



August 18 - 20, 2017

Entries due Monday July 17, 2017

\$10 Early Bird Discount available until Sunday, June 25th 2017 for Pre-Pre and above

Hosted by:

The Colorado Skating Club
&
South Suburban Ice Arena
6580 South Vine Street
Centennial, CO 80121

Chief Referee: Hannah Katz
Chief Accountant: Cherry Harrison
Chief Technical Accountant: Kim Lamb

**** USING ENTRYEEZE SECURE ONLINE REGISTRATION ****

Registration, payment, practice ice reservations and schedules will be available
by visiting www.coloradoskatingclub.net



Sanctioned By:

The Cup of Colorado is offering:

**Singles Well Balanced and Test Track, Pairs Well Balanced,
Specialty Events, Basic Skills Series, & Funtastics Series**

For further information please contact:

Valerie Powell or Mike Maciolek at 2017cupofcolorado@gmail.com or visit www.coloradoskatingclub.net

**2017 Cup of Colorado
Colorado Skating Club
August 18 – 20, 2017**

The Cup of Colorado 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 who is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

SERIES INFORMATION: The Cup of Colorado will participate in the US Figure Skating Basic Skills Series & Colorado Funtastics Beginner Series.

ELIGIBILITY/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. Except for Basic Skills, not all events need to be skated at the same level.

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 13 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: Secure online Registration through Entryeeze and credit card payment will be available at www.coloradoskatingclub.net until 11:59 MDT, Monday, July 17, 2017. Late entries may be accepted at the discretion of the Referee and the Competition Committee and only if accompanied by a \$30.00 late fee. Please contact us before submitting a late application. The Competition Committee reserves the right to limit entries in any event or to cancel an event due to time restrictions.

EARLY BIRD DISCOUNT: A \$10.00 early bird discount will be offered for pre-preliminary and above entries registered online by 11:59 pm MDT on Sunday, June 25, 2017.

EVENT TYPE	ENTRY FEE	COMMENTS
First IJS Single Event	\$115	
Each additional IJS Event	\$40	
Critique IJS \$10 / Critique 6.0 \$5 (dance/showcase/other)	\$10 / \$5	See page 3 for list of events for which critiques are offered
First 6.0 Event (includes Solo Dance and Showcase)	\$105	\$50/skater for couples Dance, Pairs
Second 6.0 Event (includes Solo Dance and Showcase)	\$45	\$22.50/ skater for couples Dance, Pairs
Each Additional 6.0 Event (includes Solo Dance and Showcase)	\$30	\$15/skater for couples Dance, Pairs
First Beginner / Basic Skating Event	\$55	
Each Additional Beginner / Basic Skating Event	\$20	
Special Olympics	\$55	
Each Additional Special Olympics Event	\$20	
Early Bird Discount: Pre-pre & higher	\$10	

Notification of competition and practice ice times will be available on Entryeeze and can be directly accessed through the CSC website – www.coloradoskatingclub.net.

REFUND POLICY: Entry fees will not be refunded after Monday, July 17, 2017 unless no competition exists or the event is canceled. Two entries will constitute an event. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Please check your entry information for accuracy. If you do not have Internet access, please ask your coach or a friend to check this site for you.

FACILITIES: The competition will be held at the South Suburban Ice Arena, 6580 South Vine Street, Centennial, CO, 303-798-7881, and www.sspr.org. The South Suburban Ice Arena has two indoor ice surfaces 85' x 200'. A snack bar and spectator seating are available. No admission will be charged.

MUSIC:

For events requiring music; music must be submitted electronically via the online registration system by the music deadline of July 31, 2017. A backup CD of the music should be readily available at the actual time of competition.

LIABILITY:

U.S. Figure Skating, Colorado Skating Club, and South Suburban 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 International Judging System (IJS) will be used for the following events:

- *Well Balanced Program Singles free skate events, juvenile – senior*
- *Short program Singles events, juvenile – senior*

All competitors skating in these events need to submit the planned program content form online. This form is found in the Planned Program Content tab in your Entryeze account. The deadline to submit the form is July 31, 2017.

Program Content forms submitted at the time of competition will not be accepted.

The 6.0 Majority Judging System will be used for:

- *Free skate events, limited pre-preliminary -- pre-juvenile*
- *All Test Track events*
- *All specialty singles events (spins, jumps, compulsory moves, etc.)*
- *All pairs events*
- *All solo dance events*
- *All showcase events*

REGISTRATION: Registration will begin on Friday, August 18 and end on Sunday, August 20. Registration will be open one to two hours before the first event and run through the last event of the day. The registration table will be located in the lobby of South Suburban Ice Arena. Please register promptly upon arrival and have all necessary music.

CRITIQUES: Judging critiques will be offered for all **Dance & Pair Events (6.0)** (Juvenile and above), **IJS Free Skate and Short Program Events** (Juvenile and above (IJS)), and **Free Skate Events (Pre-Preliminary- Pre-Juvenile (6.0), Showcase Dramatic/Light Entertainment (6.0), and all Test Track events (6.0))**. Critiques cost \$10 for IJS events and \$5 for 6.0 events and must be paid for before the entry deadline of July 17th. **Critiques can be purchased in Entryeze by going to the merchandise tab.**

PRACTICE ICE AND FEES:

Practice Ice – 30min	On or Before July 17 th \$12.00	After schedule posted: \$15.00	At Registration Desk: \$18.00
Warm Up Ice – 20 min	On or before July 17 th \$10.00	After schedule posted: \$12.00	At Registration Desk: \$14.00
Beg-Basic Practice - 20 min	On or before July 17 th \$10.00	After schedule posted: \$12.00	At Registration Desk: \$14.00

Practice ice will be offered Friday, August 18 – Sunday, August 20.

Practice Ice and Warm - Up Ice sessions should be requested and paid for during online entry.

Warm-Up Ice will be scheduled the same day as the event but it is not guaranteed to be on the same ice surface.

Warm up Ice is open for IJS free skate and short program events and for Dance and Pairs events, pre juvenile and above.

Whenever possible, sessions will be organized according to levels and limited to 20 skaters.

Skaters music will not be played on practice ice or warm-up sessions.

Pattern dance music will be played on dance sessions (standard US Figure Skating issue)

Handheld props will be allowed on Showcase sessions only.

After August 15th, there is a limited ability to add session(s). Please sign up early

PHOTOGRAPHY/VIDEOGRAPHY: Local Motion Productions has been contracted to provide action shots and professional podium pictures. [Email: LMPVIDEOPHOTO@gmail.com](mailto:LMPVIDEOPHOTO@gmail.com) [Website: www.LMPVIDEO.COM](http://www.LMPVIDEO.COM)

AWARDS: Awards will be made as soon as possible after the conclusion of each event. Medals will be given to the top four (4) in all events. All competitors in Funtastics and Basic Skill events will receive a medal/ribbon.

OFFICIAL NOTICES:

An official bulletin board will be maintained at South Suburban 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 and to check in with the ice monitor. Events may run 15 minutes early. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance. In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1st, 2017.

- A. Must be a current full member of U.S. Figure Skating.
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site.
- C. Must complete the appropriate CER courses depending on the highest level of students being coached as of July 1st, 2017. See rule MR 5.12.
- D. Must submit proof of current general liability insurance.

