

Figure Skating

Register online at EntryEeze.com

GENERAL INFORMATION

DATE: Saturday, July 16, 2016

SITES: Motto McLean Ice Arena
5015 South 45th Street, Omaha, NE 68117
402-444-4955

TIMES: The complete schedule of skating events will be published approximately two weeks prior to the event at CornhuskerStateGames.com and on the CSG Figure Skating Facebook page.

SANCTION:

HOSTED BY: Blade & Edge FSC, FSC of Omaha, Moylan Premiere FSC & Stars FSC

JUDGING SYSTEM: The 6.0 Majority Judging System will be used for all events at this competition.

COMPETITION GUIDELINES

U.S. FIGURE SKATING COMPETITION & STANDARDS: Events will include a Test Track Freeskate, Well-Balanced Freeskate, Short Program, Compulsories, Solo Dance, Solo Artistic, Group Showcase, Footwork, Adult Freeskate, Adult Compulsories, Adult Artistic, Adult Group Showcase, Basic Skills with Music, Basic Skill Compulsories, and Basic Skills Group Showcase. The U.S. Figure Skating 2015 Rule Book will govern the competition, and the U.S. Figure Skating 6.0 ordinal scoring method will be used.

ISI PROGRAM MEMBERS: If you are in an ISI program, please use the below conversion chart to determine your appropriate competition level.

If You Passed ISI level	Enter USFS level		If You Passed ISI level	Enter USFS level
Tot or Pre-Alpha (age 7 and older) Alpha	Basic 1		Freestyle 8 / Open Platinum	Junior or Senior
Advanced Pre-Alpha	Basic 2		Freestyle 9 / Open Platinum	Senior
Advanced Pre-Alpha	Basic 3		Freestyle 10 / Open Platinum	Senior
Alpha/Gamma	Basic 4		Freestyle 2 / Open Bronze	Adult Pre-Bronze
Beta	Basic 5		Freestyle 3 / Open Bronze	Adult Bronze
Delta	Basic 6		Freestyle 4 / Open Silver	Adult Silver
Gamma	Basic 7		Freestyle 5 / Open Gold	Adult Gold
Delta-Freestyle 1	Basic 8		Dance 3	Preliminary Dance
Freestyle 2 or 3 / Open Bronze	Pre-Preliminary		Dance 4	Pre-Bronze Dance
Freestyle 4 / Open Silver	Preliminary		Dance 5	Bronze Dance
Freestyle 5 / Open Silver	Pre-Juvenile		Dance 6	Pre-Silver Dance
Freestyle 6 / Open Gold	Juvenile or Intermediate		Dance 7	Silver Dance
Freestyle 7 / Open Platinum	Novice		Dance 9	Pre-Gold Dance

ELIGIBILITY: This event is open to any resident of Nebraska. However, skaters who are members of United States Figure Skating (USFS) and/or Ice Skating Institute (ISI) must be in good standing with their respective associations. Age and test status as of June 30 will determine skaters' level.

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

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

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

MUSIC: The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Cornhusker State Games and LOC cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For 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 proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

AWARDS: Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three participants in each division.

EVENT GUIDELINES: At the Cornhusker State Games discretion, any age bracket that has less than five competitors may be combined with another age bracket for the competition. If there is only one competitor entered in an event, that competitor will be given the option of competing against the book or perform an exhibition. First, second and third place winners of each event will qualify for the 2017 State Games of America.

EVENT FORMAT: Levels in solo events will be subdivided into brackets as determined by the Cornhusker State Games. The State Games format is a hybrid between U.S. FIGURE SKATING and ISI, please read the event descriptions carefully and thoroughly.

