions and loops are not permitted in the step sequence.</p> <p>Dance spins and pirouettes are stops</p>	<p>Max 1</p> <p>Synchronized Twizzle*</p> <p>At least one full rotation</p> <p>No stop(s) permitted before twizzle</p> <p>*If set of synchronized twizzles is performed instead of the required element, a synchronized twizzle, only the first twizzle of the set will be called.</p> <p>The additional twizzle and steps can be considered by the judges in the program components.</p> <p>When adult free dance is judged using the 6.0 system, the judges shall consider the first twizzle in the set of synchronized twizzles for the technical mark, and the second twizzle of the series shall be included in the determination of the program component mark.</p>	<p>Required elements may be skated anywhere in the program except in the required step sequence.</p> <p>Music should adhere to rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed.</p> <p>Other illegal elements</p> <p>Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>Lying on the ice</p>