For Basic Skills ONLY coaches - Any person 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

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

HOSPITALITY: There will be a separate designated hospitality area for coaches and judges throughout the events.

ADVERTISEMENT:

Wish your skater good luck and/or advertise your business. Contact Mike Maciolek at mcmaciolek@hotmail.com. More information about program ads can be found at the end of the announcement.

CONTACT INFO: Valerie Powell or Mike Maciolek at 2017cupofcolorado@gmail.com

OFFICIAL HOTEL: SHERATON DENVER TECH CENTER HOTEL

70007 S. Clinton Street, Greenwood Village, CO 80112

Contact: Tracy Casteel, Conference Service Manager

phone (303)705-6643 fax (303)792-5051 e-mail tracycasteel@sheratondtc.com

\$89 per night **Availability is limited**

SINGLES FREE SKATING EVENTS

See current rulebook or click on the link for the current rules and requirements.

Offering Test Track, Well Balanced and Adult

<http://www.usfsa.org/content/2016-17%20Test%20Track%20Elements.pdf>

EVENT: Test Track Free Skate

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30 +/- 10 sec.	Maximum of 5 jump elements: Jumps with not more than one-half rotation (front to back or back to front including half loop) <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	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: <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	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 may not fly.	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
Juvenile/ Open Juv Open Juv: 13 years of age or older, Juvenile: Under 13 – age requirement as of Sept. 1, 2017 2:20 +/- 10 sec	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	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) <i>Only solo spin may fly</i>	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

Test Track Freeskiate Continued

<p>Intermediate</p> <p>2:40 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> •Any single jumps. •Double jumps permitted: double Salchow and double toe loop. •Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump 	<p>Maximum of 2 spins:</p> <p>One must be a flying spin (min 5 revolutions),</p> <p>One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</p>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec.</p> <p>Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> •Any single jumps. •Double jumps permitted: double Salchow, double toe loop and double loop. •Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <p>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)</p> <p>The other spins are the option of the skater (min 6 revolutions per foot)</p> <p><i>All spins may fly</i></p>	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec.</p> <p>Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> •Any single jumps. •Double jumps permitted: double Salchow, double toe loop, double loop and double flip <p>Maximum of 3 jump combinations or sequences</p> <ul style="list-style-type: none"> •Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <p>One spin in one position (Min. 6 revolutions)</p> <p>One flying spin (Min. 6 revolutions)</p> <p>One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot)</p>	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec.</p> <p>Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> •Any single jumps. •Must include at least four different double jumps, one must be a double Lutz. •Triple jumps are not permitted •Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <p>One spin in one position (Min. 6 revolutions)</p> <p>One flying spin (Min. 6 revolutions)</p> <p>One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</p>	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface.(See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

EVENT: Well Balanced Program Free Skate

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

- Skaters will skate to the music of their choice. Vocal music is permitted for all skating levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Either IJS or the 6.0 judging system may be used for this event.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under "Technical Information," then "Singles/Pairs"

Level	Time	Jumps	Spins	Step Sequences
Limited Pre-Preliminary	1:30 +/- 10 sec	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Any single jumps, except Axel, allowed. • Max. 2 jump combinations or sequences • Jump combinations are limited to 2 jumps. • Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (½ loop is not considered a single jump.) • No Axel Allowed • Double or triple jumps are not allowed. 	Maximum of 2 spins: <ul style="list-style-type: none"> • Spins must be of a different nature • Spins may change feet and/or position. • Spins may start with a fly. • Min. of 3 revolutions 	One step sequenced that must use ½ of the ice surface.
Pre-Preliminary	1:30 +/- 10 sec	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Any single jumps, including Axel, allowed. • Max. 2 jump combinations or sequences • Jump combinations are limited to 2 jumps. • Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (½ loop is not considered a single jump.) • Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels. • Double or triple jumps are not allowed. 	Maximum of 2 spins: <ul style="list-style-type: none"> • Spins must be of a different nature • Spins may change feet and/or position. • Spins may start with a fly. • Min. of 3 revolutions 	One step sequenced that must use ½ of the ice surface.
Preliminary	1:30 +/- 10 sec	Maximum of 5 jump elements: <ul style="list-style-type: none"> • One must be an Axel or waltz-jump. • Max. 2 jump combinations or sequences • Jump combinations limited to 2 jumps • Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (½ loop is not considered a single jump.) • Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop) • Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. • Maximum of 2 Axels or any double jump. • Double flips, double Lutzes, double Axels or triple jumps are not allowed. 	Maximum of 2 spins: <ul style="list-style-type: none"> • Spins must be of a different nature • Spins may change feet and/or position. • Spins may start with a fly. • Min. of 3 revolutions 	One step sequenced that must use ½ of the ice surface.

Well Balanced Program Free Skate continued

Pre-Juvenile	2:00 +/- 10 sec	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel or waltz –jump. • Max. 2 jump combinations or sequences • Jump combinations limited to 2 jumps • Number of jumps in jump sequence is limited to a maximum of 3 single or double jumps. (½ loop is not considered a single jump at this level.) • Number of different double jumps is not limited. • Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence. • Maximum of 2 Axels or any double jump • No double Axels or triple jumps 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot*, may fly. • 1 spin with only 1 position*, may fly, no change of foot • Min. 4 revolutions.; 6 revolutions for combo • Spins must be of a different nature 	One step sequence fully utilizing ice surface.
<p>Juvenile / Open Juv</p> <p>Open Juv: 13 years of age or older Juvenile Under 13 yrs. Requirement as of Sept. 1, 2017</p>	2:20 +/- 10 sec	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel-type jump* • Max. 2 jump combinations or sequences • Jump combinations limited to 2 jumps • Number of jumps in jump sequence is not limited • No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Maximum of 2 of same double jump. • No triple jumps 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination; with/without change of foot* • 1 spin with only 1 position; no change of foot* • Both spins may start with a fly • Min. 5 revolutions; 8 revolutions. for combination • Min. 2 revolutions in position • Spins must be of a different nature 	One choreographic step sequence fully utilizing ice surface.
Intermediate	2:40 +/- 10 sec	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 jump combinations (combos) or sequences • Jump combinations limited to 2 jumps, but one 3-jump combo is permitted • Number of jumps in jump sequence is not limited • No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or sequence. Max. 2 of the same double or triple. 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination; w/without change of foot* • 1 spin with only 1 position; no change of foot* • Both spins may start with a fly • Min. 5 revolutions; 8 revolutions. for combo • Min. 2 revolutions. in position • Spins must be of a different nature 	leveled step sequence (maximum level 2 with limited features.