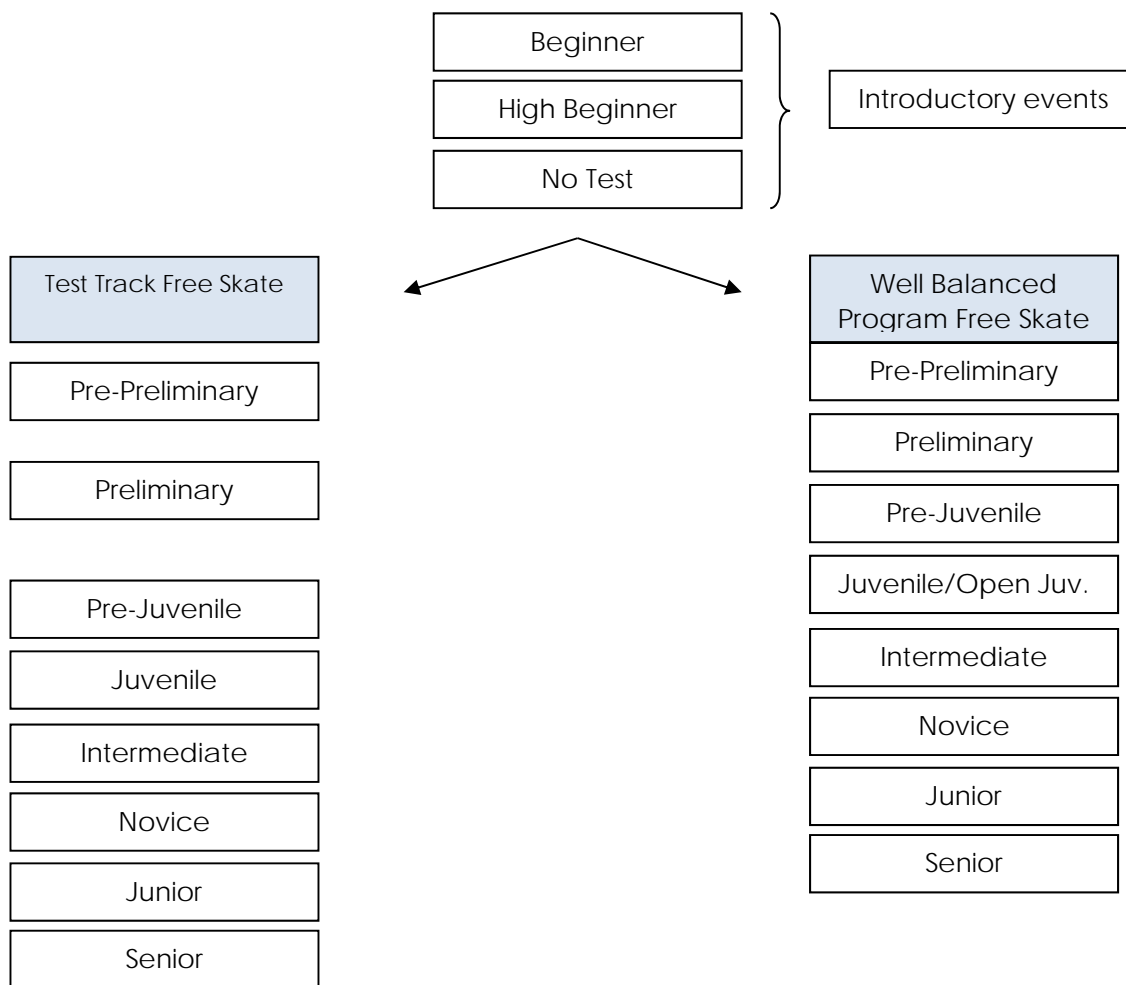
PRACTICE ICE: Practice ice will be available depending on the final competition schedule. Please indicate whether you are interested in practice ice. More information on practice times will be made available after the June 30 registration deadline.

EVENT DESCRIPTIONS

SINGLES FREE SKATING EVENTS

See current rulebook or click [here](#) for current rules and requirements.

Illustration of Singles Free Skating Events:



Freeskate Events

SINGLES FREESKATE — Introductory Levels and Test Track

Skaters may **NOT** enter both Test Track and Well-Balanced events. Competitors will skate to music of their choice. Deductions **WILL** be made for skaters including elements not permitted in the event description. Jump rotation counts will be as set forth in the 2016 USFS Rulebook. No Test is limited to the elements listed and those from lower levels.

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

- 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.

- 0.1 for any spin with less than required revolutions.

INTRODUCTORY LEVELS

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. 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.
3. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Beginner</p> <p>1:40 Maximum</p>	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>High Beginner</p> <p>1:40 Maximum</p>	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>No-Test</p> <p>1:40 Maximum</p>	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted • Jump sequences limited to a maximum of 3 single jumps (half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination) • No single Axels, double jumps or triple jumps 	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. <p>Spins must be of a different character (For definition see rule 4103E)</p>	<ul style="list-style-type: none"> • Step sequence* • Must use one-half the ice surface <p>• Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <ul style="list-style-type: none"> • Jumps may be included in the step sequence 	

TEST TRACK (Restricted)

General event parameters:

4. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
5. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
6. 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.
7. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
8. 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.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • 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.	<p><i>Maximum of 5 jump elements:</i></p> <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 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • 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.	<p><i>Maximum of 5 jump elements:</i></p> <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 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • 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 	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

		not fly.		
Juvenile 2:15 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <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 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> 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
Intermediate 2:30 +/- 10 sec.	<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> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<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> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) <i>All spins may fly</i> 	One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test
Junior	<i>Maximum of 8 jump elements for</i>	<i>Maximum of 3 spins of a different</i>		