Well Balanced Program Free Skate continued

Novice Ladies	3:00 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel-type jump* • Max. 3 jump combinations (combos) or sequences • Jump combinations limited to 2 jumps, but one 3-jump combo is permitted • Number of jumps in jump sequence is not limited • No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or seq. Max. 2 same double or triple. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> • Spins must be of a different nature • 1 flying entry with no change of foot or position* • 1 spin combination; w/without change of foot* • 3rd spin is option of skater • Min. 6 revolutions; 10 revolutions. for combo • Min. 2 revolutions. in position • Spins may change feet and start with a fly, except • For the flying spin with no change of foot or position 	One leveled step sequence Fully utilizing the ice surface
Novice Men	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel-type jump* • Max. 3 jump combinations (combos) or sequences • Combos limited to 2 jumps, but one 3-jump combo is permitted • Number of jumps in jump sequence is not limited • One double Axel and two different triple jumps may be repeated. • If double Axel or triple jumps repeated, must be in combo or sequence. • No more than two of the same type of double or triple may be attempted. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> • Spins must be of a different nature • 1 flying entry with no change of foot or position* • 1 spin combination; with or without change of foot* • 3rd spin is option of skater • Min. 6 revolutions; 10 revolutions for combo • Min. 2 revolutions in position • Spins may change feet and start with a fly, except for the flying spin with no change of foot or position 	One leveled step sequence Fully utilizing the ice surface.
Junior Ladies	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel-type jump * • Max. 3 jump combinations (combos) or sequences • Combos limited to 2 jumps, but one 3-jump combo is permitted • Number of jumps in jump sequence is not limited • 2 triples or quads may be repeated, but must be in combo or sequence • Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> • 1 flying entry* • 1 spin combination; with or without change of foot* • 1 spin with only 1 position * • Min. 6 revolutions; 10 revs. for combo • Min. 2 revolutions in position • All spins may change feet and start with a fly • Spins must be of a different nature 	One leveled step sequence Fully utilizing the ice surface.

Well Balanced Program Free Skate continued

Junior Men	4:00 +/- 10 sec.	<p>Maximum of 8 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel-type jump * • Max. 3 jump combinations (combos) or sequences • Combos limited to 2 jumps, but one 3-jump combo is permitted • Number of jumps in jump sequence is not limited • 2 triples or quads may be repeated, but must be in combo or sequence • Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> • 1 flying entry* • 1 spin combination; with or without change of foot* • 1 spin with only 1 position * • Min. 6 revolutions; 10 revs. for combo • Min. 2 revolutions in position • All spins may change feet and start with a fly • Spins must be of a different nature 	<p>One leveled step sequence Fully utilizing the ice surface.</p>
Senior Ladies	4:00 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel-type jump * • Max. 3 jump combinations (combos) or sequences • Combos limited to 2 jumps, but one 3-jump combo is permitted • Number of jumps in jump sequence is not limited • 2 triples or quads may be repeated, but must be in combo or sequence • Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> • 1 flying entry* • 1 spin combination; with or without change of foot* • 1 spin with only 1 position * • Min. 6 revolutions; 10 revolutions for combo • Min. 2 revolutions in position • All spins may change feet and start with a fly • Spins must be of a different nature 	<p>One leveled step sequence One choreographic sequence Fully utilizing the ice surface</p>
Senior Men	4:30 +/- 10 sec.	<p>Maximum of 8 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel-type jump * • Max. 3 jump combinations (combos) or sequences • Combos limited to 2 jumps, but one 3-jump combo is permitted • Number of jumps in jump sequence is not limited • 2 triples or quads may be repeated, but must be in combo or sequence • Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> • 1 flying entry* • 1 spin combination; with or without change of foot* • 1 spin with only 1 position * • Min. 6 revolutions; 10 revolutions for combo • Min. 2 revolutions in position • All spins may change feet and start with a fly • Spins must be of a different nature 	<p>One leveled step sequence One choreographic sequence Fully utilizing the ice surface</p>

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. Juvenile short program – Rule 4230
- B. Open Juvenile short program – Rule 4230
- C. Intermediate short program – Rule 4230
- D. Novice short program – Rule 4220
- E. Junior short program – Rule 4210
- F. Senior short program – Rule 4200

<http://www.usfigureskating.org/content/2017-18%20Singles%20SP%20Chart%20v1.pdf>

****this is subject to change following Governing Council meeting in May.**

SINGLES COMPULSORY MOVES

EVENT: COMPULSORY MOVES

- If entries warrant, groups will be divided by the skaters' Well-balanced or Test Track Free Skate entry
- Entrants in Compulsory Moves may enter any level at/above that which they qualify but may not skate below.
- Entrants may enter multiple Compulsory Moves events with a maximum of two entries (registrations)

General event parameters:

- Pre-preliminary – Juvenile: Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ul style="list-style-type: none"> • Single Toe-Loop • Jump combination: single/single (no Axel) • Sit spin or camel spin - minimum three revolutions • Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Single Lutz • Jump combination: single/single (may include Axel) • Back upright spin - minimum three revolutions • Forward inside spiral
Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> • Single jump (may include Axel) • Jump combination: single/single (may include Axel) • Layback spin or camel spin - minimum three revolutions • Step sequence – circular
Juvenile & Open Juv.	1:15 max.	<ul style="list-style-type: none"> • Single Axel • Jump combination: single/single or double/single • Layback spin or camel spin - minimum three revolutions • Step sequence – circular

SINGLES JUMPS CHALLENGE

EVENT: Jumps Challenge

- ▪ If entries warrant, groups will be divided by the skaters' Well-balanced or Test Track Free Skate entry.
- ▪ Entrants in Jumps may enter any level at or above that which they qualify but may not skate down.
- ▪ Entrants may enter multiple Jumps events with a maximum of two entries (registrations).
- ▪ In all Full Ice jump events competitors MAY skate opposite another skater: have the entire ice to prepare the jump but the jump performed must be on their assigned "end (L or Z)" of the arena.

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
- Jumps with an "*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Pre – Preliminary	1:25 max.	<ul style="list-style-type: none"> • Single toe loop • Single flip • Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:25 max.	<ul style="list-style-type: none"> • Single flip • Single Lutz • Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:45 max.	<ul style="list-style-type: none"> • Single Axel • Single or double jump • Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:45 max.	<ul style="list-style-type: none"> • Single Axel • Double Salchow • Jump combination – single/single or double/single (no Axel)
Intermediate	2:00 max.	<ul style="list-style-type: none"> • Single Axel • Double loop* • Jump combination – double/single (no Axel)
Novice	2:00 max.	<ul style="list-style-type: none"> • Double loop • Double flip* • Jump combination – double/double (may be double Axel)
Junior	2:00 max.	<ul style="list-style-type: none"> • Choice of double or triple jump • Double or triple flip* • Jump combination – double/double (may be double Axel)
Seior	2:00 max.	<ul style="list-style-type: none"> • Choice of double or triple jump • Double or triple Lutz* • Jump combination – double/double or triple/double (may be double Axel)

PLEASE NOTE: JUNIOR AND SENIOR LEVELS MAY BE COMBINED

SINGLES SPINS CHALLENGE

EVENT: Spins Challenge

- Entrants in Spins may enter any level at or above that which they qualify but may not skate down.
- Entrants may enter multiple Spin events with a maximum of two entries (registrations).