<p>Ladies: 3:30 +/- 10 sec.</p> <p>Men: 4:00 +/- 10 sec.</p>	<p><i>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 • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	<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> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p><i>Men:</i></p> <p>Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface.</p> <p>(See rule 4105 for remarks)</p> <p><i>Ladies:</i></p> <p>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>

SINGLES FREESKATE — Well-Balanced (Unrestricted)

Skaters may NOT enter both Restricted and Unrestricted events. In this division skaters are allowed more freedom to include higher moves than those in the Restricted Division but are still required to comply with the “well balanced program” requirements outlined in the 2016 USFS Rulebook. No Test events are limited to the elements listed and those from lower levels.

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps allowed except for the single Axel <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. Jump sequences limited to a maximum of 3 single jumps Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE- PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. Jump sequences limited to a maximum of 3 single jumps Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel or a waltz jump-type jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted Jump sequences limited to a maximum of 3 single or double jumps. Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

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

<p>PRE-JUVENILE 2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps allowed except for the double Axel No triple or quadruple jumps allowed An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted Jump sequences limited to a maximum of 3 single or double jumps Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* May start with a flying entry Min 6 revs 1 spin with only 1 position* No change of foot May start with a flying entry Min 4 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> <p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence <p>If ISU is used, then: ChSt</p>
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2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUVENILE and OPEN JUVENILE 2:15 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps, including the double Axel, allowed No triple or quadruple jumps allowed No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence No double jump can be repeated more than once Max 2 jump combinations or sequences Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max. of 2 double jumps and 1 single jump Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>INTERMEDIATE 2:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump All single, double and triple jumps allowed No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence No double or triple jump can be repeated more than once Max 3 jump combinations or sequences Combinations are limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface

<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

2014-15	JUMP ELEMENTS		SPINS	STEP SEQUENCES
<p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited <p>Max 8 Jump Elements</p>	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4:103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface 	
<p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited <p>Max 7 Jump Elements</p>	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4:103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface 	
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited <p>Max 8 Jump Elements</p>	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4:103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible 	
<p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4:103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible 	

SINGLES SHORT PROGRAM

Short Programs are skated to music of the skater's choice on a full sheet of ice. For Short Program, the 2015/2016 requirements in the USFS Rulebook section 4200-4280 will be used.

INTERMEDIATE LADIES/MEN 2:00 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination	Jump Combination Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs.	Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	Choreographic Step Sequence Fully utilizing the ice surface
NOVICE LADIES 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	Layback or Sideways Leaning Spin No change of foot No flying entry Min. 6 revs.	Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface
NOVICE MEN 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Camel or Sit Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot	Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR LADIES 2:50 max.	Double Axel	Double or Triple Flip Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Flying Sit Spin Sit position must be attained in the air. Min. 8 revs.	Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR MEN 2:50 max.	Double or Triple Axel	Double or Triple Flip Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Camel Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface
SENIOR LADIES 2:50 max.	Double or Triple Axel	Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Layback or Sideways Leaning Spin No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface
SENIOR MEN 2:50 max.	Double or Triple Axel	Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than layback/sideways leaning spin Min. 8 revs.	Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface

COMPULSORY MOVES

Skaters will perform specific maneuvers as indicated in the requirements below. Compulsories are skated in a routine without music on half the ice surface. Moves may be done in any order, but each listed move must be attempted, but attempted only once. Connecting footwork and choreography are encouraged but excessive footwork and added elements will be penalized.

Note 1: The second jump of a jump combination must be made from the landing edge of the first jump. No turn or change of foot between jumps is permitted.

Note 2: The Balanced Move Sequence must include a Forward and a Backward Spiral. Additional Spirals and Balance Moves such as Spread Eagles, Ina Bauers, Shoot the Ducks, etc., may be included. Skater has the choice of a Straight Line, Circular, or Serpentine Pattern.