General event parameters:

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

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

PLEASE NOTE: JUNIOR AND SENIOR LEVELS MAY BE COMBINED

PAIRS FREE SKATING EVENTS

- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org , under "Technical Information," then "Singles/Pairs" pairs short program link should be:

<http://www.usfsa.org/content/2017-18%20Pairs%20SP%20Chart%20v1%2002-10-17.pdf>

PAIRS SHORT PROGRAM EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Juvenile short program – Rule 5240
- B. Intermediate short program – Rule 5230
- C. Novice short program – Rule 5220
- D. Junior short program – Rule 5210
- E. Senior short program – Rule 5200

<http://www.usfigureskating.org/content/2017-18%20Pairs%20SP%20Chart%20v1%2002-10-17.pdf>

****this is subject to change following Governing Council meeting in May.**

SOLO DANCE EVENTS

The solo pattern dance event and combined event are being offered as to match the U.S. Figure Skating Solo Dance Series but is **not included in the U.S. Figure Skating Solo Dance Series 2017**. Please refer to the Solo Dance Series [guidelines](http://www.usfigureskating.org/programs?id=84172) for current rules, levels and requirements. <http://www.usfigureskating.org/programs?id=84172>

SOLO DANCE PATTERN DANCE - The Solo Dance pattern dance event is comprised of two dances at each level.

Level	Dances
Preliminary	<ul style="list-style-type: none"> • Canasta Tango • Rhythm Blues
Pre-bronze	<ul style="list-style-type: none"> • Cha-Cha • Fiesta Tango
Bronze	<ul style="list-style-type: none"> • Willow Waltz • Hickory Hoedown
Pre-silver	<ul style="list-style-type: none"> • European Waltz • Foxtrot
Silver	<ul style="list-style-type: none"> • Silver Tango • Rocker Foxtrot
Pre-gold	<ul style="list-style-type: none"> • Killian • Starlight Waltz
Gold	<ul style="list-style-type: none"> • Westminster Waltz • Argentine Tango
International	<ul style="list-style-type: none"> • Cha Cha Congelado • Tango Romantica

Solo Combined Event - The combined dance event is comprised of a selection of one of two solo pattern dances (selected by U.S. Figure Skating – see Solo Dance Series Handbook) and a solo free dance for the juvenile, intermediate and novice levels and a solo short dance and a solo free dance for the junior and senior levels. The results from each segment are factored together to create an overall result. *These pattern dances are separate from those in the solo pattern dance event and the results will not count towards the solo pattern dance event or results.*

The combined dance event is comprised of the following:

- 1.) For juvenile, intermediate and novice: one of two solo pattern dances (selected by U.S. Figure Skating – see Solo Dance Series Handbook)
- 2.) For junior and senior: one short dance and
 - a.) A solo free dance.

SHADOW DANCE – PRELIMINARY THROUGH SENIOR LEVELS

The Shadow Dance event is offered for the preliminary through senior levels. Refer to the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/programs?id=84172> for the shadow dance rules and event details.

Level	Dances
Preliminary	Dutch Waltz
Juvenile	Ten Fox
Intermediate	Fourteenstep
Novice	Tango
Junior	Paso Doble
Senior	Quickstep

PATTERN DANCE (PARTNERED) - Refer to: <http://www.usfigureskating.org/programs?id=84172>

SHORT DANCE (PARTNERED) - Refer to: <http://www.usfigureskating.org/programs?id=84172>

FREE DANCE (PARTNERED) - Refer to: <http://www.usfigureskating.org/programs?id=84172>

SHOWCASE EVENTS

EVENT: Showcase Events – Dramatic Entertainment Events

- 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
- 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.
- The determination of level will be based upon test requirement at the entry deadline
- Current guidelines and procedures for non-qualifying showcase competitions can be found at <http://www.usfigureskating.org/programs?id=84078> , under “Programs” on the National Showcase page.

Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	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 +/- 10sec
Pre-Preliminary* <i>Note: this level does not qualify for National Showcase</i>		Preliminary Free Skate	No Age restriction	1:30 max +/- 10sec
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:20 max
Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
Senior	Senior Free Skate Complete Gold Dance			2:40 max
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.

EVENT: Showcase Events – Light Entertainment Events

- 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
- 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.
- The determination of level will be based upon test requirement at the entry deadline
- Current guidelines and procedures for non-qualifying showcase competitions can be found at <http://www.usfigureskating.org/programs?id=84078> , under “Programs” on the National Showcase page.

Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	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	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
Senior	Senior Free Skate Complete Gold Dance			2:40 max
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.

EVENT: Showcase Events – Duet Events

- 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
- 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.
- The determination of level will be based upon test requirement at the entry deadline.
- Duets must compete at the highest test level of the two skaters.
- Current guidelines and procedures for non-qualifying showcase competitions can be found at <http://www.usfigureskating.org/programs?id=84078> , under “Programs” on the National Showcase page.

Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
Beginner, High Beginner, No Test* <i>*Note: this level does not qualify for National Showcase</i>		Pre-Preliminary Free Skate	No Age restriction	1:30 max
Pre-Preliminary <i>*Note: this level does not qualify for National Showcase</i>		Preliminary Free Skate	No Age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
Senior	Senior Free Skate Complete Gold Dance			2:40 max
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.*

EVENT: Showcase Events – Interpretative Events

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 during a 30-minute off-ice session and twice during an on-ice warm-up prior to the performance.
- The room will be attended only by the adult monitor assigned to play the music and the competing skaters in that group.
- **Skaters after the warm up 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 non-qualifying showcase competitions can be found at <http://www.usfigureskating.org/programs?id=84078> , under "Programs" on the National Showcase page.

Level	Program Duration	Test Requirements
Beginner, High Beginner No Test	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
Pre-Preliminary to Pre-juvenile	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

SPECIAL OLYMPIC EVENTS

Available for levels 1 through 6. Elements are per USFS Special Olympics. If you are interested in participating in this event please contact Valerie Powell at 2017cupofcolorado@gmail.com.

ADULT SKATING EVENTS

EVENT: Adult Free Skate

General event parameters:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.
- The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences
CHAMPIONSHIP MASTERS JUNIOR/SENIOR & MASTERS JUNIOR & MASTERS SENIOR 3:40 max * means element is required	Max. 7 <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted • No Axels and multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 	Max. 3 <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 5 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	Max. 1 To be chosen from: <ul style="list-style-type: none"> • Choreographic step sequence or • Choreographic sequence Must fully utilize the ice surface. 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.
CHAMPIONSHIP MASTERS INTERMEDIATE/NOVICE & MASTERS INTERMEDIATE & MASTERS NOVICE 3:10 max * means element is required	Max. 6 <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • 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 	Max. 3 <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 5 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	Max. 1 To be chosen from: <ul style="list-style-type: none"> • Choreographic step sequence or • Choreographic sequence Must fully utilize the ice surface 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.
CHAMPIONSHIP GOLD & ADULT GOLD 2:40 max * means element is required	Max. 5 <ul style="list-style-type: none"> • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps, including an Axel-type jump, 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 	Max. 3 <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 4 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	Max. 1 To be chosen from: <ul style="list-style-type: none"> • Choreographic step sequence or • Choreographic sequence Must fully utilize the ice surface 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.