LEVEL	REQUIREMENTS	DURATION IN MINUTES	EVENT CODE
Beginner/ No Test	No USFS FS Tests passed 1. 2-Foot Spin 2. Ballet Jump 3. Forward inside Mohawk — both directions 4. Lunge 5. Forward straight line spiral	1:00 MAX	130
Pre-Preliminary	No test passed higher than Pre-Preliminary FS 1. Salchow 2. Combination Waltz Jump w/ any single jump (note 1) 3. Upright Change Foot Spin—no change of position. 4. Forward or Backward Spiral	1:00 MAX	131
Preliminary	Has passed USFS Pre-Preliminary FS, but no higher than Preliminary. 1. Flip Jump 2. Combination—Loop Jump plus any single jump except Lutz or Axel Jump (note 1) 3. Sit or Camel Spin 4. Balance Move Sequence (note 2)	1:15 MAX	132
Pre-Juvenile	Has passed USFS Preliminary FS, but no higher than USFS Pre-Juvenile. 1. Axel Jump 2. Combination Loop Jump plus any single jump except Axel (note 1) 3. Spin with change of position, no change of foot. 4. Balance Move Sequence (note 2)	1:15 MAX	133
Juvenile	Has passed USFS Pre-Juvenile FS, but no higher than USFS Juvenile. 1. Double Salchow or Double Toe Loop 2. Combination of two single jumps (Axel permitted). 3. Spin with a change of position and a change of foot. May not be commenced with a jump. 4. Circular, Straight Line or Serpentine Footwork Sequence.	1:30 MAX	134

SOLO DANCE (CO-ED EVENT)

Introductory steps and poses cannot exceed three measures of music. The dance listed will be skated alone. Number of patterns is based on the required number of patterns for test (solo requirements for Silver and above). Skaters may have passed no more than one dance from the level above their competition level.

LEVEL	DANCED ALONE	NUMBER OF PATTERNS	EVENT CODE
Preliminary	Rhythm Blues	2 Patterns	300
Pre-Bronze	Cha Cha	2 Patterns	301
Bronze	Hickory Hoedown	2 Patterns	302
Pre-Silver	Foxtrot	3 Patterns	303
Silver	Tango	2 Patterns	304
Pre-Gold	Blues	2 Patterns	305
Gold	Viennese Waltz	2 Patterns	306

SOLO ARTISTIC (CO-ED EVENT)

There are NO required moves in Solo Artistic. Emphasis should be placed on the creative and innovative design of the skating program. Strong edges, body positions, flow, music interpretation, rhythm, choreography, and artistry should be the main focus of an Artistic Program. There will be no grade for technical merit. Props of any kind are not permitted in Artistic Skating. This includes portions of a costume (hats, boas, etc.), if they are detached from the costume and used as a prop. If a prop is used, the officials will be instructed to take a deduction.

LEVEL	REQUIREMENTS	DURATION IN MINUTES	EVENT CODE
Bronze	No Free Skate, pair, couples or free dance tests passed higher than USFS Pre-Preliminary. Jumps with not more than 1/2 rotation and upright spins only	1:30	310
Silver	No Free Skate, pair, couples, or free dance tests passed higher than USFS Pre-Juvenile. Jumps with not more than one rotation (no Axels). No flying spins.	1:30-2:00	311
Gold	No Free Skate, pair, couples, or free dance tests passed higher than USFS Intermediate. No double jumps.	2:00-2:30	312
Platinum	USFS Novice FS and above	2:00-2:30	313

GROUP SHOWCASE (CO-ED EVENT)

Two or more skaters perform a routine for audience enjoyment. Routines may be fun, entertaining, emotional, or a portrayal of characters using costumes and props. Emphasis is placed on the theatrical and entertainment value of the skater's performance rather than on the technical accuracy of specific maneuvers (no grade for technical merit). Props, if used, are limited to those the skaters can hand-carry or push on to the ice themselves in one trip. The skaters may not be assisted during the set up time, and the set up cannot take more than thirty-seconds. A skater may not be given off-ice assistance during their number. No residue of any type may remain on the ice after the routine. Live props are not permitted. Props may not be flame, dry ice, or smoke oriented or any substance that will alter the surface of the ice. Level is determined by skater in the group with the highest testing level.

LEVEL	REQUIREMENTS	DURATION IN MINUTES	EVENT CODE
Bronze	No Free Skate, pair, couples or free dance tests passed higher than USFS Pre-Preliminary. Jumps with not more than 1/2 rotation and upright spins only	1:30 +/- 10 sec	320
Silver	No Free Skate, pair, couples, or free dance tests passed higher than USFS Pre-Juvenile. Jumps with not more than one rotation (no Axels). No flying spins.	2:00 +/- 10 sec	321
Gold	No Free Skate, pair, couples, or free dance tests passed higher than USFS Intermediate. No double jumps.	2:30 +/- 10 sec	322
Platinum	USFS Novice FS and above	2:30 +/- 10 sec	323

FOOTWORK (CO-ED EVENT)

Skaters perform footwork sequences of their own design to music of their choice. The program should contain a variety of turns and sequences and emphasize the skater's controlled edges and turns in addition to speed and quickness of the routine. The program may contain one-half rotation jumps and spins with less than 3 revolutions. The routine will be judged on both technical merit and presentation. U.S. FIGURE SKATING level restrictions refers to Moves in the Field or Freeskate, whichever is highest. This is a Co-ed event and skaters are allowed to use music.

LEVEL	REQUIREMENTS	DURATION IN MINUTES	EVENT CODE
Bronze	No test higher than US FIGURE SKATING Pre-Preliminary (Moves or FS)	1:00 +/- 10 sec	330
Silver	No test higher than US FIGURE SKATING Pre-Juvenile (Moves or FS)	1:00 +/- 10 sec	331
Gold	No test higher than US FIGURE SKATING Intermediate (Moves or FS)	1:00 +/- 10 sec	332
Platinum	US FIGURE SKATING Novice or above (Moves or FS)	1:00 +/- 10 sec	333

Adult Events – For Skaters 19 Years & Older

ADULT SOLO FREE SKATE

Skaters are required to comply with the “well balanced program,” requirements outlined in the 2014 USFS Rulebook.

LEVEL	REQUIREMENTS	DURATION IN MINUTES	CODE MALE	CODE FEMALE
Adult Pre-Bronze	No Free Skate test higher than USFS Pre-Bronze	1:40 MAX	400	500
Adult Bronze	No Free Skate test higher than USFS Bronze	1:50 MAX	401	501
Adult Silver	No Free Skate test higher than USFS Silver	2:10 MAX	402	502
Adult Gold	No Free Skate test higher than USFS Gold	2:40 MAX	403	503

ADULT COMPULSORIES — PRE-BRONZE THROUGH MASTER

Skaters will perform specific maneuvers as indicated in the requirements below. Compulsories are skated in a routine without music on half the ice surface. Moves may be done in any order, but each listed move must be attempted, but attempted only once. Connecting footwork and choreography are encouraged but excessive footwork and added elements will be penalized.

Note 1: The second jump of a jump combination must be made from the landing edge of the first jump. No turn or change of foot between jumps is permitted.

Note 2: The Balanced Move Sequence must include a Forward and a Backward Spiral. Additional Spirals and Balance Moves such as Spread Eagles, Ina Bauers, Shoot the Ducks, etc., may be included. Skater has the choice of a Straight Line, Circular, or Serpentine Pattern.

LEVEL	REQUIREMENTS	DURATION IN MINUTES	CODE MALE	CODE FEMALE
Adult Pre-Bronze	No Free Skate test higher than Pre-Bronze 1. Waltz Jump/Toe Loop Combination 2. Half Lutz 3. One-Foot Spin 4. Forward Spiral	1:00 MAX	410	510
Adult Bronze	No Free Skate test higher than Bronze 1. Salchow 2. Combination Waltz Jump with any single jump (note 1) 3. Upright Change Foot Spin. No change of position 4. Forward or Backward Spiral	1:00 MAX	411	511
Adult Silver	No Free Skate test higher than Silver 1. Flip Jump 2. Combination — Loop Jump plus any single jump except Lutz or Axel Jump (note 1) 3. Sit or Camel Spin 4. Balance Move Sequence (note 2)	1:15 MAX	412	512

Adult Gold	No Free Skate test higher than Gold 1. Axel Jump 2. Combination Loop Jump plus any single jump except Axel (note 1). 3. Spin with change of position, no change of foot. 4. Balance Move Sequence (note 2)	1:15 MAX	413	513
Adult Masters	Adult Gold 1. Double Salchow or Double Toe Loop 2. Combination of two single jumps (Axel permitted) 3. Spin with a change of position and a change of foot. May not be commenced with a jump. 4. Circular, Straight Line, or Serpentine Footwork Sequence	1:30 MAX	414	514

ADULT ARTISTIC (CO-ED EVENT)

There are NO required moves in Solo Artistic. Emphasis should be placed on the creative and innovative design of the skating program. Strong edges, body position, flow, music interpretation, rhythm, choreography, and artistry should be the main focus of an Artistic Program. There will be no grade for the technical merit. Props of any kind are not permitted in Artistic Skating. This includes portions of a costume (hats, boas, etc.), if they are detached from the costume and used as a prop. If a prop is used, the officials will be instructed to take a deduction.