ADULT FREESKATE EVENT continued

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

EVENT: Adult Compulsory Moves

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Pre-juvenile and lower will be skated ½ ice; juvenile – senior will be skated on full ice
- Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

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

EVENT: Adult Jumps Challenge

General event parameters:

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

Level	Time	Elements
Adult Beginner	1:00	Bunny Hop Mazurka or ballet jump
Adult Pre-Bronze	1:00	Waltz or toe loop jump $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop
Adult Bronze	1:00	Single Salchow Single toe loop Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	Single flip Single loop Single/single combination (Axel is permitted)
Adult Gold	1:15	Single Axel Single Lutz Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30	Axel Double Salchow , double toe loop or double loop 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	Double loop or double flip Double Lutz Jump combination that may include any double jump

EVENT: Adult Spins Challenge

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. On required elements may be included.
- All events are skated on $\frac{1}{2}$ ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Adult Beginner	1:15	Pivot Two-foot upright spin (2)
Adult Pre-Bronze	1:15	One-foot upright spin (3) Two-foot upright spin (3)
Adult Bronze	1:15	One-foot upright spin (4) One-foot back spin (3) Sit spin (3)
Adult Silver	1:30	Camel spin (3) Layback, sideways leaning or sit spin (4) Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30	Solo spin, no change of foot (4) Second solo spin, different from the first; change of foot optional (4) Combination spin with only one change of foot and at least one change of position (4 each foot)
Masters Intermediate/Novice	1:30	Solo spin of skater’s choice (Min. 6 revolutions) Second solo spin, different from the first; change of foot optional (4) May have a flying entry 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	Solo spin of skater’s choice (Min. 8 revolutions) Solo spin with a flying entry 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

2017 Skate Colorado Compete USA Series



<p>Denver Invitational (South Suburban) Date: March 16-19, 2017 www.denverfsc.org 6580 So. Vine Street Centennial, CO 80121 Competition Chair: Lisa May lisa@denverfsc.org (720) 272-0290 Competition Application Deadline: Feb 5, 2017</p>	<p>Ft. Collins Classic (EPIC) Date: March 30 - April 2, 2017 www.fortcollinsfsc.org 1801 Riverside Fort Collins, CO 80525 Competition Chair: Dawn Cramer sinjinaz@icloud.com (602) 403-3176 Competition Application Deadline: March 1, 2017</p>
<p>Colorado College Cup (Honnen Ice Arena) Date: April 23, 2017 http://www.coloradocollege.edu/other/honnen 14 Cache La Poudre St. Colorado Springs, CO 80903 Competition Chair: Linda Alexander lalexander@coloradocollege.edu (719) 389-6156 Competition Application Deadline: March 30, 2017</p>	<p>Front Range Invitational (Greeley Ice Haus) Date: June 3-4, 2017 www.mountainviewskatingclub.com PO Box 336771 Greeley, CO 80633 Competition Chair: Leah Hurst competition@mountainviewskatingclub.com (970) 616-9101 Competition Application Deadline: May 1, 2017</p>
<p>Broadmoor Open (World Arena) Date: June 18, 2017 www.broadmoorskatingclub.com 3185 Venetucci Blvd Colorado Springs, CO 80906 Competition Chair: Barbara Bradley HoneyB23@aol.com Competition Application Deadline: April 28, 2017</p>	<p>Colorado Championships (Ice Centre at the Promenade) Date: Aug 3-5, 2017 www.denverfsc.org 10710 Westminster Blvd Westminster, CO 80020 Competition Chair: Cassy Papajohn coloradochampionships@gmail.com (303) 919-0303 Competition Application Deadline: July 7, 2017</p>
<p>Colorado Gold (South Suburban) Date: August 18-20, 2017 www.coloradoskatingclub.net 6580 So. Vine Street Centennial, CO 80121 Competition Chair: Valerie Powell / Mike Maciolek vailval@comcast.net / mcmaciolek@hotmail.com (303) 596-0339 / (303) 915-9570 Competition Application Deadline: July 17, 2017</p>	<p>Colorado Springs Invitational (Monument Ice Rinks) Date: September 17, 2017 www.centennialskatingclub.org 16240 Old Denver Highway Monument, CO 80132 Competition Chair: Lisa Landon Lisa_landon@comcast.net (719) 659-0912 Competition Application Deadline: Aug 4, 2017</p>

*** All 2017 Skate Colorado Compete USA Competition Series awards will be presented at the conclusion of this competition ***

2017 Skate Colorado Compete USA Series (page 2)

MISSION STATEMENT: To provide an opportunity for Colorado skaters to develop their skating skills in a fun, competitive environment.

AWARDS: During the competition season, skaters and teams/clubs will have the chance to compete at 8 different competitions and earn points for a final standing. Trophies and medals will be awarded at the conclusion of the CSI Skate Colorado Compete USA competition.

Skate Colorado Compete USA Series Team Banner (4 x 6) – 1st, 2nd, and 3rd place banners will be awarded to the club/skating school with the most points scored throughout the entire series (all 8 competitions) by skaters representing that club/skating school (points for clubs and skating schools located at the same rink will be added together to enhance and create more of a “team” concept). Points will be awarded based upon the same system as the individual points. Tie breakers will be the same as the individual tie breakers.

Free skate Program and Elements/Compulsory

Series Point System

A skater must enter **BOTH** the Free skate Program **AND** the Elements/Compulsory event **IN THE SAME LEVEL** in each of at least TWO of the NINE registered Skate Colorado Compete USA Competitions to be eligible for accumulating points. Skaters must compete in a minimum of 2 competitions. Only up to the best 4 scores (free skate and compulsory/elements added together) of the season will be totaled for the final score in the series. Each event will have a maximum of six skaters. Both youth and adults may accumulate points!

The system for scoring points for the trophies will be as follows:

1 st place	6 points
2 nd place	5 points
3 rd place	4 points
4 th place	3 points
5 th place	2 points
6 th place	1 point

** A skater will earn three points toward their overall standing each time the skaters enters a level that is higher than the level competed in at the previous competition throughout the duration of the series. In order to keep the extra three points he/she must compete in that level or higher in all subsequent competitions. Move up points will be awarded for all 8 series events (even though the event point scores may not be one of the final four best scores).*

In the event that there is only one skater in an event, the skater will have the choice to skate alone OR move up a level to compete against other skaters, **HOWEVER, THE SKATER WILL HAVE TO MOVE UP IN BOTH THE ELEMENTS/COMPULSORY MOVES AND THE PROGRAMS W/MUSIC EVENTS.**

2017 Skate Colorado Compete USA Series (page 3)

In this case, those skaters will be allowed to move back to their original level to compete at the next competition and shall not be awarded the **3** point move up credit.

If an event has 2-6 skaters, the points will be awarded as if there were six skaters in the group. If there is only one skater in the group, that skater will be awarded three points.

In case of a tie, the total number of skaters that the competitor has skated against throughout the series (all competitions and not just the competitions with the 4 best scores) will be the 1st tie breaker. The total score for all free skate events during the season will be the 2nd tie breaker, the total score for all compulsory events during the season will be the 3rd tie breaker, and the number of levels increased throughout the season will be the 4th tie breaker.

All points follow the skater throughout the series, so if a skater moves up to higher levels, the points follow the skater. Once a skater moves up a level, they may not compete at a lower level unless they moved up as a result of having no other skaters in their group.

Trophies will be awarded 1-3 place and medals will be awarded for 4-6 place in each level from Snowplow Sam through Free Skate 6 and Adult 1-6. The trophies and medals will be awarded to the skaters at their level as of the last competition in the series.