LEVEL	REQUIREMENTS	DURATION IN MINUTES	EVENT CODE
Bronze	No Free Skate, pair, couples or free dance tests passed higher than USFS Pre-Preliminary or Adult Bronze. Jumps with not more than 1/2 rotation and upright spins only	1:30 +/- 10 sec	600
Silver	No Free Skate, pair, couples, or free dance tests passed higher than USFS Pre-Juvenile or Adult Silver. Jumps with not more than one rotation (no Axels). No flying spins.	1:30-2:00	601
Gold	No Free Skate, pair, couples, or free dance tests passed higher than USFS Intermediate or Adult Gold. No double jumps.	2:00-2:30	602
Platinum	USFS Novice FS and above	2:00-2:30	603

ADULT GROUP SHOWCASE (CO-ED EVENT)

Two or more skaters perform a routine for audience enjoyment. Routines may be fun, entertaining, emotional, or a portrayal of characters using costumes and props. Emphasis is placed on the theatrical and entertainment value of the skater's performance rather than on the technical accuracy of specific maneuvers (no grade for technical merit). Props, if used, are limited to those the skaters can hand-carry or push on to the ice themselves in one trip. The skaters may not be assisted during the set up time, and the set up cannot take more than thirty-seconds. A skater may not be given off-ice assistance during their number. No residue of any type may remain on the ice after the routine. Live props are not permitted. Props may not be flame, dry ice, or smoke oriented or any substance that will alter the surface of the ice. Level is determined by skater in the group with the highest testing level.

LEVEL	REQUIREMENTS	DURATION IN MINUTES	EVENT CODE
Bronze	No Free Skate, pair, couples or free dance tests passed higher than USFS Pre-Preliminary or Adult Bronze. Jumps with not more than 1/2 rotation and upright spins only	1:30 +/- 10 sec	605
Silver	No Free Skate, pair, couples, or free dance tests passed higher than USFS Pre-Juvenile or Adult Silver. Jumps with not more than one rotation (no Axels). No flying spins.	1:30-2:00	606
Gold	No Free Skate, pair, couples, or free dance tests passed higher than USFS Intermediate or Adult Gold. No double jumps.	2:00-2:30	607
Platinum	USFS Novice FS and above	2:00-2:30	608

Basic Skills Events – Co-ed Events

BASIC SKILLS BASIC PROGRAM

Skaters must perform each listed element. The skating order of the required element is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified. Vocal music is allowed. Programs will be skated on the full ice surface. Connecting moves and steps should be demonstrated throughout the program. Skaters may use elements from a previous level, but, however a .2 deduction will be taken for each element from a higher level performed.

LEVEL	REQUIREMENTS	DURATION IN MINUTES	EVENT CODE
Snowplow Sam 1-3	<ol style="list-style-type: none"> 1. March followed by two foot glide 2. Forward two foot swizzles 2-3 in a row 3. Forward snowplow stop 4. backward wiggles 2-6 in a row 	1:00 +/- 10 sec	700
Basic 1	<ol style="list-style-type: none"> 1. Forward two foot glide and dip 2. Forward two foot swizzles, 6-8 in a row 3. Backward wiggles, 6-8 in a row 4. Forward snowplow stop 	1:00 +/- 10 sec	701

Basic 2	<ol style="list-style-type: none"> 1. Forward one foot glide — either foot 2. Two foot turn in place — forward to backward 3. Backward two foot swizzles, 6-8 in a row 4. Forward alternating 1/2 swizzle pumps in a straight line — 2-3 each foot. 5. Moving snowplow stop 	1:00 +/- 10 sec	702
Basic 3	<ol style="list-style-type: none"> 1. Forward Stroking 2. Forward 1/2 swizzle pumps on a circle — either direction, 4-6 consecutively. 3. Backward one foot glide — either foot 4. Forward Slalom 5. Two foot spin — minimum three revolutions 	1:00 +/- 10 sec	703
Basic 4	<ol style="list-style-type: none"> 1. Forward crossovers, 4-6 consecutive, both directions 2. Standstill forward outside 3-turn, R&L 3. Backward stroking, 4-6 strokes 4. Backward snowplow stop, R or L 	1:00 +/- 10 sec	704
Basic 5	<ol style="list-style-type: none"> 1. Backward crossovers, 4-6 consecutive in both directions 2. Basic one foot spin — free leg held to side of spinning leg, minimum 3 revolutions. 3. Side toe hop — either direction. 4. Hockey stop 	1:00 +/- 10 sec	705
Basic 6	<ol style="list-style-type: none"> 1. Standstill forward outside 3-turn, R&L 2. Bunny Hop 3. Forward spiral on a straight line R or L 4. Lunge, R or L 5. T-Stop, R or L 	1:00 +/- 10 sec	706
Basic 7	<ol style="list-style-type: none"> 1. Standstill forward inside open Mohawk, R to L and L to R 2. Ballet jump, either direction 3. Backward Crossovers to a backward outside edge (landing position), clockwise and counter clockwise 4. Forward inside pivot 	1:00 +/- 10 sec	707
Basic 8	<ol style="list-style-type: none"> 1. Moving forward outside to forward inside 3-turn, R&L 2. Waltz Jump 3. Mazurka in either direction 4. Combination Move — clockwise or counterclockwise; two forward crossovers into FI Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge. 5. Beginning one-foot upright spin — free foot held to side of spinning leg or in crossed position. Minimum three revolutions 	1:00 +/- 10 sec	708
Free Skate 1	<ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 strokes 2. One-foot upright scratch spin from back crossovers — minimum three revolutions 3. Waltz jump from backward crossovers 4. Half flip jump 	1:30 +/- 10 sec	709
Free Skate 2	<ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Beginning back spin — minimum 2 revolutions 3. Waltz jump, side toe hop, waltz jump sequence 4. Toe Loop jump 	1:30 +/- 10 sec	710
Free Skate 3	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin — minimum three revolutions 3. Salchow Jump 4. Waltz Jump/Toe Loop or Salchow/Toe Loop Jump Combination 	1:30 +/- 10 sec	711