Rules and Format:

COMPETITION ANNOUNCEMENT

The **Skate Colorado Compete USA Competition Series** is sponsored equally by the 8 participating ice rinks and/or U.S. Figure Skating member clubs. Competition packages will be available at all participating ice rinks and/or via the club or rink websites. Each competition will have its own entry forms and specific rules so please make sure to read the entire announcement for each competition.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate USA Program/Club or any other Learn to Skate USA Program/Club.

Eligibility will be based on skill level as of the closing date of entries.

All Snowplow Sam through Basic 6 skaters are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and **NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.**

All Pre-Free Skate through Free Skate 6 skaters are eligible to skate at highest level passed OR one level higher BUT

not both levels in the same event during the same competition. **Skaters may have passed Pre-Preliminary MITF and no higher, Preliminary Dance and no higher, and may NOT have passed any U.S. FIGURE SKATING free skate tests.**

2017 Skate Colorado Compete USA Series (page 4)

It is very important to the success of the series that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee and/or their Chief Referee discover that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to 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.

Elements: Snowplow Sam – Basic 6

Format: Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) **OR** will perform each element when directed by a judge or referee.

To be skated on ½ ice

- No music
- **All elements must be skated in the order listed**
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- Time: 1:00 MAX

Compulsory: Pre-Free Skate – Free Skate 6 and Adults 1-6

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

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels
- If the description of the move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 MAX Pre-Free Skate – Free Skate 6; 1:30 MAX Adult 1-6

Programs with Music: 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
- Vocal music is allowed
- The skater may use elements from a previous level
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:10 MAX

2017 Skate Colorado Compete USA Series (page 5)

Programs with Music: Pre-Free Skate – Free Skate 6 and Adult 1 – 6

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

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:40 MAX

Required Descriptions for Elements & Compulsories

Level	Skating rules / standards	Level	Skating rule/ standards
Snowplow Sam	<ul style="list-style-type: none"> March followed by a two-foot glide and dip Forward two-foot swizzles, 2-3 in a row Forward snowplow stop Backward wiggles, 2-6 in a row 	Free Skate 3	<ul style="list-style-type: none"> Alternating Mohawk/crossover sequence, right to left and left to right Waltz three-turns, clockwise and counterclockwise Advanced back spin with free foot in crossed leg position, (minimum three revolutions) Loop Waltz jump/toe loop or Salchow/toe loop combination
Basic 1	<ul style="list-style-type: none"> Forward two-foot glide and dip Forward two-foot swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row 	Free Skate 4	<ul style="list-style-type: none"> Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum three revolutions Half loop Flip
Basic 2	<ul style="list-style-type: none"> Forward one-foot glide, either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row 	Free Skate 5	<ul style="list-style-type: none"> Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin - minimum three revolutions Waltz jump-loop combination Lutz
Basic 3	<ul style="list-style-type: none"> Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Forward slalom Beginning backward one-foot glide, either foot Moving forward to backward two-foot turn on a circle 	Free Skate 6	<ul style="list-style-type: none"> Forward power pulls, right and left Split jump or stag jump Camel, sit spin combination - minimum of four revolutions total Waltz jump, half loop, Salchow sequence Axel
Basic 4	<ul style="list-style-type: none"> Backward one-foot glides, right and left Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, both directions Beginning two-foot spin, 2-4 revolutions Backward ½ swizzle pumps on a circle, one direction only 	Adult 1	<ul style="list-style-type: none"> Forward marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Basic 5	<ul style="list-style-type: none"> Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, both directions Advanced two-foot spin, 4-6 revolutions Forward outside three-turn, right and left Hockey stop 	Adult 2	<ul style="list-style-type: none"> Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Basic 6	<ul style="list-style-type: none"> Forward inside three-turn, right and left Bunny Hop Forward spiral on a straight line, right or left Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry T-stop, right or left 	Adult 3	<ul style="list-style-type: none"> Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Forward chasses on a circle, clockwise and counterclockwise Backward skating to a long two-foot glide Backward snowplow stop, right and left
Pre-Free Skate	<ul style="list-style-type: none"> Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise One-foot upright spin, optional entry and free-foot position (minimum three revolutions) Mazurka Waltz jump 	Adult 4	<ul style="list-style-type: none"> Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Hockey stop, both directions Backward one-foot glides, right and left
Free Skate 1	<ul style="list-style-type: none"> Forward power stroking, 4-6 consecutive strokes Backward outside three-turns, right and left Upright spin, entry from backward crossovers (minimum 4-6 revolutions) Toe loop Half flip 	Adult 5	<ul style="list-style-type: none"> Backward outside edge on a circle, right and left Backward inside edge on a circle, right and left Backward crossovers, clockwise and counterclockwise Forward outside three-turn, right and left Beginning two-foot spin
Free Skate 2	<ul style="list-style-type: none"> Alternating forward outside and inside spirals on a continuous axis (2 sets) Backward inside three-turns, right and left Beginning back spin, up to two revolutions Half Lutz Salchow 	Adult 6	<ul style="list-style-type: none"> Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin

Required Descriptions for Programs with Music

Level	Skating rules / standards	Level	Skating rule/ standards
Snowplow Sam	<ul style="list-style-type: none"> March followed by a two-foot glide and dip Forward two-foot swizzles, 2-3 in a row Forward snowplow stop Backward wiggles, 2-6 in a row 	Free Skate 3	<ul style="list-style-type: none"> Alternating Mohawk/crossover sequence, right to left and left to right Advanced back spin with free foot in crossed leg position, (minimum three revolutions) Loop Waltz jump-toe loop or Salchow-toe loop combination
Basic 1	<ul style="list-style-type: none"> Forward two-foot glide and dip Forward two-foot swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row 	Free Skate 4	<ul style="list-style-type: none"> Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum three revolutions Half Loop Flip
Basic 2	<ul style="list-style-type: none"> Forward one-foot glide, either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row 	Free Skate 5	<ul style="list-style-type: none"> Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin - minimum three revolutions Waltz jump - loop combination Lutz
Basic 3	<ul style="list-style-type: none"> Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Forward slalom Beginning backward one-foot glide, either foot Moving forward to backward two-foot turn on a circle 	Free Skate 6	<ul style="list-style-type: none"> Split jump or stag jump Camel, sit spin combination - minimum of four revolutions total Waltz jump, half loop, Salchow sequence Axel
Basic 4	<ul style="list-style-type: none"> Backward one-foot glides, right and left Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, both directions Beginning two-foot spin, 2-4 revolutions Backward ½ swizzle pumps on a circle, one direction only 	Adult 1	<ul style="list-style-type: none"> Forward marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Basic 5	<ul style="list-style-type: none"> Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, both directions Advanced two-foot spin, 4-6 revolutions Forward outside three-turn, right and left Hockey stop 	Adult 2	<ul style="list-style-type: none"> Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Basic 6	<ul style="list-style-type: none"> Forward inside three-turn, right and left Bunny Hop Forward spiral on a straight line, right or left Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry T-stop, right or left 	Adult 3	<ul style="list-style-type: none"> Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Backward skating to a long two-foot glide Forward chasses on a circle, clockwise and counterclockwise Backward snowplow stop, right and left
Pre-Free Skate	<ul style="list-style-type: none"> Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise One-foot upright spin, optional entry and free-foot position (minimum three revolutions) Mazurka Waltz jump 	Adult 4	<ul style="list-style-type: none"> Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Backward one-foot glides, right and left Hockey stop, both directions
Free Skate 1	<ul style="list-style-type: none"> Forward power stroking, 4-6 consecutive strokes Upright spin, entry from backward crossovers (minimum 4-6 revolutions) Toe loop Half flip 	Adult 5	<ul style="list-style-type: none"> Backward outside edge on a circle, right and left Backward inside edge on a circle, right and left Backward crossovers, clockwise and counterclockwise Forward outside three-turn, right and left Beginning two-foot spin
Free Skate 2	<ul style="list-style-type: none"> Alternating forward outside and inside spirals on a continuous axis (2 sets) Beginning back spin, up to two revolutions Half Lutz Salchow 	Adult 6	<ul style="list-style-type: none"> Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin

SKATE THE STATE FUNTASTICS SERIES

Spring Funtastics (Apex Ice Arena)
 Date: April 15, 2017
www.mhfsa.org
 13150 W. 72nd Avenue
 Arvada, CO 80004
 Competition Chair: Carol Zeles
cmzeles@aol.com
 303-979-0802
 Competition Application Deadline: March 10, 2017

Colorado Gold (South Suburban)
 Date: August 20, 2017
www.coloradoskatingclub.net
 6580 So Vine Street
 Centennial, Colorado 80121
 Competition Chairs:
 Mike Maciolek – 303-915-9570
 Valerie Powell – 303-596-0339
mcmaciolek@hotmail.com, vailval@comcast.net
 Competition Application Deadline: July, 2017

Front Range Invitational (Greeley Ice Haus)
 Date: June 3-4, 2017
www.mountainviewskatingclub.com
 P. O. Box 336771
 Greeley, CO 80633
 Competition Chair: Leah Hurst
competition@mountainviewskatingclub.com
 970-616-9101
 Competition Application Deadline: May 1, 2017

Colorado Springs Invitational (Monument Ice Rink)
 Date: September 17, 2017
www.centennialskatingclub.org
 16240 Old Denver Highway
 Monument, CO 80132
 Competition Chair: Lisa Landon
Lisa_landon@comcast.net
 719-659-0912
 Competition Application Deadline: August 4, 2017

Broadmoor Open (World Arena)
 Date: June 18, 2017
www.broadmoorskatingclub.com
 3185 Venetucci Blvd.
 Colorado Springs, CO 80906
 Competition Chair: Barbara Bradley
HoneyB23@aol.com
 719-5405655
 Competition Application Deadline: April 28, 2017

Aspen Invitational (Lewis Ice Arena)
 Date: December 2, 2017
www.aspenskatingclub.com
 0861 Maroon Creek Road
 Aspen, CO 81611
 Competition Chair: Janette Buchanan
Aspenskatingclub@yahoo.com
 650-465-1720
 Competition Application Deadline: TBD

Vail Invitational (Dobson Ice Arena)
 Date: July 17, 2017
www.skatevail.com
 321 East Lionshead Circle
 Vail, CO 81657
 Competition Chair: Susan Bruno
skateclubvail@gmail.com
 970-390-3896
 Competition Application Deadline: May, 2017

2018 Spring Funtastics
 Date: To be Determined Close to April 15th
www.mhfsa.org
 13150 W. 72nd Avenue
 Arvada, CO 80004
 Competition Chair: Carol Zeles
cmzeles@aol.com
 303-979-0802
 Competition Application Deadline: March, 2018

All Funtastics Series Awards will be presented at Spring Funtastics. The series will start with Spring Funtastics and end with the Aspen Invitational. Awards will be given at Spring Funtastics the following year.

General Information

Age Requirements - All ages are as of April 15, 2017. Tot skaters are 5 years of age and under; Beginner 1 thru 8 is open to skaters 16 years of age and under; Adult Events are for skaters 17 years of age and older. All other event levels follow the age restrictions in the current USFS Rulebook.

The committee reserves the right to limit the number of entries due to time constraints and to combine male and female skaters when needed to have an event. In Showcase events, where no competition exists at a level, levels may be combined.

[For events requiring music: music must be submitted electronically via the online registration system by the music deadline of July 31, 2017. A backup CD of the music should be readily available at the actual time of competition.](#)

All skaters must be full members of US Figure Skating.

THERE IS A \$30 FEE FOR RETURNED CHECKS. There will be no refunds after close of entries.

Funtastics - Skaters will be divided by age into groups of six skaters or less in all divisions. Coaches are expected to enter their skaters at the appropriate level. Awards will be presented to all six participants at each level immediately following the posting of the official results. There will be no final rounds.

Colorado Showcase - Groups will not exceed 15 skaters. Categories are:

Dramatic -a serious, emotional, artistic interpretation, and

Light Entertainment - any performance not serious enough to be considered dramatic.

Skaters may skate as single skaters or in a duet, a theatrical performance by two competitors. Props and scenery are allowed but must be placed and removed by the unaided skater within 10 seconds and there should be no debris, live props, fire or water. Costumes are encouraged, but not mandatory, and must be in good taste.

FUNTASTICS EVENTS

Tots - Compulsory Moves: The required elements MUST be skated in the order listed below on 1/2 of the ice surface. Moves are skated in a program format with no stops between elements. Maximum time allotted for each skater is 1 minute.

1. Forward strokes or marches (Minimum of four)
2. Dip^[11]_[SEP]
3. Forward two-foot swizzles (Minimum of four)^[11]_[SEP]
4. Snowplow stop (One or two-foot stop permissible)
5. Backward wiggles (Minimum of four)
6. Two-foot hop on the spot (Standstill/no rotation)

Tots Freeskating: Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to elements in the compulsory program. Time allotted for each skater is 1 minute, with a ±10 second leeway.

Beginner 1 - Compulsory Moves: The required elements MUST be skated in the order listed below on 1/2 of the ice surface. Moves are skated in a program format with no stops between elements. Maximum time allotted for each skater is 1 minute.

1. Forward strokes or marches (Minimum of four)
2. Two-foot glide into dip
3. Forward two-foot swizzles (Minimum of four)
4. One-foot glide (Either foot)
5. Snowplow stop (One or two-foot stop)
6. Two-foot hop on the spot (Standstill/No rotation)

Beg. 1 Freeskating: Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to elements from the compulsory programs of Tots and Beginner 1. Time allotted for each skater is 1 minute, with a ± 10 second leeway.

Beginner 2 - Compulsory Moves: The required elements MUST be skated in the order listed below on 1/2 of the ice surface. Moves are skated in a program format with no stops between elements. Maximum time allotted for each skater is 1 minute.

1. Forward strokes (Minimum of four)
2. Bunny Hop
3. Forward crossovers (Minimum of four in both directions)
4. Forward to backward two-foot turn on a circle (Either direction)
5. Backward two-foot swizzles (Minimum of four)
6. Backward one-foot glide (On right and left foot)

Beg 2 Freeskating: Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to elements in the compulsory programs of Beginner 2 and below. Time allotted for each skater is 1 minute, with a ± 10 second leeway.

Beginner 3 - Compulsory Moves: The required elements are to be skated in any order on 1/2 of the ice surface. Moves are skated in a program format with no stops between elements. Maximum time allotted for each skater is 1 minute.