Free Skate 4	1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin — minimum three revolutions 3. Loop Jump 4. Waltz Jump/Loop Jump	1:30 +/- 10 sec	712
Free Skate 5	1. Camel spin — minimum three revolutions 2. Forward upright spin to back upright spin— minimum three revolutions on each foot 3. Loop/Loop jump combination 4. Flip Jump	1:30 +/- 10 sec	713
Free Skate 6	1. Camel/Sit Spin Combination, minimum four revolutions total 2. Split or Stag Jump 3. Waltz Jump/Half Loop/Salchow Jump sequence 4. Lutz Jump	1:30 +/- 10 sec	714

BASIC SKILLS BASIC ELEMENTS

Skaters must perform each listed element. The skating order of the required elements is optional. Each element may be attempted only once. Programs will be skated on half the ice surface. Connecting moves and steps should be demonstrated throughout the program. Skaters may use elements from a previous level with a .2 deduction being taken for each element from a higher level performed.

LEVEL	REQUIREMENTS	DURATION IN MINUTES	EVENT CODE
Snowplow Sam 1-3	1. March followed by two foot glide 2. Forward two foot swizzles 2-3 in a row 3. Forward snowplow stop 4. backward wiggles 2-6 in a row	1:00 or less	720
Basic 1	1. Forward two foot glide and dip 2. Forward two foot swizzles, 6-8 in a row 3. Backward wiggles, 6-8 in a row 4. Forward snowplow stop	1:00 or less	721
Basic 2	1. Forward one foot glide — either foot 2. Two foot turn in place — forward to backward 3. Backward two foot swizzles, 6-8 in a row 4. Forward alternating 1/2 swizzle pumps in a straight line — 2-3 each foot. 5. Moving snowplow stop	1:00 or less	722
Basic 3	1. Forward Stroking 2. Forward 1/2 swizzle pumps on a circle — either direction, 4-6 consecutively. 3. Forward Slalom 4. Backward one foot glide — either foot 5. Two foot spin — minimum three revolutions	1:00 or less	723
Basic 4	1. Forward outside edge on a circle, clockwise or counterclockwise. 2. Forward crossovers, 4-6 consecutive, both directions 3. Standstill forward outside 3-turn, R&L 4. Backward stroking, 4-6 strokes 5. Backward snowplow stop, R or L	1:00 or less	724
Basic 5	1. Backward outside edge on a circle, clockwise or counterclockwise. 2. Backward crossovers, 4-6 consecutive in both directions 3. Basic one foot spin — free leg held to side of spinning leg, minimum 3 revolutions. 4. Side toe hop — either direction. 5. Hockey stop	1:00 or less	725