1. Backward pumps (Minimum of four in each direction)
2. Backward strokes (Minimum of four)
3. Backward 2-foot turn (Either direction)
4. One forward three-turn (outside or inside, right or left)
5. Lunge
6. T-stop (Either foot)

Beg. 3 Freeskating: Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 3 and below. All forward 3-turns are also allowed. Time allotted for each skater is 1 minute, with a ± 10 second leeway.

Beginner 4 - Compulsory Moves: The required elements are to be skated in any order on 1/2 of the ice surface. Moves are skated in a program format with no stops between elements. Maximum time allotted for each skater is 1 minute and 15 seconds.

1. Forward mohawk (Either direction)
2. Backward crossovers (Minimum of four in both directions)
3. Forward straight-line spiral (Either foot)
4. Forward inside pivot
5. Two-foot spin
6. Ballet jump or mazurka

Beginner 4 Freeskating: Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 4 and below. Time allotted for each skater is 1 minute, with a ± 10 second leeway.

Beginner 5 ^[SEP]Compulsory Moves: The required elements are to be skated in any order on 1/2 of the ice surface. Moves are skated in a program format with no stops between elements. Maximum time allotted for each skater is 1 minute and 15 seconds.

1. Waltz jump
2. Half flip
3. Half Lutz
4. One foot upright spin (Free foot to knee)
5. Forward outside spiral (Either foot)
6. Waltz 3's (Three sets on the same foot)^[SEP]

Beginner 5 Freeskating: Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 5 and below. Jump content is limited to half revolution jumps, and these may be repeated or done in combination. Please note: A half loop is considered a full revolution jump. One and two foot upright spins are allowed. Free foot must be at the knee for one foot spins. No change of foot spins are allowed. Time allotted per skater is 1 1/2 minutes, with a ± 10 second leeway.

Beginner 6 – Compulsory Moves: The required elements are to be skated in any order on 1/2 of the ice surface. Moves are skated in a program format with no stops between elements. Maximum time allotted for each skater is 1 minute 15 seconds.

FUNASTICS EVENTS – page 4

1. Waltz jump/falling leaf/half-flip jump combination
2. Salchow jump
3. One foot scratch spin
4. Back Inside Pivot
5. Forward inside spiral^{[1][1]}_[SEP](Either foot)
6. Connecting steps (Such as three-turns, mohawks, bunny hops, crossovers, etc.)

Beginner 6 Freeskating: Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 6 and below. Jump content is limited to salchow jumps, toe loop jumps and 1/2 rotation jumps which may be repeated alone or in combination. One and two foot upright spins are allowed. No change of foot spins are allowed. Time allotted per skater is 1 1/2 minutes, with a ±10 second leeway.

Beginner 7 ^{[1][1]}_[SEP]Compulsory Moves: The required elements are to be skated in any order on 1/2 of the ice surface. Moves are skated in a program format with no stops between elements. Maximum time allotted for each skater is 1 minute 15 seconds.

1. Waltz jump/falling leaf/toe loop jump combination
2. Loop jump
3. Flip jump
4. Sit spin^{[1][1]}_[SEP]
5. Forward inside or outside spiral (Either foot)
6. 5 Step Mohawk Sequence (2 different connecting lobes)

Beginner 7 Freeskating: Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 7 and below. Up to four different single jumps are permitted and may be repeated alone or in combination. No lutzes, axels or multi-revolution jumps are allowed. Upright and sit spins allowed with no change of foot or position. No change of foot spins are allowed. Time allotted for each skater is 1 1/2 minutes, with a ±10 second leeway.

Beginner 8 ^{[1][1]}_[SEP]Compulsory Moves: The required elements are to be skated in any order on 1/2 of the ice surface. Moves are skated in a program format with no stops between elements. Maximum time allotted for each skater is 1 minute 15 seconds.

1. Flip jump
2. Lutz jump
3. Camel Spin or Back spin
4. Forward Spiral (either edge, either foot)
5. Back outside 3 turn, Mohawk, back crossover sequence (repeat twice)
6. Connecting steps (Such as three-turns, mohawks, bunny hops, crossovers, etc.)

Beginner 8 Freeskating: Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 8 and below. All single jumps except an axel are permitted, and may be repeated alone or in combination. Multi-revolution jumps are not allowed. Only one position spins are allowed. No change of foot spins are allowed. Time allotted for each skater is 1 1/2 minutes, with a ± 10 second leeway.

Adult Beginner 1 - Compulsory Moves: The required elements are to be skated in the order listed below on 1/2 of the ice surface. Moves are skated in a program format with no stops between elements. Maximum time allotted for each skater is 1 minute.

1. Forward strokes (Minimum of four)
2. Forward crossovers (Minimum of four in both directions)
3. Forward to backward two-foot turn on a circle (Either direction)
4. Backward two-foot swizzles (Minimum of four)
5. Backward one-foot glide (On right and left foot)
6. Snowplow stop (One or two-foot stop)

Freeskating: Program is skated on full ice to music of skater's choice. Vocal music is allowed. Jump content is limited to half revolution jumps, and these may be repeated or done in combination. Please note: A half loop is considered a full revolution jump. One and two foot upright spins are allowed. Time allotted for each skater is 1 minute, with a ± 10 second leeway.

Adult Beginner 2 - Compulsory Moves: The required elements are to be skated in any order on 1/2 of the ice surface. Moves are skated in a program format with no stops between elements. Maximum time allotted for each skater is 1 minute.

1. Waltz jump
2. Half flip
3. Two foot spin-pick up one foot
4. Inside mohawk (Either direction)
5. Backward strokes (Minimum of four)
6. Backward crossovers (Minimum of four in both directions)

Freeskating: Program is skated on full ice to music of skater's choice. Vocal music is allowed. Jump content is limited to salchow jumps, toe-loop jumps and 1/2 rotation jumps which may be repeated alone or in combination. Upright spins allowed. Time allotted for each skater is 1 1/2 minutes, with a ± 10 second leeway.

Adult Beginner 3 - Compulsory Moves: The required elements are to be skated in any order on 1/2 of the ice surface. Moves are skated in a program format with no stops between elements. Maximum time allotted for each skater is 1 minute 15 seconds.

1. Waltz jump/falling leaf/toe loop jump combination
2. Salchow jump
3. Loop jump
4. Scratch spin
5. Forward outside or inside spiral
6. Connecting steps (Such as three- turns, mohawks, bunny hops, crossovers, etc.)

Adult Beginner 3 -Freestyle: Program is skated on full ice to music of skater's choice. Vocal music is allowed. All single jumps except an axel are permitted, and may be repeated alone or in combination. Multi-revolution jumps are not allowed. No change of foot spins is allowed. Time allotted for each skater is 1 1/2 minutes, with a ± 10 second leeway.

2017 Cup of Colorado Advertising Order Form

Program will be designed as a long pocket width document
with a 4.5" width and 7" and 11" height.

Wish your skater good luck, or advertise your business!

Prices & Sizes as follows:

Business Card: \$10 black & white only

Quarter Page: \$15 black & white only 4" (w) x 2.5" (h)

Half Page: \$25 black & white / \$35 color 4" (w) x 5" (h)

Full Page: \$50 black & white / \$65 color 4" (w) x 10" (h)

Ads need to be in PDF Format.

Please send to Mike Maciolek @ mcmaciolek@hotmail.com by **August 1st**.

Good Luck skater ads are also welcomed!

Thank You