Basic 6	<ol style="list-style-type: none"> 1. Standstill forward outside 3-turn, R&L 2. Bunny Hop 3. Forward spiral on a straight line R or L 4. Lunge, R or L 5. T-Stop, R or L 	1:00 or less	726
Basic 7	<ol style="list-style-type: none"> 1. Standstill forward inside open Mohawk, R to L and L to R 2. Ballet jump, either direction 3. Backward Crossovers to a backward outside edge (landing position), clockwise and counter clockwise 4. Forward inside pivot 	1:00 or less	727
Basic 8	<ol style="list-style-type: none"> 1. Moving forward outside to forward inside 3-turn, R&L 2. Waltz Jump 3. Mazurka in either direction 4. Combination Move — clockwise or counterclockwise; two forward crossovers into FI Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge. 5. Beginning one-foot upright spin — free foot held to side of spinning leg or in crossed position. Minimum three revolutions 	1:00 or less	728
Free Skate 1	<ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 strokes 2. Backward outside 3-turns, R & L 3. One-foot upright scratch spin from back crossovers — minimum three revolutions 4. Waltz jump from backward crossovers 5. Half flip jump 	1:00 or less	729
Free Skate 2	<ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Waltz 3's, R or L, 2-3 sets 3. Beginning back spin, entry optional — minimum 2 revolutions 4. Waltz jump, side toe hop, waltz jump sequence 5. Toe Loop jump 	1:00 or less	730
Free Skate 3	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back inside 3-turns, R & L 3. Back spin — minimum three revolutions 4. Salchow Jump 5. Waltz Jump/Toe Loop or Salchow/Toe Loop Jump Combination 	1:00 or less	731
Free Skate 4	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin — minimum three revolutions 3. Loop Jump 4. Waltz Jump/Loop Jump 	1:00 or less	732
Free Skate 5	<ol style="list-style-type: none"> 1. Camel spin — minimum three revolutions 2. Forward upright spin to back upright spin— minimum three revolutions on each foot 3. Loop/Loop jump combination 4. Flip Jump 	1:00 or less	733
Free Skate 6	<ol style="list-style-type: none"> 1. Five Step Mohawk—1 set alternating pattern. Refer to Basic Skills Curriculum Free Skate 6 2. Camel/Sit Spin Combination, minimum four revolutions total 3. Split or Stag Jump 4. Waltz Jump/Half Loop/Salchow Jump sequence 5. Lutz Jump 	1:00 or less	734

BASIC/FREE SKATE — GROUP SHOWCASE

Two or more skaters perform a routine for audience enjoyment. Routines may be fun, entertaining, emotional, or a portrayal of characters using costumes and props. Emphasis is placed on the theatrical and entertainment value of the skater's performance rather than on the technical accuracy of specific maneuvers (no grade for technical merit). Props, if used, are limited to those the skater can hand-carry or push onto the ice themselves in one trip. The skaters may not be assisted during the set up time, and the set up cannot take more than thirty seconds. A skater may not be given off-ice assistance during their number. No residue of any type may remain on the ice after the routine. Live props are not permitted. Props may not be flame, dry ice, or smoke oriented or any substance that will alter the surface of the ice. Competition level is determined by the highest level achieved among all the skaters in the event.

LEVEL	REQUIREMENTS	DURATION IN MINUTES	EVENT CODE
Basic	Forward and back ward skating. Two foot spins only. Jumps with no rotation. No higher than USFS Basic Skills Basic 8	1:00 MAX	800
Free Skate A	Upright spins only. Salchow, Toe Loop and all 1/2 rotation jumps allowed. No higher than USFS Free Skate 2	1:00 MAX	801
Free Skate B	Spins may be upright, sit or camel. No flying spins. Jumps may be single revolution. Axel not permitted. No higher than USFS Free Skate 6 or ISI Freestyle 5	1:00 MAX	802

REGISTRATION FEES & DEADLINES

IF REGISTERED BY THE DISCOUNT DEADLINE OF WEDNESDAY, JUNE 1:

First Individual Event - \$65
Additional Individual Events - \$30
Group Event - \$70 per team

IF REGISTERED BETWEEN JUNE 2 AND JUNE 22:

First Individual Event - \$70
Additional Individual Events - \$30
Group Event - \$80 per team

FINAL REGISTRATION DEADLINE – WEDNESDAY, JUNE 22:

The final registration deadline for most sports is Wednesday, June 22. Some sports will accept late registrations with an additional \$10 late fee PER PLAYER.

ENTRY FEE INCLUDES: Competition in the 2016 Cornhusker State Games; White cotton athlete shirt (micro-fiber upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; 2016 Nebraska Sports Council Yearbook (available at packet pickup); Sponsor gifts and coupons.

NOTE: On-site registration WILL NOT be available. All participants must pre-register by the deadline.

TEAM ONLINE REGISTRATION NOTE: If registering for a team event online, please note that the system will ask you to enter your team name and roster *prior* to selecting your sport and division. In the INDIVIDUAL Shipping dropdown menu, be sure to select "TEAM" for each team member. **If you wish to have your team packet shipped, you will select that in the TEAM Shipping dropdown menu.**

PAPER ENTRY FORMS: Paper entry forms will be accepted with a \$5 processing fee for individual registrations and a \$10 processing fee for team registrations. Registering online at CornhuskerStateGames.com saves time, money and trees.

FURTHER INFORMATION

Sport Specific Questions: Contact Figure Skating Director Liyen Vong at csgfigureskating@gmail.com or 515-508-9608

Online Registration/Website Questions: Contact the Cornhusker State Games office at 402-471-2544 or info@nebraskasportscouncil.com.